Tuckshop Menu

Semester 2 2016
07 5477 3245

Online Orders: orders.mfac.edu.au

Fresh Salads

- Roast Vegetable and Chicken Salad GF $6.00
  Baby spinach, roasted sweet potato, tomato, cucumber, basil and feta
  - Small $4.00
- Chicken Caesar Salad $6.00
  Cos lettuce, grilled egg, bacon and croutons
  - Small $4.00
- Pulled Pork and Pear Salad GF $6.00
  Slow cooked pork and pear with Asian vegetables and rice noodles
  - Small $4.00
- Greek Salad GF V $5.00
  Mixed greens, feta, kalamata olives, tomato and cucumber
  - Small $4.00

Sandwiches and Wraps

- Chicken and Avocado Sandwich...$4.50
  Chicken breast and avocado
- Ham and Cheese Sandwich .......$4.00
- Egg and Lettuce Sandwich .......$4.00
- Cheese and Vegemite Sandwich...$2.50
- Cheese Sandwich .................$2.00
- Upgrade sandwich to wrap ......$0.50
- Extra fillings avocado, tomato etc. $0.50
- Toasted cheese and sauce ......$0.50
- Sheryl’s Delight .................$4.00
  Half focaccia roll, avocado, chicken, bacon, feta, tomato, cucumber and baby spinach
- BLAT bacon, lettuce, avocado, tomato $5.00
- Chicken Caesar Wrap ............$6.00

Drinks

- 100% Fruit Popper 200ml..............$1.50
- 600ml Water...............................$2.00
- 1.5L water.................................$3.00
- Breaka Flavoured Milk 300ml.......$2.50
- Breaka Flavoured Milk 500ml.......$3.50
- Big M Flavoured Milk 250ml........$2.50
  Chocolate, strawberry, banana
- Ice Break 500ml .......................$4.00
- Up and Go 250ml.......................$3.00
  Venti of chocolate
- Chill Aloe Natural Juice 500ml.....$3.00
  Original, guava and peach
- Classic 100% Juice 350ml ..........$3.00
  Orange, apple, apple and blackcurrent
- Coconut Water 330ml.................$3.00

Bakery

- Choc Chip Cookie Small............$1.00
- Honey Joy Slice GF ...............$2.00
- Lamingtons .........................$2.50
- Chocolate Weetbix Slice ..........$2.00
- Banana Bread .......................$3.00
- Finger Bun ............................$2.50
- Lemon Slice .........................$2.00

Fruits and Desserts

- Low Kilojoule Jelly and Custard...$1.50
- Vanilla Custard (lite milk) ......$1.50
- Fresh Fruit Salad GF $2.00
  - Small $2.00
  - Large $4.00
- Fresh Fruit .........................$1.50
  Apple or banana
- Queensland Yoghurt 200g GF $3.50
  Mango, passionfruit, raspberry and muesli (non gf)

Snacks

- Popcorn GF $1.00
- Mezze Platter .................$5.00
  Vegetable sticks, cheese, hummus crackers and olives
- Boiled Egg .......................$1.00
- Lite Cheese and Rice Crackers ......$2.00

Sushi Rolls

- Chicken Teriyaki $3.80
- Tuna and Mayonnaise ..........$3.80
- Crumbed Chicken and Avocado ....$3.80
- Avocado GF ...............$3.80
- Prawn and Mayonnaise ..........$3.80
- Salmon GF ...............$3.80

Warmers

- Macaroni Cheese V $4.00
- Beef Lasagne .......................$4.00
- Pizza Tube .........................$2.50
- Ham and Cheese Pizza GF $5.00
- Spaghetti Bolognaise .........$4.00
- Beef Burger .......................$5.00
- Chicken Burger ....................$5.00
- Veggie Burger .....................$5.00
- Sausage Roll .........................$3.00
- Spinach and Feta Roll V $3.00
- Beef Nachos ......................$5.00
- Chunky Steak Pie (Lean Beef) $4.00
- Veggie Quiche V $4.00
- Mini Steak Pie (Lean Beef) ....$2.50
- Fried Rice GF .................$4.00
- Butter Chicken and Rice ........$4.00
- Egg and Bacon Roll ............$4.00
- Chicken Chilli Wrap ............$5.00
- Pumpkin Soup and Dinner Roll....$4.00

Friday Special

- Fish and Chips .......................$4.00
- Chicken Goujons .................$2.50

Frozen Treats

- Frozen Juice Cups ...............$1.00
- Quelch Fruit Sticks .............$1.00
  Apple, tropical, orange/mango
- Fruit Smoothie ...................$1.00
- Frozen Yoghurt .................$2.50

Pre-order by 9am