Tuckshop Menu

Salads

- 1. Fresh Garden Salad ~ Lettuce, Tomato, Cucumber, Beetroot, Capsicum, Carrot, Onion
- 2. Greek Salad ~ Lettuce, Tomato, Cucumber, Onion, Olives, Feta
 One Size \$5.50 | Add Egg for \$0.50 (dressing on request)

Vegetable Burger

Lettuce, Tomato, Cheese and Mayonnaise \$5.50 (GF available)

Sandwiches & Wraps

Toasted available

Please specify; white bread, multigrain bread or wrap (GF available)

Jam, Vegemite, Honey \$1.50 Cheese \$2.00 Egg (free-range) \$3.50 Salad \$4.00

Extra: Lettuce, Tomato, Beetroot, Cucumber, Capsicum, Carrot, Onion, Cheese \$0.50

Sushi Rolls

Vegetarian - White Rice, Brown Rice, Black Rice \$3.50

PLEASE ORDER BEFORE THURSDAY 10AM SO IT CAN BE DELIVERED FRESH ON FRIDAY

Drinks

Water \$2.00

Emma and Tom's Mixed Juices (4 Flavours) \$2.50 Emma & Tom's Sparkling Water (3 Flavours) \$2.50

Flavoured Milk (Chocolate | Strawberry) \$2.50

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Homemade Hot Food

Vegetable Lasagne \$5.00 (GF available)

Soup of the Day/Week with Roll \$4.50 (GF available)

Macaroni Cheese with Hidden Vegetables \$4.50 (GF available)

Garlic Bread \$2.00

Mini Pizzas \$3.00 Cheesy Garlic or Vegetable

Nachos \$5.00 (GF available)

Other Hot Food

Spinach & Cheese Roll or Pumpkin & Feta Roll \$3.00

Ice Blocks

Lemonade Ice Block \$2.00

Proud As Punch Assorted Ice Blocks (4 flavours) \$2.00 Quelch Fruit Zooper Dooper or Sour Zooper Dooper \$1.00 Ice Cream Cup \$2.00

Snacks

Seasonal Fresh Five Fruits Cup \$3.00

Slinky Apple, Orange, Mandarin (Seasonal) \$1.50

Watermelon Cup \$2.00

Pizza or Cheesymite Scrolls \$2.00

Assorted Cakes, Lamingtons, Biscuits and Muffins \$2.50

Little Hero Bar (Gluten Free, Dairy Free and Vegan) \$5.50

Gluten Free Chocolate Chip Cookie \$1.00

