

Tuckshop Menu



2017/2018



Breakfast

Toast with Vegemite/honey/jam or Cheese	\$1.00
Fruit Toast	\$1.00
Greek Yoghurt with fruit flavouring or plain	
Small	\$2.00
Large	\$3.00



Daily Specials

Monday

Chicken Peri Peri Bagel	\$4.00
Pork Hot Dog with cheese/homemade sauce	\$4.00
Vegetarian Hot Dog with homemade sauce	\$4.00
Curly Fries	\$2.50

Tuesday

Chicken Caesar Burger	\$4.00
Chicken or Vegetarian Burrito	\$4.00
Sushi and Rice paper rolls	\$3.00
Potato Wedges	\$2.50

Wednesday

Vegetarian Nachos with Sour Cream	\$4.00
Bacon and Cheese Beef Bagel	\$4.00
Spinach and Ricotta Burger	\$4.00
Sweet Potato Wedges	\$2.50

Thursday

The Gap High Chicken Burger	\$4.00
Jamie Oliver's Mac 'n Cheese	\$4.00
Sushi and Rice paper rolls	\$3.00
Garlic Bread	\$1.00

Friday

Spicy Chicken Subs	\$4.00
Cheesy Meatball Subs	\$4.00
Spinach and Ricotta Burger	\$4.00
Potato Gems	\$2.50
Garlic Bread	\$1.00

Sandwiches

High Fibre white bread/wholemeal	
With various fillings	\$3.50
Lebanese Wraps	
Thai Sweet Chicken	\$4.00
Flame-Grilled Chicken	\$4.00
Chicken and Salad	\$4.00
Egg and Salad	\$4.00
Cheese and Salad	\$4.00
Ham and Salad	\$4.00
Roast Veg and Hummus	\$4.00

Tortilla Wraps

Mexican Chicken	\$4.00
Caesar Chicken	\$4.00
Roasted Vegetable with Hummus	\$4.00

Available everyday

Beef and Chicken Noodles	\$3.00
Focaccia—various fillings	\$4.00
Potato-topped pie	\$3.50
Traveller Pie	\$3.00
Sausage Roll	\$2.50
Mini pulled beef and cheese (half)	\$2.50
Mini pulled beef and cheese (full)*	\$4.50
Mini Honey soy chicken and cheese (half)	\$2.50
Mini Honey soy chicken and cheese (full)*	\$4.50

*ONLY MADE TO ORDER

Warm Chicken Wraps

Thai Sweet Chilli Chicken	\$2.50
Honey Soy Chicken	\$2.50
Toasted Sandwich (various fillings)	\$4.00
Toasted Turkish (various fillings)	\$4.00

Homemade pizza pockets

Meat Lovers	\$4.00
Hawaiian	\$4.00
Chicken Supreme	\$4.00
Vegetarian	\$4.00
Butter Chicken	\$4.00

Vegetarian

Salads	\$5.00
Wraps	\$4.00
Focaccia	\$4.00
Pizza Pocket	\$4.00
Sandwiches/Toasties	\$3.50
Hot Spinach and Cheese Rolls	\$3.50
Tortillas	\$4.00

Fresh Salad Packs

Chicken Caesar	\$5.00
Chicken/Egg/Greek /Roast Vegetable	\$5.00

Sweet Treats

Greek Yoghurt plain or fruit flavoured	\$2.00
Fruit—seasonal	\$0.60
Biscuits	\$1.00
Iced Buns	\$1.00
Slushie	\$2.00

Gluten Free and Vegan available on request before 10am.

Drinks, Ice Blocks, Chips, Bottled Water, Juice and

Reduced fat milk are available at various prices.



We would love to make your favourite roll, sandwich or salad. Please see us before school to place your order.

The Tuckshop is open from 7.30am to 3.00pm each day. Phone 3511 3836.

Convener—Paula