

# SACRED HEART TUCKSHOP MENU

Summer 2019

MORNING TEA

1<sup>ST</sup> LUNCH

LITTLE LUNCH

## SNACK ATTACK PACK

Veggie Sticks, Hummus, Cheese, Crackers	\$2.50
Café Style Fruit Toast with butter	\$2.00
Yoghurt & Granola, with mango or fruit coulis	\$2.00
Cheese & Crackers	\$2.50
Homemade Vegemite & Cheese or Pizza Scroll	\$2.00
Quinoa Muffin with Ham & Cheese	\$2.00
Zucchini Slice	\$2.00
Pikelets, seasonal berries & fruit coulis	\$2.00
Banana Bread	\$2.00
Custard Cup (add banana 50c)	\$1.00
Mixed Fruit Cup with Seasonal Fruit	\$1.00
Apple Slinky	\$1.00
Milo Protein Balls	\$1.00
Corn Cobblet	\$1.00
Hard Boiled Egg	50 cents
Freshly popped popcorn	50 cents
Piece of Fresh Fruit	50 cents
Pikelets (2)	50 cents
Watermelon Slice	50 cents

## DRINKS

Flavoured Milk, Chocolate or Strawberry	\$2.00
Water	\$2.00
Fruit Poppers, Apple, Apple & Blackcurrant, Tropical, Orange	\$1.50

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LUNCH

2<sup>ND</sup> BREAK

BIG LUNCH

## SANDWICHES, WRAPS, ROLLS, SALADS & TOASTIES

Leg Ham, Chicken Breast, Tuna, Egg, Cheddar Cheese \$4.00

Additions:

Lettuce, Tomato, Cucumber, Beetroot, Carrot, Avocado, Roasted Pumpkin, Sweetcorn, Red Onion, Red Capsicum, Feta Cheese.

Chicken Caesar Salad, Grilled Chicken, Bacon, Egg, Lettuce, Garlic Crouton \$5.00

## HOT MEALS (AVAILABLE DAILY)

Penne Bolognese \$4.00

Special 'Fried' Rice with Ham, Egg, Peas & Corn \$4.00

Sticky Chicken Drumstick with Special 'fried' Rice \$5.00

## SPECIALS

Wednesdays Tortilla chips with mexican mince, cheese, sour cream & pineapple salsa \$5.00

Thursdays Burgers – Beef or Chicken \$5.00

Fridays Pizza – Hawaiian, Meat Lovers, Veg Supreme \$4.00

Butter Chicken & Rice \$4.00

SUSHI (orders Thursday Please) \$3.00

## FROZEN GOODIES (1<sup>st</sup> Break ONLY)

Frozen Yoghurts, Strawberry, Raspberry or Mango \$2.00

Bulla Ice Cream tub \$2.00

Quelch Fruit Ice Block \$1.00