

Tuck Shop Menu: Weeks 1, 3, 5, 7, 9

Monday:

Pasta Alfredo – garlic, cheese	\$3.50
Garlic Bread	\$4.00
Potato bake w bacon, cheese	\$5.00
Chicken Caesar Wrap w chicken, lettuce, bacon, parmi cheese, Caesar dressing	\$6.00

Tuesday:

Pasta Bolognaise	\$3.50
Butter Chicken w rice	\$5.00
Meatball sub	\$5.00
Bacon and Egg Burger w BBQ sauce, salad, cheese	\$7.00

Wednesday:

Sausage Roll	\$3.50
Thai Sweet Chilli Beef Bowl	\$5.00
Lasagne	\$6.00
Chicken Parmi Burger – Chicken schnitzel, salad, cheese, tomato salsa	\$7.00

Thursday:

Fried Rice	\$3.50
Spinach and ricotta ravioli w creamy garlic broccoli	\$5.00
Sweet Chilli Chicken wrap – Salad, cheese, chilli Chicken, sweet chilli sauce	\$6.00
Hamburger – homemade beef patty, cheese, beetroot, salad, BBQ sauce	\$7.00

Friday:

Pasta w tomato marinara sauce	\$3.50
Roast Meat and Gravy Roll	\$5.00
Fish and Chips w tartare sauce, lemon	\$6.00
Club Sandwich – Grilled chicken, bacon, salad, cream cheese, kewpie mayo	\$7.00

Tuck Shop Menu: Weeks 2, 4, 6, 8, 10

Monday:

Pasta Alfredo – garlic, cheese	\$3.50
Garlic Bread	\$4.00
Smashed Potato w savoury mince, cheese, sour cream	\$5.00
Chicken Caesar Wrap w chicken, lettuce, bacon, parmi cheese, Caesar dressing	\$6.00

Tuesday:

Pasta Bolognaise	\$3.50
Butter Chicken w rice	\$5.00
Hot Dogs w Cheese, tomato sauce	\$5.00
Spicy Chicken and Bacon Burger w salad, kewpie mayo	\$7.00

Wednesday:

Curry sausages w rice	\$3.50
Beef and Bean Nachos w sour cream	\$5.00
Lasagne	\$6.00
Chicken Parm Burger – Chicken schnitzel, salad, cheese, tomato salsa	\$7.00

Thursday:

Ham and Pineapple pizza	\$4.00
Spinach and ricotta Cannelloni	\$5.00
Sweet Chilli Chicken wrap - Salad, cheese, chilli Chicken, sweet chilli sauce	\$6.00
Hamburger – homemade beef patty, cheese, beetroot, salad, BBQ sauce	\$7.00

Friday:

Pasta w tomato marinara sauce	\$3.50
Beef Stroganoff w rice	\$5.00
Roast Meat and Gravy Roll	\$5.00
Club Sandwich – Grilled chicken, bacon, salad, cream cheese, kewpie mayo	\$7.00

Sandwiches, Salads, Snacks and Drinks

Sandwich with 2 ingredients		\$2.00
Sandwich with more than 2 ingredients		\$4.00
Sandwich Gluten Free		\$4.00
2 x Assorted Slider Rolls		\$6.00
Salad Bowl	Small	\$5.00
	Large	\$8.00

Fresh Cut Seasonal Fruit - Small Tub		\$2.50
Fresh Cut Seasonal Fruit - Large Cup		\$4.00
Yoghurt, Museli & Fruit		\$3.50
Homemade Cookie		\$2.00
Iced Vanilla Cake		\$2.00
Homemade Choco Slice (Gluten Free)		\$2.50
Chocolate Mud Cake		\$2.50
Muffin (For Pre-Order Gluten Free Available)		\$2.50

Bottled Water		\$2.00
Pump Bottled Water		\$4.50
Orchy Juices	Small	\$3.00
	Large/Square Bottle	\$5.00
Plain Milk	500ml	\$2.50
	2L	\$5.00
Norco Flavoured Milk (Choc, Strawberry, Caramel)	300ml	\$3.00
	500ml	\$5.00
Up & Go		\$3.50

Zooper Dooper		\$1.00
Low Fat Ice Cream Tub (Gluten Free)		\$2.00
Twisted Frozen Yoghurt		\$3.00