

# TUCKSHOP MENU 2020



## FRESH FOOD

### Salads

Beef & Vermicelli Salad	\$5.00
Roast Seasonal Vegetable Salad (V)	\$5.00
Tandoori Chicken Salad	\$5.00
Chicken Pasta Salad	\$5.00
Caesar Salad	\$5.00
Chicken Caesar Salad (GF*)	\$5.50
Garden Salad (V)	\$5.00
Garden Salad with Chicken	\$5.50
Potato salad small (V)	\$3.00
Nut Free Pesto pasta salad small (V)	\$3.00

### Sandwiches

#### white or wholemeal bread

Egg & Lettuce (V)	\$4.50
Chicken & Salad	\$5.00
Ham & Salad	\$5.00
Tuna & Salad	\$5.00
Ham & Cheese	\$4.50
Vegemite (V)	\$3.50
Cheese (V)	\$3.50

### Wraps\*

Chicken Caesar	\$5.50
Tandoori Chicken	\$5.50

**All sandwiches available as wraps for extra 50c**

## FROZEN TREATS

### Prep - year 5 lunch only

Splits	\$2.00
Frozen yogurt	\$3.00
Lemonade Ice Block	\$2.00
Quelch	\$1.00
Bula Ice cream	\$2.50
Slushi 300ml	\$3.00

## HOT MEALS

### Pizza

Cheese (V)	
Margarita (V)	\$4.00
Ham & Pineapple	\$4.50
BBQ Chicken & Bacon	\$4.50
	\$4.50

### Pies

Small Pie	\$2.50
Large Pie	\$4.00
Cottage Beef Pie	\$4.50
Large Sausage Roll	\$3.50
Veggie Roll	\$3.50
Smokie	\$4.50
Cheese & Spinach	\$4.00
Triangle (V)	

### Burgers

Hamburger	\$5.00
Cheese Burger	\$5.00
Chicken Burger	\$5.00
Veggie Burger (V)	\$5.00

### Other

6 Chicken Goujons	\$3.50
Cup of Noodles (Pick up at counter)	\$4.00
Spaghetti Bolognese	\$5.00
Mac & Cheese (V)	\$5.00
Garlic Bread (V)	\$2.50

## DRINKS

Dairy farmers milk 300ml (Chocolate, Strawberry)	\$2.50	Pop top 250ml (Apple, Orange, Blackcurrant)	\$2.50
Dairy farmers milk 500ml (Chocolate, Strawberry, Vanilla, Double Espresso, Mocha)	\$3.50	Golden circle 500ml (Apple, Orange, Blackcurrant)	\$3.50
Farmers Union Iced Coffee 600ml	\$3.50	Water 600ml	\$2
Chill Iced Tea 500ml (Mango peach, Raspberry, Mango, Pomegranate)	\$3.50	Water 1.5L	\$3.50
Chill Iced Tea 250ml (Peach, Blackcurrant)	\$2.50	Sparkling water 500ml	\$3

**NOTE: V** - Vegetarian, **GF** - Gluten Free, **GF\*** - Gluten Free upon request

## BAKERY ITEMS

Muffin of the Day	\$3.00
Slice of the Day	\$1.00
Choc Chip Cookie	\$1.00
Cheese & Bacon Scroll	\$3.00
Cheese & Vegemite Scroll	\$3.00
Choc Chip Cookie (GF)	\$3.00
Choc Cake Slice (GF)	\$4.00
Banana Cake (GF)	\$4.00
<b>Morning tea only</b>	
Ham & cheese croissant	\$3.50
Cheese Croissants	\$3.00

## SNACKS

Mezze Plate	\$4.50
Tex Mex Plate (GF)	\$4.50
Boiled Egg (GF)	\$1.50
Apple Slinky (GF)	\$1.50
Whole Sliced Orange (GF)	\$1.50
Jumpy's (GF)	\$1.50
Fruit Salad Crunch (GF)*	\$6.00
Small Fresh fruit Salad (GF)	\$3.00
Large Fresh fruit Salad (GF)	\$5.00
Red Rock Chips (Honey Soy, Sea salt)	\$1.50
Cool popcorn (GF)	\$1.50

## SPECIALS

### Lunch only

**Tuesday** - Teriyaki Chicken Noodle Stir Fry  
**Wednesday** - Fish & Chips  
**Thursday** - Hot Dogs

## HOW TO ORDER ONLINE

1. Go to the College Website
2. Click on the FLEXISCHOOLS link
3. Register — you only need to do this once

[www.flexischools.com](http://www.flexischools.com)

Alternatively orders can be placed at school