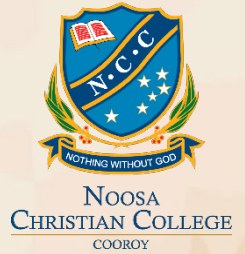


Tuckshop Menu ~ Term 4



Salads

1. **Fresh Garden Salad** ~ Lettuce, Tomato, Cucumber, Beetroot, Capsicum, Carrot, Onion
2. **Greek Salad** ~ Lettuce, Tomato, Cucumber, Onion, Olives, Feta
\$5.50 | Add Egg for \$0.50 (dressing on request)
3. **Vegetarian Caesar Salad** ~ Lettuce, parmesan, egg, croutons, Caesar dressing \$5.50

Vegetable Burger *GF available*

Lettuce, Tomato, Cheese and Mayonnaise \$5.50

With All Salad (The above plus Beetroot, Cucumber, Capsicum, Carrot, Onion) \$6.00

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 \$5.00

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

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