

Tuckshop Summer Menu



Term 4 and 1 2019/20



Breakfast

- Croissant various fillings
- Yoghurts
- Fruit



- Hash browns
- Available from 7am*

Daily Specials

Monday



- Penne Bolognese
- Chicken Burger
- Vegan Burger
- Cheesy Garlic Bread

Tuesday



- King Caesar Chicken Burger
- Chicken Dumplings on Noodles
- Veg Dumplings on Noodles
- Veg Spring Rolls

Wednesday



- Beef Burger with Cheese
- Chicken Parmy on Savoury Rice
- Potato Gems
- Cheesy Garlic Bread

Thursday



- Peri Peri Chicken Bagel
- Creamy Tomato Basil Pasta
- Potato Wedges
- Cheesy Garlic Bread

Friday

- Spicy Chicken Subs
- Pulled Pork Sub with Canadian Slaw
- Vegan Burger
- Potato Gems



Sushi Tuesdays & Thursdays

- Tuna Mayo
- Chicken & Beef Teriyaki
- Veg Teriyaki
- Crispy Chicken

Sandwiches



- Various fillings

Lebanese Wraps



- Thai Sweet chicken
- Flame-Grilled Chicken
- Chicken and Salad
- Egg and Salad
- Cheese and Salad
- Ham and salad
- Roast Veg
- Peri Peri Chicken

Available Every Day

- \$4.50 Beef / Chicken/Oriental/Bacon Noodles**
- \$2.50 Hot Spinach and Cheese Rolls
- \$1.00 Sausage Roll
- \$1.00 Traveller Pie Beef/ Pepper /Cheese& Bacon
- Mini Chicken, Bacon and Cheese
- Mini pulled Beef and Cheese (half)
- Mini Honey Soy Chicken and Cheese

Focaccia

- \$4.50 Chicken, Avo and Bacon
- \$4.50 Roast Veg and Cheese
- \$1.00 Ham, Cheese and Onion

Toasted Turkish

- \$4.50 Ham, Cheese & Spinach
- \$4.50 Roast Veg, Avo & spinach
- \$3.00 Chicken ,Cheese, Sun Dried Tomato & Spinach

Pizza

- \$4.50 Meat Lovers Pizza Pocket
- \$4.50 Hawaiian Pizza Pocket
- \$3.00 Pepperoni Pizza
- \$1.00 Hawaiian Pizza
- Margherita Pizza

Fresh Salad Packs

- \$3.00 Chicken Caesar & Greek
- \$1.00 Quiche & Salad
- Layered salads
- \$4.50 Buddha bowl
- \$4.50 Rice salad

Vegetarian & Vegan options made to order

- Focaccia / Turkish
- Pizza pocket
- Sandwiches/Toasties
- Salads
- Wraps

Sweet Treats

- \$3.50 Ginger Bread Students & Shortbread
- Fruit - seasonal
- Biscuits /Iced Buns
- Protein Ball
- Slushy
- Hot Chocolate & Marshmallows

** After 1:15

Gluten Free and Vegan Available on request before 10am

Drinks, Ice Blocks, Chips, Bottled water, Juice and Reduced fat milk is available at various prices



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- \$2.00
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- \$2.00

