



Tuckshop Menu

Semester 1 2017
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, boiled egg, bacon and croutons
-Small \$4.00
- Tuna Nicoise Salad **GF** \$6.00
Green beans, olives, chat potatotes, boiled egg and cherry tomatoes
-Small \$4.00
- Greek Salad **GF V** \$5.00
Mixed greens, feta, kalamata olives, tomato and cucumber
-Small \$4.00

Drinks

- 100% Fruit Popper 200ml..... \$1.50
apple, orange, tropical, apple/blackcurrent
- 600ml Water..... \$2.00
- Breaka Flavoured Milk 300ml \$2.50
- Breaka Flavoured Milk 500ml \$3.50
Chocolate, strawberry, banana
- Big M Flavoured Milk 250ml \$2.50
Chocolate or strawberry
- Ice Break 500ml \$4.00
- Up and Go 250ml..... \$3.00
Vanilla or 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

Meal Deals

- Ham and Pineapple Pizza + Popper Juice + Cookie \$5.00
- Sausage Roll + Flavoured Milk + Jelly Cup \$5.00
- Sushi + Water + Frozen Juice Cup **GF** \$6.00

Friday Special

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

Pre-order by 9am

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..... \$0.50
- Sheryl's Delight \$4.50
Half focaccia roll, aioli, chicken, bacon, feta, tomato, cucumber and baby spinach
- BLAT bacon, lettuce, avocado, tomato \$5.00
- Chicken Caesar Wrap \$6.00

Bakery

- Choc Chip Cookie Small \$1.00
- Honey Joy Slice **GF** \$2.00
- Lamington..... \$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**
- small \$2.50
- large \$4.00
- Fresh Fruit..... \$1.50
Apple or banana
- Queensland Yoghurt 200g **GF** \$3.50
Mango, passionfruit, raspberry and muesli (non gf)

Frozen Treats

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

Snacks

- Popcorn **GF** \$1.00
- Mezze Platter \$5.00
Vegetable sticks, cheese, hommus, rice crackers and olives
- Boiled Egg \$1.00
- Lite Cheese and Rice Crackers \$2.50

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 Bolognese \$4.00
- Beef Burger \$5.00
- Chicken Burger \$5.00
- Veggie Burger **V** \$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

Daily Specials Available