

# Early Learning Centre Tuckshop Menu 2019



## The ELC is a Nut & Egg Free Zone

Look for this symbol  as it is home made


Look for this symbol  as it is Gluten Free

To place Tuckshop orders, go to  
[www.myschoolconnect.com.au](http://www.myschoolconnect.com.au)  
cut off is 9am sharp

### Sandwiches



#### All sandwiches made fresh to order

White/Wholemeal Breads  
**Extras:** Wraps, Toasted, Cheese, Avocado add .50  
Gluten Free Bread  add \$1.30  
Sourdough add \$1.50

Ham Cheese Tomato	\$3.60
Ham Cheese	\$3.30
Ham & Salad	\$4.60
Cheese	\$2.60
Cheese & Tomato	\$3.20
Chicken & Avocado	\$4.00
Chicken Lettuce Mayo	\$4.00
Chicken Salad	\$4.60
Salad	\$4.00
Vegemite	\$2.00

### Sushi



Flavours subject to change due to availability  
\*Some items may contain Mayonnaise  
(ELC to be informed before any changes are made)

**Handroll** – Teriyaki Chicken/Tuna Mayo/Avocado \$3.00

**6 Pack** – Teriyaki Chicken/Tuna Mayo/Avocado \$3.80  
Soy sauce .20

### Salad Bar

Salad Bowl – Lettuce, tomato, cucumber, carrot, beetroot, cheese	\$4.50
With Roasted Chicken Breast, Ham,	\$5.50
Small Salad Bowl	\$3.50








### Snacks

Vege sticks with baby bel cheese \$2.00

### Drinks

Fresh Plain Milk – 300ml \$1.70

### Hot Food

Chicken Tenderloin Wrap 	\$4.60
<i>Freshly crumbed chicken tenderloins served with lettuce &amp; mayo</i>	
Homemade Macaroni & Cheese 	\$4.00
Tandoori Chicken with Rice 	\$4.50
Pasta Bolognese Bake 	\$4.50
Gluten Free Pasta Bolognese Bake  	\$4.80
Falafel Burger 	\$4.80
w - lettuce, tomato, avocado & mayo on a Milk Bun	