

# Tuckshop Menu



**MATTHEW  
FLINDERS**  
Anglican College

**Semester 2 2018**

07 5477 3245

Online Orders: [orders.mfac.edu.au](http://orders.mfac.edu.au)

## Fresh Salads

- Roast Vegetable and Chicken Salad **GF** \$7.00  
Baby spinach, roasted sweet potato, tomato, cucumber, basil and feta  
- Small ..... \$5.00
- Chicken Caesar Salad ..... \$7.00  
Cos lettuce, boiled egg, bacon and croutons  
-Small ..... \$5.00
- Greek Salad **GF V** ..... \$6.00  
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 ..... \$4.00  
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..... \$5.00
- 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
- Flinders Focaccia ..... \$4.50  
Focaccia roll, mexican chicken, bacon, cheese, tomato, herb  
mayonnaise 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