



1st break

Tuckshop Menu

Please order online before 8am
www.munchmonitor.com

SANDWICH BAR

Cheese sandwich (GF option)	\$2.50
Ham & cheese sandwich (GF option)	\$3.00
Vegemite sandwich (GF option)	\$2.00
Vegemite & cheese sandwich	\$2.75
Cheese toastie/(GF option)	\$2.75/\$3.25
Ham & cheese toastie/(GF option)	\$3.25/\$3.75
Chicken & cheese toastie	\$4.00
Cheese salad wrap (<i>cheese, lettuce, red onion, tomato & relish</i>)	\$4.50
Sweet Chilli Chicken Tender Wrap with Sour Cream, Cheese, Lettuce & Tomato	\$5.50

SNACKS

Boiled egg	\$1.00
Edamame beans (GF/V)	\$1.40
Freshly baked mini pinwheel (<i>ham & cheese or vegemite & cheese</i>)	\$1.00
Freshly popped popcorn	\$1.00
Raspberry & choc chip muffin	\$1.50
Brownie (GF)	\$2.00
Cookie	\$0.50
Hummus & carrot sticks (GF/V)	\$1.50
Homemade scone with jam and butter	\$3.50
Vege chips: (GF/V) <i>BBQ or Salt & vinegar</i>	\$1.50
Red Rock Chips (<i>salt/Honey soy chicken</i>)	\$2.00

MEALS

BBQ or tomato sauce pack	\$0.50
Chicken nuggets x 3	\$3.00
Chicken nuggets x 5	\$5.00
Pumpkin & Sweet Potato Soup (GF/Veg)	\$4.00
Homemade sausage roll	\$4.50
Mac & cheese (GF option)	\$4.00/\$4.50
Gluten Free margarita Pizza (GF/Veg)	\$4.50
Pizza slice (<i>Pepperoni or margherita</i>)	\$4.00
Pizza slice vegan (BBQ sauce, pineapple, corn and vegan cheese (Vegan)	\$4.50
Teriyaki chicken bowl with green beans & jasmine rice (GF)	\$5.50
Veggie Nachos (GF,V)	\$5.00
Vegan Nachos (GF, V)	\$5.50

Monday & Wednesday only

Sushi roll (GF) (<i>avocado, tuna or chicken</i>)	\$4.50
Ginger pack	\$0.50

DRINKS

Just Juice pack (<i>apple or apple & blackcurrant 200ml</i>)	\$2.00
Kombucha <i>Cherry plum, Apple crisp or raspberry lemonade 250ml</i>	\$3.00
Plain milk	\$1.75
M2GO flavoured milk <i>chocolate or strawberry 250ml</i>	\$2.75
Coconut water 330ml	\$3.00

FROZEN & FRUITY

Whole Apple	\$1.00
Frozen fruit bag (seasonal)	\$1.50
Berri icy pole	\$1.00
Bulla Frozen strawberry yoghurt 200ml	\$4.00
Everest Dixie cups (<i>Chocolate ice cream or dairy free coconut</i>) 100ml	\$2.50
Calippo mini— <i>raspberry & pineapple</i>	\$2.50