

## HOT SPECIALS DAILY

### MONDAY

Assorted Lite Pies \$4.00

### TUESDAY

Spaghetti Bolognaise  \$4.00

Fried Rice \$4.00


### WEDNESDAY

Chicken Lasagne  \$4.00

### THURSDAY

Nachos(plain corn chips with chunky salsa and light cheese) \$4.00

### FRIDAY

Beef Hamburger (meat pattie, lettuce, tomato, Bbq sauce)  \$4.50

### HOT FOOD AVAILABLE DAILY

Crispy chicken burger- lettuce & mayo \$4.00

Spinach & Cheese Roll \$4.00

Vegetable Roll \$4.00

Chicken Nuggets 5 with corn cob \$4.00

Chicken Groujons 5 with corn cob \$3.00

Lite Sausage Roll \$3.00

Steamed Dim Sims \$0.80

Wholemeal garlic bread \$0.80

### AVAILABLE TUESDAY & THURSDAY

Fresh baked W/meal Cheese & Bacon Roll \$3.50

Fresh Baked W/meal Cheesymite Scroll \$3.00

### SANDWICHES/WRAP/ROLLS

Toasted Foccacia - chicken ,mayo, avocado, light cheese \$5.50

Assorted wraps, (chicken, lettuce, mayo)\$4.00

Chicken &salad \$4.50

Turkey & Cranberry sauce with salad \$4.50

Falafel & Salad Wrap \$4.50

Healthy Chicken/Ham/Salad Sandwiches from \$4.00

## MIAMI STATE HIGH SCHOOL

### TUCKSHOP MENU

#### HEALTHY CHOICE FOOD OPTIONS

Muesli & Greek Yoghurt with fruit \$5.50

Fresh Fruit Salad  \$4.00

Assorted Sushi \$3.50

Fresh Fruit Salad\* \$4.00

Fresh Seasonal Fruit \$1.00

Boiled Egg \$0.80

#### SALADS\*

Chicken Salad  \$7.00

Egg Salad \$5.50

Salad only \$5.00

\* Dressing included

#### SNACKS

Banana Bread  \$3.00

1/2 of a piece \$1.50

Air popped corn \$1.50

Chocolate chip cookies \$1.00

Chips 28 gram packet (honey soy chicken, sea salt, grainwaves, vege chips) \$1.50

#### ICECREAM

Milo Cups \$3.50

Paddle Pops \$1.50

Frozen Yoghurt cups \$2.50

Frozen Fruit cups \$0.80

#### DRINKS

1.2ltr \$3.50

Sparkling water \$3.00

600ml water \$2.00

500ml Flavoured Milk \$3.80

300ml Flavoured Milk \$2.80

Big M Flavoured Milk \$2.00

600ml Full Cream & Lite Milk \$2.00

500ml Orange Juice \$3.50

350ml Orange Juice \$3.00

Assorted Poppers \$1.50

#### CONDIMENTS

Sauces (Tomato, BBQ, Sweet & Sour, Soy) \$ 0.40

#### CAFÉ

SMOOTHIES \$5.50

#### BANANA

Muesli, banana, milk, low fat vanilla yoghurt, & ice

#### RASPBERRY ripe

Raspberries, strawberries, milk, low fat vanilla yoghurt & ice

#### BLUEBERRY Bliss

Blueberries, mixed berries, milk, low fat yoghurt & ice

#### WATERMELON CRUSH

Watermelon, mixed berries, apple juice & ice

#### ACAI BOWLS \$8.00

Apple juice, frozen bananas blended with Acai (topped with fresh fruit & muesli)

COFFEE & HOT CHOCOLATE Sml \$3.50

Lge \$4.50

BLISS BALLS \$2.50

#### CHOCOLATE BROWNIE

(rolled oats, dates, cacao powder, coconut)

#### CARMEL JERSEY

(Dates and coconut)

#### PEPPERMINT CRISP

(rolled oats, dates, cacao powder, coconut, peppermint extract)

#### Menu is subject to change

Bread and rolls are wholemeal only

#### CANTEEN

Phone: 55 540319

#### EFTPOS AVAILABLE

\$5.00 MINIMUM

