

SUBS - \$4.80

HOT SUBS

Pizza Sub - Pizza Sauce, Ham, Pineapple & Melted Cheese on a toasted sub
Meatball Sub - Saucy Meatballs, lettuce & Carrot on a soft white sub
Crunchy Crumbed Chicken Sub - Crumbed Chicken, lettuce, Tomato & Mayo on a soft white sub



COLD SUBS

Salad Sub - Carrot, Tomato, Lettuce, Cucumber, Capsicum & Cheese **\$4.00**
Ham & Salad Sub - Ham, Cheese, Salad-**\$4**

WRAPS - \$4.50

Crumbed Chicken & Salad - with Mayo
Ham & Salad - with Cheese
Vegan - Salad & Hummous - **\$4.00**
Vegetarian - Salad, Cheese & Mayo- **\$4.00**

BOWLS - \$5.20

Mexican Bowl - Crumbed Chicken, Grated Cheese and Carrot, Tomato, Cucumber & Corn with Corn Chips & Guacamole
Ploughmans Lunch - Boiled Egg, Cheese Cubes, Ham Slices, Carrot Sticks & Buttered Dinner Roll
Caesar Salad - Lettuce, Egg, Bacon, Croutons, Parmesan, Crumbed Chicken
Pasta Bolognaise - Hidden Vegetables in a Beef Sauce with Pasta *plus Garlic bread*

TINGALPA STATE SCHOOL TUCKSHOP MENU

TUCKSHOP IS CLOSED MONDAYS

SANDWICHES - \$3.00

Cheese & Tomato
Cheese & Ham
Cheese & Vegemite **\$2.20**
Cheese - **\$2.00**
Ham - **\$2.20**
Vegemite - **\$1.50**

HOT SNACKS

Toasted Ham & Cheese
Pocket - Wrap - **\$3.00**
Toasted Cheese & Tomato
Pocket - Wrap - **\$3.00**
Garlic Bread - **60c**
Sausage Roll - **\$3.30**
Sauce - **20c**

COLD SNACKS & FRUIT



Cheese & Crackers - **\$2.20**
Bunny Bag - **\$2.20**
Custard Cup - **\$1.50**
Pauls Milky Max Choc
Dairy Cup - **\$1.50**
Vanilla Yoghurt - **\$1.50**
Berry Yoghurt - **\$1.50**
Seasonal Fruit - **\$1.00**

DRINKS

Breakka - Choc & Strawberry - **\$2.20**
Poppers - **\$2.00**
Water - **\$1.50**
Supa essentials Juices - each bottle contains 2.5 serves of fruit
Mango Magic, Berry Oxidant, Green Recharge, Coco Power, Apple+, Orange+ - **\$3.00**
Liptons Iced Tea - Peach & Lemon - **\$3.00**
Slushie Frozen Drink - 2nd break only - **\$2.00**

ICE BLOCKS

AVAILABLE OVER COUNTER 2ND

BREAK ONLY

Lemonade - **\$1.00**
Choc/Banana/Caramel Milk Ice - **\$1.30**
The Flash - **\$1.50**
Ice Cream Cup - **\$2.00**
Raspberry Split - **\$2.40**
Frozen Yoghurt - **\$2.50**
Strawberry/Mango/Raspberry
Weis Bars - (Coming Soon) - **\$2.00**
Chocolate & Milk/Strawberry & Milk/Mango Passionfruit & Milk

BAKERY



Fresh Baked Muffins - **\$1.20**
Flavours Vary
Cookies - **50c**
Flavours Vary
Bliss Balls - Choc & Apricot
made with Dried Fruits,
Coconut and Oats - **50c**

WEEKLY SPECIALS

TUESDAY - Sushi Day

Sushi - Tuna, Chicken, Veg - **\$3**
Katsu Curry **\$6.00**



FRIDAY - Burger Day

Cheese Burger - Freshly Made
Beef Patty, Cheese & Tomato
Sauce - **\$4.80**
Chicken Burger - Crumbed
Chicken Breast Patty with
Lettuce and Mayo - **\$4.80**
Works Burger - Freshly Made
Beef Patty, Cheese, Salad &
Burger Sauce - **\$5.00**
Vegetarian Burger - Vegetable
Patty, Cheese, Salad and Mayo
- **\$5.00**

