

# TUCKSHOP MENU - TERM 3, 2024

## Wednesday

MEAL OPTIONS	PRICE
<b>Burrito Bowl</b> Corn and bean salsa, rice, guacamole, Greek yoghurt, lime and coriander <i>(Gluten free)</i>	\$ 6.00
<b>Corn Fritters and Salad</b> 2 x Corn and herb fritters with salad and Greek yoghurt or sweet chilli sauce <i>(Gluten free available)</i>	\$ 5.00
<b>Sushi</b> - Single half roll (Avocado, Vegetable or Vegetable Tempura)	\$ 4.00
<b>Sushi</b> - Double half roll (Avocado, Vegetable or Vegetable Tempura)	\$ 7.00
<b>Pizza or Vegemite Scrolls</b>	\$ 2.50
<b>Vegetable Curry &amp; Rice</b> — Mixed vegetables, chickpeas, rice. <i>(Gluten free and dairy free)</i>	\$ 6.00
<b>Vegetable Curry &amp; Rice</b> — Mixed vegetables, chickpeas, rice with a Garlic Naan Bread. <i>(Dairy free)</i>	\$ 8.00
<b>Pumpkin Soup</b> — without bread roll <i>(Gluten free and dairy free)</i>	\$4.00
<b>Pumpkin Soup</b> — with bread roll. <i>(Gluten free available and dairy free)</i>	\$5.00
<b>Spinach &amp; Fetta or Pumpkin &amp; Fetta Rolls</b>	\$ 3.00
<b>Garden Salad</b> - Lettuce, tomato, cucumber, beetroot, capsicum, carrot, onion <i>(Gluten free)</i>	\$ 6.00
<b>Greek Salad</b> - Lettuce, tomato, cucumber, onion, fetta, olives <i>(Gluten free)</i>	\$ 6.00
<b>Vegetable Burger</b> , All salad - Lettuce, tomato, cucumber, beetroot, capsicum, carrot, onion, mayonnaise <i>(Gluten free)</i>	\$ 6.00
<b>Sandwiches &amp; Wraps</b> Jam, Vegemite, Honey, Cheese, Egg <i>(Gluten free available)</i>	\$ 2.50
Salad - Lettuce, tomato, carrot, cucumber, capsicum, onion <i>(Gluten free available)</i>	\$ 6.00

# Wednesday

## **Snacks**

Yoghurt muesli cups - Toasted muesli, plain yoghurt, fruit (*Gluten free available*) - \$3

Banana bread (*Gluten free available*) - \$3

Emma & Toms protein ball (*Gluten free and dairy free*) - \$2.50

Brownie (*Gluten free available*) - \$3.50

Muffin of the day - \$3

M & M cookie - \$2

Choc chip cookie (*Gluten free*) - \$1

Lamington - \$2.50

Fruit salad cup - \$3.50

Slinky apple or piece of fruit - \$1.50

Watermelon cup - \$3.00

## **Drinks**

Emma & Toms juice (apple, berry, mango, orange) - \$3

Remedy kombucha - (passionfruit or raspberry) - \$3

Juice bomb - (watermelon or grape) - \$3

Flavoured milk (strawberry or chocolate) - \$2.50

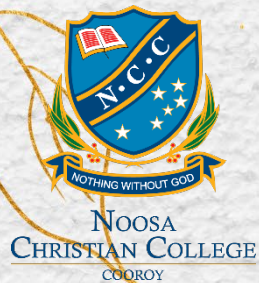
## **Ice Blocks**

Lemonade ice block - \$2

Proud as Punch (4 flavours) - \$2.50

Vanilla ice cream cup - \$2

Quelch fruit ice block - \$1



# TUCKSHOP MENU - TERM 3, 2024

Friday

MEAL OPTIONS	PRICE
<b>Macaroni &amp; Cheese</b> <i>(Gluten free available)</i>	<b>\$ 5.00</b>
<b>Garlic Bread</b> <i>(Gluten free available)</i>	<b>\$ 2.50</b>
<b>Mini Pizza</b> Cheesy Garlic <i>(Gluten free available - \$4)</i> Vegetable <i>(Gluten free available - \$4)</i>	<b>\$ 3.50</b> <b>\$ 3.50</b>
<b>Pizza or Vegemite Scrolls</b>	<b>\$ 2.50</b>
<b>Nachos</b> <i>(Gluten free)</i>	<b>\$ 5.50</b>
<b>Sushi</b> - Single half roll (Avocado, Vegetable or Vegetable Tempura)	<b>\$ 4.00</b>
<b>Sushi</b> - Double half roll (Avocado, Vegetable or Vegetable Tempura)	<b>\$ 7.00</b>
<b>Vegemite Scrolls</b>	<b>\$ 2.50</b>
<b>Spinach &amp; Fetta or Pumpkin &amp; Fetta Rolls</b>	<b>\$ 3.00</b>
<b>Garden Salad</b> - Lettuce, tomato, cucumber, beetroot, capsicum, carrot, onion <i>(Gluten free)</i>	<b>\$ 6.00</b>
<b>Greek Salad</b> - Lettuce, tomato, cucumber, onion, fetta, olives <i>(Gluten free)</i>	<b>\$ 6.00</b>
<b>Vegetable Burger</b> , All salad - Lettuce, tomato, cucumber, beetroot, capsicum, carrot, onion, mayonnaise <i>(Gluten free)</i>	<b>\$ 6.00</b>
<b>Sandwiches &amp; Wraps</b> Jam, Vegemite, Honey, Cheese, Egg <i>(Gluten free available)</i> Salad - Lettuce, tomato, carrot, cucumber, capsicum, onion <i>(Gluten free available)</i>	<b>\$ 2.50</b> <b>\$ 6.00</b>

Friday

### **Snacks**

Little Hero bar - (*Gluten free, dairy free, vegan*) - \$4

Brownie (*Gluten free available*) - \$3.50

Muffin of the day - \$3

Cookie of the day - \$2

Choc chip cookie (*Gluten free*) - \$1

Lamington fingers (3) - \$2.50

Fruit salad cup - \$3.50

Slinky apple or piece of fruit - \$1.50

Watermelon cup - \$3.00

### **Drinks**

Emma & Toms juice (apple, berry, mango, orange) - \$3

Remedy kombucha - (passionfruit or raspberry) - \$3

Juice bomb - (watermelon or grape) - \$3

Flavoured milk (strawberry or chocolate) - \$2.50

### **Ice Blocks**

Lemonade ice block - \$2

Proud as Punch (4 flavours) - \$2.50

Vanilla ice cream cup - \$2

Quelch fruit ice block - \$1