

TUCKSHOP MENU 2020

PHONE ORDERS WELCOME 49438129

Hours: Monday – Friday

BREAKFAST 8.10am – 8.45am

LUNCH 11.15am – 11.50am

2ND BREAK 1.05pm – 1.30pm

Orders can be placed in the order book at the tuckshop before school. Lunch can be delivered to the Agriculture Centre & Skills Centre.

BREAKFAST		FRESH DAILY		DAILY HOT MENU	
Toasted Sandwiches	\$5.00	Salad Sandwich/Wrap/Roll salad only	\$5.00	MONDAY	
Bacon & Egg Muffin/Wrap	\$5.00	Fresh or Toasted with meat	\$5.00	*Hot Spud with Chilli con Carne GF	
		Fried Rice	\$5.00	\$5.00	
Oven Baked Hash Browns	\$2.00	GF Bread & Wraps Available		*Spaghetti Bolognese with Vegies GF	
				\$5.00	
Watermelon Tub GF	\$3.00	Fillings Available		*Potato Wedges	
Fruit Salad Tub GF	\$4.00			\$5.00	
		MEATS		TUESDAY	
Fruit, Muesli & Yogurt Cups GF	\$4.50	Oven Baked Lite Chicken		Chicken Wedges, Vegies & Gravy	
		Chilli Tenders		\$5.00	
Seasonal Fresh Fruit	price will vary	Ham		*Chicken Noodles with Vegies	
		Tuna		\$5.00	
Yogurt GF	\$3.00	Skinless Diced Chicken		Chicken & Gravy Roll	
		Roast Beef		\$4.50	
		Corned Beef			
JUICE				WEDNESDAY	
250ml Orchy Juices	\$2.50			Meat Pie (salt & fat reduced)	
100% Juice Popper	\$1.50			\$5.00	
				<i>(school approved)</i>	
		SALADS		*Toasted Tortilla Nachos	
		Beetroot, Carrot, Lettuce, Celery		\$5.00	
		Sprouts, Tomato, Cucumber, Onion,		Sausage Roll (salt & fat reduced)	
		Corn, Mushrooms, Capsicum,		\$3.00	
		Pineapple, Cheese, Avocado		<i>(school approved)</i>	
600ml Lite White	\$2.00	Cold meat & salad wrap	\$5.50	*Potato Wedges	
300ml Flavoured (fat reduced)	\$2.00			\$5.00	
500ml Flavoured (fat reduced)	\$3.00			Fish Bites & Salad	
				\$5.00	
		BURGERS		Fish Bites and Vegies	
250ML Up & Go	\$2.00	Rib Fillet Steak & Salad Burger	\$6.00	\$5.00	
350ml Up & Go	\$3.00	Oven Baked Beef Pattie and		THURSDAY	
		Salad <i>(school approved)</i>	\$5.00	Beef & Gravy Roll	
				\$4.50	
		Oven Baked Chicken Pattie and		Chicken Wedges & Vegies	
		Salad <i>(school approved)</i>	\$5.00	\$5.00	
		Oven Baked Pork Rib & Salad Roll		*Rissoles, Mash Potato, Vegies &	
		<i>(school approved)</i>	\$5.00	\$5.00	
		Fish & Salad Roll	\$5.00		
				FRIDAY	
		*Curried Mince, Vegies & Rice GF	\$5.00	Meat Pie (salt & fat reduced)	
				\$5.00	
		*Shepherd's Pie with Vegies GF	\$5.00	<i>(National Heart Foundation Approved)</i>	
				Sausage Roll (salt & fat reduced)	
		*Savoury Mince, Vegies & Rice GF	\$5.00	\$3.00	
				<i>(school approved)</i>	
		Garden Salad Box or Plate GF	\$6.00	Fish Bites & Salad	
				\$5.00	
		Meat & Salad Box GF	\$6.50	Fish Bites and Vegies	
				\$5.00	
		*GF Veg Quiche per slice	\$3.00		
				FRUIT	
		*GF Veg Quiche & Salad	\$6.50	*Potato Wedges served with Cheese,	
		Crumbed Fish (oven baked)	\$2.50	Sour Cream & Sweet Chilli Sauce	
		Crumbed Fish & Salad Plate	\$6.50		
				<i>*Means Home Baked</i>	

GF means Gluten Free - All of our gravy's are Gluten Free

All cheeses used are Fat Reduced

All of our Meats are oven baked - no products are deep fried