

Mt St Michael's College

TUCKSHOP MENU – TERM 4 2018

daily		classic flavoured milk (from)	\$2.60
potato top beef pie	\$4.30	sanitarium up & go 250ml	\$2.60
beef pie	\$4.10	iced tea 500ml	\$4.00
cheese & spinach roll	\$4.10	deep spring mineral water 500ml	\$3.70
sausage roll	\$3.00	vitamin water	\$4.00
chicken wedges (3)	\$3.00	healthy salads & snacks	
potato wedges	\$2.40	fruit salad	\$4.00
garlic bread	\$2.40	seasonal fruit pieces	\$1.50
noodle cups	\$2.30	yoghurt berry & muesli	\$4.00
first break		housemade Protein balls	\$2.60
bircher Muesli	\$4.00	sushi rolls - wed to fri	\$3.50
quiche lorainne tortilla cups	\$3.50	roast pumpkin and fetta salad	\$5.30
cheeseburger	\$4.50	greek salad	\$5.30
chicken cheese & mayo burger	\$4.60	chicken caesar salad	\$5.30
nachos	\$4.00	Sandwiches	
hotdog with cheese & sauce	\$3.80	cheese	\$3.00
hotdog with sauce	\$3.50	ham & cheese	\$3.80
mini chicken snack wrap	\$2.40	ham, cheese, tomato	\$4.30
homemade mini pizza (ham & pineapple)	\$2.30	chicken, lettuce, mayo	\$4.30
second break Main meals and salads		chicken, lettuce, avocado	\$4.30
Monday		egg, lettuce, mayo	\$3.80
cheese & spinach ravioli with Napoli sauce	\$5.60	wraps & baguettes	
The Kaf's special fried rice	\$4.80	roast beef, tomato relish & salad wrap	\$5.30
garden salad with cajun chicken breast	\$5.60	tandoori chicken wrap	\$5.30
Tuesday		chicken caesar wrap	\$5.30
pasta bolognese	\$5.60	sweet chilli chicken & salad wrap	\$5.30
homemade ham and pineapple pizza slice	\$4.80	blt & avocado baguette	\$5.30
falafel bliss bowl	\$5.60	falafel with tabouli and tzatziki wrap	\$5.30
Wednesday		half wrap / baguette	\$3.00
mexican nachos with sour cream, cheese, salsa & avo	\$5.60	focaccias	
chicken caesar burger	\$5.60	ham, cheese, tomato, honey mustard	\$5.30
sweet potato & chickpea buddha bowl	\$5.60	bacon, avocado, tomato, cheese	\$5.30
Thursday		chicken, cheese, bacon, bbq sauce	\$5.30
chicken enchilada bowl with brown rice	\$5.60	Sweet treats	
vegetable lasagne	\$5.60	jelly cups	\$2.00
BLT with crispy chicken and garlic aioli	\$5.60	chocolate mousse	\$2.00
Friday		sweet muffin	\$3.40
sticky pork stir fry with hokkien noodles	\$5.60	large cookie	\$3.30
oven baked fish and wedges served with tartare sauce and lemon.	\$5.60	banana bread	\$3.00
homemade vegetarian pizza slice.	\$4.60	red rock chips (from)	\$1.50
Beverages		grain wave chips (from)	\$1.50
mount franklin water 400ml	\$2.40	icy pole	\$1.60
mount franklin water 600ml	\$2.90	billabong	\$2.00
pump flavoured water 750ml	\$4.00	lifesavers	\$2.40
fruit box fruit drink 250ml	\$2.30	milo scoop shake	\$3.00
keri juice 300ml	\$2.50		
plain milk 300ml	\$2.00		

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