



St Augustine's College
AUGUSTINE HEIGHTS

TUCKSHOP MENU

TERM 3, 2024

AVAILABLE EVERYDAY

[V] Vegetarian [VG] Vegan [GF] Gluten Free

WARM FOOD

| | | | | | |
|-------------------------------|--------|--|--------|--------------------------------------|--------|
| Pasta Bake [VG][GF]..... | \$4.50 | Spinach & Ricotta Roll [V]..... | \$4.00 | Spring Rolls [V] sauce included..... | \$3.50 |
| Potato-topped Pie..... | \$5.00 | Cheese & Bacon Roll..... | \$2.50 | Chicken Wedges (3)..... | \$3.50 |
| Beef Pie..... | \$4.50 | Pull-apart Garlic Bread [V]..... | \$2.50 | Chicken Nuggets (5)..... | \$3.50 |
| Byron Bay Beef Pie [GF]..... | \$6.00 | Dim Sims (2) beef or vegetarian [V]..... | \$3.50 | Dagwood Dog | \$4.00 |
| Traveller Pie..... | \$4.00 | Hot Noodle Cup chicken, beef, chicken [GF].. | \$3.00 | | |
| Kool School Sausage Roll..... | \$4.00 | | | | |

SANDWICHES & WRAPS

| | | | | | |
|---------------------------------------|--------|---|--------|--|--------|
| Vegemite, Honey, or Jam Sandwich..... | \$3.00 | Chicken, Lettuce, Tomato & Mayo Sandwich... | \$5.00 | Simply Chicken Wrap..... | \$6.50 |
| Plain Cheese Sandwich [V]..... | \$3.00 | Toasted Cheese Sandwich [V]..... | \$3.50 | Chicken tender, lettuce, tasty cheese, spanish onion, mayonnaise | |
| Ham & Cheese Sandwich..... | \$4.50 | Toasted Ham & Cheese Sandwich..... | \$4.50 | Toasted Chicken Salsa Wrap..... | \$5.00 |
| Ham, Cheese & Tomato Sandwich..... | \$4.50 | Ham & Salad Wrap..... | \$6.50 | Chicken, salsa, sour cream, tasty cheese | |
| Salad Sandwich [V]..... | \$5.00 | Chicken Caesar Wrap..... | \$6.50 | Toasted Falafel & Salad Wrap [V]..... | \$6.50 |
| Chicken & Mayo Sandwich..... | \$5.00 | Sweet Chilli Chicken & Salad Wrap..... | \$6.50 | with tzatziki sauce | |
| Chicken, Lettuce & Mayo Sandwich..... | \$5.00 | | | | |

SALAD

| | |
|--|--------|
| Caesar Salad with bacon..... | \$5.00 |
| Falafel Salad with Hummus[VG] or Tzatziki[V] | \$5.00 |
| Pesto Pasta[V]..... | \$6.00 |

FRUIT

| | |
|---|--------|
| Watermelon Cup [VG][GF]..... | \$3.00 |
| Seasonal Whole Fruit [VG][GF]..... | \$1.00 |
| Seasonal Fresh Fruit Bowl [VG][GF]..... | \$4.00 |
| Apple Slinky [VG][GF]..... | \$2.00 |

EXTRAS

| | |
|---|----------|
| Sandwich Bread white or wholemeal..... | + \$0.00 |
| Well Being Gluten Free White Bread [GF]... | + \$0.60 |
| Assorted Sauces..... | + \$0.50 |
| BBQ, tomato, sweet chilli, mustard, soy, tartar | |

SNACKS

| | | | | | |
|---|--------|--|--------|---|--------|
| Gingerbread Man..... | \$2.50 | Greek Yoghurt variety of flavours..... | \$3.00 | Hummus with Vegetable Sticks [VG]..... | \$4.00 |
| Small Fresh-baked Choc Chip Muffin [V]..... | \$1.50 | Rice Pudding..... | \$3.50 | Hummus with Rice Crackers [GF][V]..... | \$2.50 |
| Large Fresh-baked Choc Chip Muffin [V]..... | \$3.00 | Popcorn..... | \$1.50 | Tortilla Chips with Tomato Dip [V]..... | \$3.50 |
| Banana Bread original, choc chip, [GF]..... | \$2.50 | Sweet & Salty Popcorn..... | \$1.50 | Cheese & Crackers [V]..... | \$3.00 |
| Chocolate or Vanilla Cake Slice..... | \$1.50 | Potato Chips variety of flavours..... | \$1.50 | Rice Cracker Mix..... | \$1.50 |
| Jelly Cup 150mL [GF]..... | \$2.00 | Corntos..... | \$1.50 | Twiggy Sticks..... | \$2.50 |
| Jelly Custard Cup..... | \$2.50 | Pretzels..... | \$1.50 | | |

FROZEN SNACKS

| | | | | | |
|-----------------------------|--------|---|--------|--|--------|
| Raspberry Calippo Mini..... | \$2.00 | Twisted Frozen Yoghurt [GF]..... | \$2.50 | Paddle Pop chocolate, rainbow..... | \$2.00 |
| Icy Twist..... | \$2.00 | Vanilla & chocolate, vanilla & strawberry | | Juice Icy pole berry, mango, pink lemon..... | \$2.00 |
| Vanilla Ice Cream Cup..... | \$2.00 | Lemonade Ice Block..... | \$2.00 | Frozen Juice Cup..... | \$1.50 |

DRINKS

| | | | | | |
|--|---------------|--|--------|--|--------|
| NU Water 500mL..... | \$2.00 | Up & Go..... | \$2.50 | Orchy Juice 350mL..... | \$3.50 |
| Aroona Water 1L..... | \$3.50 | Chocolate, strawberry, vanilla, caramel | | Apple, orange, pineapple, orange passion fruit, apple blackcurrant, mango smoothie | |
| Waterford Mineral Water variety of flavours... | \$4.00 | Nippy's..... | \$3.50 | Glee blackcurrant, tropical, berry..... | \$2.50 |
| Lipton Ice Tea..... | \$4.00 | Coffee, chocolate, banana, strawberry, honeycomb | | | |
| Peach, lemon, mango, raspberry | | Popper..... | \$2.00 | | |
| Krazy Lemon 200mL/500mL [GF]..... | \$3.00/\$4.00 | Orange, apple, tropical, apple/blackcurrant | | | |

DAILY SPECIALS

MONDAY

| | |
|---|--------|
| Sushi..... | \$4.00 |
| Crispy Chicken and Avo, Tuna and Mayo, Vegetarian or Teriyaki Chicken | |
| Pork Riblet..... | \$5.00 |
| Oven baked pork riblet served on a long roll with fresh lettuce and BBQ sauce | |
| Butter Chicken & Rice | \$6.00 |

TUESDAY

| | |
|--|--------|
| Hot Dog w/ Sauce..... | \$4.50 |
| Hot Dog w/ Cheese & Sauce | \$5.00 |
| Toasted Chicken & Cheese and Mayo Sandwich | \$5.00 |

WEDNESDAY

| | |
|--|--------|
| Beef Burger..... | \$6.00 |
| Oven-baked beef patty on a round roll with lettuce, tomato & optional sauce | |
| Chicken Burger..... | \$6.00 |
| Oven-baked chicken patty with lettuce & mayonnaise on a round roll | |
| Vege Burger [V]..... | \$6.00 |
| Roasted vegetable patty with lettuce, tomato, beetroot & aioli on a round roll | |
| Sushi..... | \$4.00 |

THURSDAY

| | |
|---|--------|
| Karaage Chicken..... | \$6.00 |
| served on rice, side salad drizzled with mayo | |
| Beef Lasagne..... | \$5.00 |

FRIDAY

| | |
|---|--------|
| Cheeseburger..... | \$5.00 |
| Oven-baked beef patty, tasty cheese, tomato and burger sauce on a round roll | |
| Meatball Sub with Cheese | \$6.00 |
| Beef meatballs cooked in a tomato based sauce with herbs, served in a long roll with tasty cheese | |