

Tuckshop Summer Menu



Term 1 2020



Breakfast

- Croissant various fillings
- Yoghurts
- Fruit



- Hash browns
- Available from 7:30am

Daily Specials

Monday



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

Tuesday



- Beef Burger with Cheese
- Chicken Dumplings on Noodles
- Veg Dumplings on Noodles
- Veg Spring Rolls

Wednesday



- King Caesar Chicken Burger
- Vegetarian Nachos

Thursday



- Potato Gems
- Cheesy Garlic Bread
- Peri Peri Chicken Bagel
- Creamy Tomato Basil Pesto 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 & Veg Teriyaki
- Prawn, Salmon Avo
- Krispy 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 Beef/ Pepper /Cheese & Bacon
- Mini Chicken, Bacon and Cheese
- Mini Pulled Beef and Cheese (half)
- Mini Honey Soy Chicken and Cheese

Focaccia

- \$5.00 Chicken, Avo and Bacon
- \$5.00 Roast Veg and Cheese
- \$1.00 Ham, Cheese and Pine -Apple

Toasted Turkish

- \$5.00 Ham, Cheese, Sun Dried Tom & Spinach
- \$5.00 Roast Veg, Avo & spinach
- \$3.00 Chicken ,Cheese, Sun Dried Tom & Spinach

Pizza

- \$5.00 Meat Lovers Pizza Pocket
- \$5.00 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
- \$5.00 Buddha bowl
- \$5.00 Rice salad

#Vegetarian & Vegan options

- Focaccia / Turkish \$4.50
- Pizza pocket \$4.50
- Sandwiches/Toasties \$3.50
- Salads \$3.50
- Wraps \$5.00

Sweet Treats

- \$3.50 Ginger Bread Students & Shortbread
- Fruit - seasonal \$1.00
- Biscuits /Iced Buns \$1.00
- \$5.00 Protein Ball
- \$5.00 Slushy
- \$5.00 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



- \$3.50
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- \$5.00
- \$6.00
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- \$5.00
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- \$2.50
- \$1.00
- \$1.00
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- \$2.00



- \$2.00

