


Tuckshop Menu 2019



To see our full range of food options and to order go to www.myschoolconnect.com.au Cut off is 9am sharp.

DAILY SPECIALS


Monday

Chicken/Beef Burger  \$4.80
Lettuce, cheese, tomato beetroot & bbq sauce
served on a milk bun


Tuesday

Taco   \$4.50
Mince, lettuce, tomato, cheese,
pita chips, salsa & sour cream

Wednesday

Pasta & Meatballs  \$4.50

Thursday

Goujon Melt  \$4.80
(2 x Chicken strips with sweet chilli mayo,
lettuce, cheese, tomato)

Friday

Snack Pack \$6.50
Ham & cheese or cheese toasted sandwich
Choc brownie, popper or water, piece of fresh fruit

SUSHI



Flavours subject to change due to availability

Hand Roll - Teriyaki Chicken / Avocado  / Tuna \$3.30

6 Pack - Teriyaki Chicken / Avocado  / Tuna \$4.00

Chicken Teriyaki Salad \$6.00

Soy Sauce .20

SANDWICHES



All sandwiches are made fresh to order

We have a vast range of fresh fillings to suit everyone
(go to My School Connect to see what is available)

White/Wholemeal Breads


Extras: Wraps, Toasted, Cheese, Avocado add .50

Gluten Free Bread add 1.30

NEW Sourdough add 1.50

HOT FOOD



Chicken Tenderlion Wrap  \$4.70

Garlic Bread \$1.20

Pasta Bolognese Bake   \$4.50
Gluten Free Option \$4.80

Macaroni Cheese  \$4.20

Falafel Burger \$4.80
(With avocado, tomato,
mayo served on a milk bun)

Chicken Goujons (6) \$3.70

Sausage Roll \$3.70

Gourmet Cheese & Spinach Roll \$4.00

Dim Sim (1) \$1.00

Kool School Meat Pie (Beef) \$3.70

Gluten Free Meat Pie  \$4.60

Tomato Sauce/BBQ Sauce - each .30c

SALAD BAR



Salad Bowl \$4.50

- Lettuce, tomato, cucumber, carrot,
beetroot, egg & cheese

With Roasted Chicken Breast, Ham, or Egg \$5.50

Small Salad Bowl \$3.50

Falafel Salad \$6.00

FRESH JUICE BAR Years 4-12 only

Why not try one of our freshly made juices? \$3.50
Made from fresh produce;

Available for collection at 2nd break



 = HOME MADE

 = GLUTEN FREE



NUT FREE

THE TUCKSHOP IS A NUT FREE ZONE



NUT FREE

Some prepackaged products state 'during manufacturing may contain traces of nuts'