

FOXWELL STATE SECONDARY COLLEGE

Tuckshop Menu 2020 v1

BREAKFAST

(Available Over the Counter from 7.30-8.15 Daily)

Plain Croissant

Baked Fresh Daily \$3.00

Bacon & Egg Muffin

English Muffin, Egg, Bacon, Cheese & BBQ Sauce \$3.50

Ham & Cheese Croissant \$4.50

Brekky Wrap

Scrambled Egg, Bacon, Cheese, Tomato & Spinach on a Toasted Wrap \$5.00

Granola Cup

Vanilla Yogurt with Granola & Fruit Coulis \$3.00

Fruit Salad Tub

Chopped Seasonal Fresh Fruit \$4.00

Banana Bread \$3.00

Freshly Baked Muffins

Various Flavours, baked Fresh Daily \$2.50

DAILY SPECIALS

(Available Online & Over the Counter at Lunch)

Monday

Special Fried Rice \$4.50

Tuesday

Homemade Burrito \$5.00

Wednesday

Pasta of the Day \$4.50

Thursday

Ham & Cheese or Margherita Pizza \$4.50

Friday

Pulled Pork Rolls \$5.00

SNACKS

(Available Online & Over the Counter All Day)

Fresh Fruit Piece

Fresh seasonal fruit piece \$1.00

Fruit Salad Tub

Chopped Seasonal Fresh Fruit \$4.00

Rice Crackers, Dip & Veggie Sticks

Healthy Snacking Pack with Hummus \$3.50

Savoury Snacks

Choose from Vege Chips, Popcorn, Rice Crackers or Pretzels \$2.00

Banana Bread \$3.00

Granola Cup

Vanilla Yoghurt with Granola & Fruit Coulis \$3.00

Freshly Baked Muffins

Various Flavours Baked Fresh Daily \$2.50

Bakery Style Cookie

Anzac or Choc Chip \$1.50

Muesli Bars \$2.00

Chocolate Brownie \$2.00

“FEED ME!” WEEKLY SPECIAL

Pay \$35 and Get Fed for a Week!

Price includes:

Daily Special + Savoury Snack + Fresh Fruit Piece
...every day of the week for 1 week from Monday to Friday.

PLEASE NOTE: This special **MUST** be ordered in advance online or over the Counter by 8.30am each Monday.

Create an account and Order online at
www.quikcliq.com.au



Tuckshop Menu 2020 v1

HOT FOOD

(Must be ordered in advance online or over the counter by 8.30am each day)

Beef Burrito

Freshly made Burrito with Beef, Rice, Black Beans, Fresh Tomato Salsa & Cheese \$5.00

Lasagne

Homemade traditional beef lasagne \$5.00

Vegetable Lasagne

Homemade vegetable lasagne with zucchini, sweet potato & pumpkin \$6.00

Special Fried Rice

Homemade Special Fried with Bacon & Vegetables \$4.50

Beef Burger

Beef Pattie topped with Tomato, Lettuce & Cheese on a Brioche Burger Bun with Tomato Sauce \$5.00
(Add \$1.50 for Gluten Free)

Chicken Burger

Crumbed Chicken Breast topped with Lettuce, Cheese & Mayo on a Brioche Burger Bun \$5.00

Pizza

Choose from Margherita or Ham & Cheese \$4.50
(Add \$2.00 for Gluten free).

Sausage Roll

Traditional Sausage Roll with Flaky Pastry \$4.00

Meat Pie

Traditional Plain Beef Pie \$4.00

COLD FOOD

(Must be ordered in advance online or over the counter by 8.30am each day)

Freshly Made Wraps

Choose from Chicken | Ham | or Cheese, with Salad \$5.50

Salad Bowls

Choose from Japanese Noodle Salad | Garden Salad with Egg or Chicken | Spinach & Sweet Potato Salad \$6.50

DRINKS

(Available Online & Over the Counter All Day)

Emma & Tom's Range

100% Fresh Pressed Fruit Juices from the 'Look After Yourself' Range. \$3.00

Up & Go

Vanilla | Chocolate | Strawberry \$2.50

Milks

Emma & Tom's No Added Sugar Milks.
Chocolate | Strawberry \$2.50

Water

Sparkling \$3.00 | Still Bottled \$2.00

COFFEE & TEA

(Available From 7.30-8.15 am & after 12.00pm)

Small 8oz \$3.50 **Large 12oz** \$4.00

Flat White | Cappuccino | Latte | Long Black | Short Black
| Hot Chocolate | Tea
(Add 50c for extra shot + Add 50c for soy or rice milk)

FROZEN TREATS

(Available Over the Counter All Day)

Lemon Sorbet \$1.50 | Vanilla Ice-Cream Cup \$1.50 |
Frozen Juice Cup \$1.00

Visit us at the Tuckshop for more Icy Treats

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