

# MRSS Tuckshop Menu

2019 Term 1 – open Monday, Wednesday & Friday



**Sweet potato wedges \$3.50**

**BLT** – Bacon, lettuce, tomato, aioli on a lightly toasted Turkish roll \$5.00 (DF)

**Sweet chilli chicken wrap** – (lettuce, tomato, carrot, cucumber, aioli & a sweet chilli chicken tender). \$5.00

**Meatball Sub- \$4.00**

Beef meatballs with a homemade tomato sauce in a bun, with or without cheese.(includes vege stock made in the

**Hakka lotus leaf buns** (like a soft taco)

**Karage chicken or sweet chilli chicken with lettuce, cucumber, carrot and aioli.**

Single serve (2) \$4.50

Double serve (4) \$8.00

Made in the Tuckshop

**Risotto** – chicken (with hidden vege) \$5.00 GF

**Risotto** – vegetarian (with hidden vege) \$4.50 GF

**Allied Chef Mac-n-cheese \$4.00**

**Allied Chef Mac-n-cheese (GF) \$4.50**

**Mrs Macs Gluten Free Pie \$4.50**

**Dim Sims - \$1.00**

**Pies & Sausage Rolls - \$2.80**

**GF ricotta & vege roll \$3.50**

**Chicken nugget meal deal (milk) \$5.00 (GF & Tempura)**

**Chicken nugget meal deal (juice) \$5.50 (GF & Tempura)**

**Nuggets (4) \$3.00 GF & Tempura**

**BBQ Pork Riblet Roll \$4.00**

Butlers BBQ Pork riblets on a roll

(Ribs are boneless)

With salad \$4.30

**GF Focaccia olive & cheese \$4.00**

**Sauces - .30c each**

Soy sauce, BBQ, Tomato, Sweet Chilli sauce, Aioli, Southwest Chipolte sachets available

**Large Salad Box \$5.00**

Lettuce, tomato, cucumber, carrot, beetroot, egg, cheese & pineapple.

To add ham or chicken add \$1.00

To add mayo add \$0.30c (DF & EF)

**Mini salad box \$3.50**

The same as a large salad box, just smaller!

## Nachos

With cheese only \$4.50 (GF)

With cheese and mild salsa \$4.50 (GF)

With mexican beans, cheese and salsa \$5.00 (GF)

With Mexican beans, beef meatballs, cheese and salsa \$6.00

## BURGERS

**Chicken Burger** - Homestyle chicken patty, on a fresh bread bun with lettuce, tomato, & mayo. (DF) \$5.00

**Beef Burger** - Homestyle beef patty on a fresh bread bun with tomato sauce, lettuce, tomato & beetroot. \$6.00

**Vege Burger** – Vege patty on a fresh bun with tomato sauce, lettuce, tomato and beetroot. \$5.00

To add cheese add .50c.

Mayonnaise used is DAIRY & EGG FREE.

**Hot Dogs - \$4.00 (Gluten Free now available \$5.50)**

97% fat free with cheese & tomato sauce on fresh hot dog buns. Please note – if you would like BBQ sauce instead, or no cheese, or no sauce etc... please write that on your order form.

## Snacks

Boiled egg \$1.00 (GF & DF)

Popcorn \$0.50c (GF, EF & DF)

Apple slinky \$1.50 (GF, EF & DF)

Orange (cut into eighths) \$1.50 (GF, EF & DF)

Seasonal fruit cup \$3.50

Hommus & vege sticks \$2.50 (GF, EF & DF)

Yoghurt with crunchy topping \$3.00 (GF, EF)

Yoghurt, crunchy topping with strawberry swirl \$3.50

KIS bites - plain or tropical \$1.20 (GF, EF & DF)

Edamame Bean cup \$3.00

**Chips (plain, Honey soy, S&V) Piranah BBQ (GF) \$1.50**

**Garlic Bread Roll \$1.50 GF \$2.00**

**Plain milk snack combo \$1.50**

**Flavoured milk snack combo \$2.50**

**TANIA MULLER – TUCKSHOP CONVENOR**

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<b>HOMEBAKE COOKIE</b>	\$1.00 GF \$1.50
<b>HOMEBAKE Muffin/cupcake</b>	\$1.50 GF \$2.50
<b>Vanilla cake (made in the tuckshop)</b>	\$1.00
<b>Banana bread</b>	\$1.20

### DRINKS

<b>Cup of plain milk</b>	\$1.00
<b>Cup of plain milk with Sippah straw</b>	\$1.40
(flavoured straw = quarter teaspoon sugar)	
<b>Water 600ml</b>	\$1.50
(.20c per bottle to The Unite Project – supporting Youth homelessness)	
<b>Juice Bombs (lightly carbonated)</b>	\$2.50
Vanilla/lime ,Apple/raspberry, Orange/passio, Grape	
<b>Breaka Flavoured milk</b>	\$2.00
(UHT 250ml chocolate, strawberry & vanilla carton)	
<b>BREAKA flavoured (fresh) milk</b>	\$2.50
(strawberry or chocolate)	
 <i>Emma &amp; Tom's flavoured milks &amp; juices</i>	
<b>Chocolate, Strawberry or Caramel fresh milk</b>	\$2.50
(no added sugar, GF, no preservatives, permeate free)	
<b>Straight OJ, Pressed Cloudy Apple or Fruit Smoothie Karma Rama (tropical) 250ml</b>	\$2.50
(no added sugar, no preservatives or concentrates)	

### Ice Blocks

<b>Lemonade Fizzers</b>	\$0.80c
<b>Juicies (tropical)</b>	\$0.80c
<b>Vanilla ice cream cup (Streets)</b>	\$1.00
<b>Calippo</b>	\$1.00
<b>Icy Twist (lemonade)</b>	\$1.20
<b>Paddlepop - Chocolate, Rainbow</b>	\$1.50
<b>Slush Puppie (99% fruit juice)</b>	\$2.20
<b>Frozen yoghurt – choc/vanilla, watermelon/mango or strawberry/vanilla</b>	\$2.00
<b>Bulla frozen yoghurt – mango or raspberry</b>	\$2.20
<b>Sorbet - mango &amp; passionfruit or lemon</b>	\$3.00
<b>Jelly sticks</b>	\$0.20

**GREEN** rated food **EAT OFTEN**

**AMBER** rated food.....**EAT OCCASIONALLY**

**RED** rated food....**EAT SPARINGLY**

### TOASTED SANDWICHES & WRAPS

All made with wholemeal bread with no butter, however you can request white bread & butter if you prefer. Wraps are wholemeal.

#### Toasted sandwiches:

<b>Cheese only</b>	\$2.50
<b>Cheese &amp; tomato</b>	\$3.00
<b>Ham or chicken, with cheese</b>	\$4.00
<b>Ham or chicken, with cheese &amp; tomato</b>	\$4.50
<u>Toasted wraps: GF now available (add .50c)</u>	
<b>Cheese only</b>	\$2.70
<b>Cheese &amp; tomato</b>	\$3.20
<b>Ham or chicken, with cheese</b>	\$4.20
<b>Ham or chicken with cheese &amp; tomato</b>	\$4.70

### Sandwiches, wraps & rolls

All sandwiches made with wholemeal bread with no butter, however you can request white bread & butter if you prefer. Wraps are wholemeal & rolls are white.

#### Sandwiches:

<b>Honey or vegemite</b>	\$2.00
(the above are made <u>with</u> butter unless you request none)	
<b>Cheese</b>	\$2.30
<b>Cheese &amp; tomato</b>	\$2.80
<b>Tuna &amp; mayonnaise</b>	\$3.50
<b>Ham or chicken with cheese</b>	\$3.80
<b>Ham or chicken with cheese &amp; tomato</b>	\$4.30
<b>Egg, mayonnaise &amp; lettuce</b>	\$3.00
<b>Salad (lettuce, tomato, cucumber &amp; carrot)</b>	\$3.00
<b>Ham or chicken with salad</b>	\$4.50
<u>Wraps: GF now available (add .50c)</u>	
<b>Cheese</b>	\$2.50
<b>Cheese &amp; tomato</b>	\$2.80
<b>Tuna &amp; mayonnaise</b>	\$3.70
<b>Ham or chicken with cheese</b>	\$3.70
<b>Ham or chicken with cheese &amp; tomato</b>	\$4.00
<b>Egg, mayonnaise &amp; lettuce</b>	\$3.50
<b>Salad (lettuce, tomato, cucumber &amp; carrot)</b>	\$3.50
<b>Ham or chicken with salad</b>	\$4.50
<b>Chicken Caesar salad wrap</b>	\$5.00
<u>Roll – white burger bun: (GF roll add \$1.00)</u>	
<b>Salad (lettuce, tomato, cucumber, carrot &amp; beetroot)</b>	\$3.50