



Peace Lutheran College Tuckshop Menu

ALL ONLINE ORDERS RECEIVE A 5% DISCOUNT

Order online at: <https://msa.plc.qld.edu.au>

The PLC Tuckshop is **NUT FREE**. **GF** = Gluten Free, **DF** = Dairy Free, **V** = Vegetarian, **VG** = Vegan

■ Have plenty ■ Select carefully ■ Select occasionally

Most suppliers are local. All food is made fresh onsite from local produce.

The PLC Tuckshop is now cashless. On-site orders can be paid for by EFTPOS or Student ID Card. Enquiries: Ph 4039 9000

HEALTHY SNACKS

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| Crumbed chicken bites – <i>chicken, sesame seeds, linseeds, sunflower seeds, salt, bread crumbs</i> | \$4.00 ■ |
| Sushi - <i>chicken, sushi rice, soya sauce, carrot, cucumber, pickled ginger, sesame seeds</i> GF, DF | \$3.60 ■ |
| Sushi – <i>cream cheese, sushi rice, mirin, rice vinegar, nori</i> | \$3.40 ■ |
| Sushi – <i>sushi rice, mirin, rice vinegar, carrot, cucumber, pickled ginger</i> GF, V, VG, DF | \$2.60 ■ |
| Fruit salad cup – <i>homemade, seasonal fruit</i> GF, VG, DF | \$3.00 ■ |
| Watermelon piece GF, V, VG, DF | \$0.50 ■ |
| Yoghurt – <i>Blueberry, Gallo Dairyland 200g</i> | \$3.00 ■ |
| Yoghurt – <i>Strawberry, Gallo Dairyland 200g</i> | \$3.00 ■ |

SALADS

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| Chicken salad (<i>homemade</i>), <i>Mungalli Creek yoghurt dressing, carrot, red capsicum, chickpeas, olive oil, lettuce, salt, pepper.</i> GF | \$6.00 ■ |
| Garden salad (<i>homemade</i>), <i>honey dressing, lettuce, tomato, cucumber, carrot, honey, sunflower oil, white vinegar, salt, pepper.</i> GF, VG, DF | \$3.00 ■ |
| Roasted pumpkin salad (<i>homemade</i>), <i>honey dressing, roasted pumpkin, corn, spinach, honey, sunflower oil, white vinegar, salt, pepper</i> GF, VG, DF | \$5.00 ■ |
| Tomato & cucumber salad with balsamic dressing (<i>homemade</i>), <i>tomato, cucumber, feta cheese, balsamic vinegar, honey, sunflower oil, salt, pepper.</i> GF, V | \$5.00 ■ |

SANDWICHES

| | Prices From |
|--|----------------|
| Cheese and cucumber (<i>bread options: white, wholemeal (\$3.50) or GF (\$4.50)</i>) V | \$3.50 ■ |
| Ham and tomato (<i>bread options: white, wholemeal (\$3.50) or GF (\$4.50)</i>) | \$3.50 ■ |
| Ham, cheese and tomato (<i>bread options: white, wholemeal (\$4.50) or GF (\$5.50)</i>) | \$4.50 ■ |
| Chicken, mayonnaise and lettuce (<i>bread options: white, wholemeal (\$4.50) or GF (\$5.00)</i>) | \$4.50 ■ |

TOASTIES

| | Prices From |
|---|----------------|
| Cheese (<i>bread options: white, wholemeal (\$3.50) or GF (\$4.50)</i>) V | \$3.50 ■ |
| Ham and cheese (<i>bread options: white, wholemeal (\$4.50) or GF (\$5.50)</i>) | \$4.50 ■ |
| Ham, cheese and tomato (<i>bread options: white, wholemeal (\$4.50) or GF (\$5.50)</i>) | \$4.50 ■ |
| Chicken, cheese and tomato (<i>bread options: white, wholemeal (\$4.50) or GF (\$5.50)</i>) | \$4.50 ■ |

WRAPS

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| Chicken – <i>with pumpkin, lettuce, tomato, pickled onions, salt, pepper</i> (<i>GF option available \$5.50</i>) DF, GF | \$5.00 ■ |
| Roasted sweet potato – <i>with chickpeas, lettuce, feta cheese</i> (<i>GF option available \$5.50</i>) V, GF | \$5.00 ■ |
| Pulled beef – <i>with carrot, onion jam, lettuce, mayonnaise, salt, pepper</i> (<i>GF option available \$5.50</i>) DF | \$5.00 ■ |

PIES AND ROLLS

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|--|----------|
| Sausage Roll <i>fresh from Annabel's Bakery</i> | \$3.00 ■ |
| Sausage Roll <i>fresh from Annabel's Bakery</i> | \$1.50 ■ |
| Spinach & Feta Roll <i>fresh from Annabel's Bakery</i> | \$4.50 ■ |
| Steak Pie <i>fresh from Annabel's Bakery</i> | \$4.50 ■ |



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DRINKS

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|---|----------------------|--------|---|
| Juice (orange or apple) – Emma & Tom's 250ml | GF, V, VG, DF | \$3.50 | ■ |
| Milk (chocolate or strawberry) 250ml | GF | \$2.50 | ■ |
| Ice Tea – (homemade) green tea, honey, lime leaf 200ml cup | GF, V, VG, DF | \$2.00 | ■ |
| Smoothie - (homemade) coconut & seasonal fruit 250ml cup (no added sugar) | GF, V, VG, DF | \$3.00 | ■ |
| Coconut Water – Raspberry sparkling coconut water 320ml | | \$2.50 | ■ |
| Coconut Water – Sparkling coconut water 320ml | | \$2.50 | ■ |

FROZEN TREAT

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|--|-------------------|--------|---|
| Popsicle Cup (homemade) - Mungalli Creek yoghurt, honey and seasonal fruit | GF, V | \$2.00 | ■ |
| Popsicle Cup (homemade) - Green tea, honey and lime leaves | GF, DF, VG | \$2.00 | ■ |

SWEET TREAT

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| Cookie (homemade) - oats, seeds, honey, egg, flour, dates, water, sunflower oil, vanilla bean, coconut, baking powder & cinnamon | V | \$0.50 | ■ |
| Muffin (homemade) - pineapple, butter, sunflower oil, flour, eggs, milk, baking powder, salt, honey | V | \$1.00 | ■ |

DAILY HOT SPECIALS ([online order only](#))

Monday

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| Minestrone soup & bread - tomato, water, white beans, carrot, celery, onion, pasta, oregano, parsley, parmesan cheese, salt, pepper, bread. (can be made vegan - please add to notes). | V | \$5.00 | ■ |
| Chicken and vegetable pasta bake - pasta, chicken, flour, milk, peas, carrot, corn, mozzarella, salt, pepper. | | \$3.80 | ■ |

Tuesday

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| Fried vegetable rice - rice, carrot, bean sprouts, peas, cabbage, onion, soya sauce, sesame oil, sesame seeds, ginger, ground coriander, salt & pepper. | GF, DF, VG | \$3.50 | ■ |
| Fried vegetable rice with beef - rice, beef, carrot, peas, cabbage, bean sprouts, onion, ground coriander, sesame oil, ginger, sesame seeds, salt & pepper. | GF | \$5.00 | ■ |
| Yellow mild chicken curry & rice - chicken, onion, garlic, ground coriander, coconut cream, lime leaves, lemongrass, carrot, peas, rice, potato, salt & pepper. | GF, DF | \$5.50 | ■ |

Wednesday

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|--|----------------------|--------|---|
| Beef ragout with potatoes - beef, onion, carrot, celery, tomato, garlic, paprika, potato, bay leaf, salt & pepper. | GF, DF | \$5.50 | ■ |
| Roasted corn cob, sweet potato and honey soy sauce - corn, sweet potato, soya sauce, sesame oil, sesame seeds, honey | GF, DF, VG, V | \$4.00 | ■ |

Thursday

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| Moroccan spiced chicken drumstick with cous cous and roast tomato - chicken drumstick, salt, pepper, cumin, paprika, cinnamon, cous cous, tomato, sunflower oil, onion & parsley. | DF | \$5.50 | ■ |
| Noodle and vegetable stir fry - noodles, onion, peas, cabbage, garlic, ginger, carrot, sesame oil, soya sauce, salt and pepper. | DF, VG, V | \$4.50 | ■ |
| Noodle and vegetable stir fry with beef - beef, noodles, onion, garlic, ginger, peas, cabbage, carrot, soya sauce, salt and pepper. | | \$6.00 | ■ |

Friday

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| Beef lasagna (homemade) - beef, onion, garlic, flour, milk, carrot, celery, oregano, salt & pepper. | | \$4.00 | ■ |
| Mild coconut vegetable curry & steamed rice - coconut cream, onion, garlic, ginger, ground coriander, carrot, pea, broccoli, pumpkin, potato, salt, pepper, lime leaf, lemongrass. | GF, DF, VG, V | \$4.50 | ■ |
| Mild Coconut vegetable curry with steamed rice and fish - local fish, onion, garlic, ground coriander, carrot, peas, potato, coconut cream, salt, pepper, lime leaf, lemongrass & rice. | GF, DF | \$5.00 | ■ |