

TUCKSHOP *menu*



THE M'EATING PLACE MENU

The M'eating Place is open from 8:30 am for breakfast, morning tea and lunch, Monday to Friday. Different, delicious and nutritious food options that comply with the Smart Choices Healthy Eating Strategy are offered each day. There are also vending machines under B Block stocked with drinks and snacks that can be accessed from 6:00 am until 5:30 pm each day.

The canteen is self-service, where you collect your drinks and food and proceed to the checkout to pay with either cash or debit/credit card. To avoid the queues and be guaranteed the food you prefer, you are welcome to pre-order and pay for your food between 8:30am and 8:50am on any morning. Second break food can be pre-ordered at first break. Pre-ordered food is available for pickup from a hot-box that sits between the two registers, and can be collected without queuing. Gluten free food needs to be pre-ordered before 9:00 am each day.

MONDAY

Pulled Pork or Beef Sliders (2)	\$4.50
Beef Mince Burrito Wraps	\$5.00
Stone Baked Pizza	\$3.00
Seasoned Wedges	\$3.00
Hot Dog	\$3.00
Sushi	\$3.20
Rice Paper Rolls	\$3.20

TUESDAY

Chicken Burgers	\$5.00
Pulled Pork Roll	\$3.00
BLT Roll	\$4.00
Fish & Wedges	\$3.50
Vegetarian Burger	\$5.00
Steamed Vegetarian Dim Sims	\$2.50

FRIDAY

BBQ Pork Riblet Roll	\$3.50
Cheese Burger	\$5.00
Italian Meatball Subs	\$3.50
Chicken Goujons	\$3.00
Vegetarian Burger	\$5.00
Vegetarian Dim Sims (3)	\$2.50

**FRESH
TASTE**

GLUTEN FREE

(available everyday but must be pre-ordered before 9:00 am)

Chicken Nuggets & Chips	\$3.50
Bacon & Egg Muffin	\$3.00
Vegetarian Burger	\$5.00
2 Minute Noodles (Chicken or Beef)	\$2.50
Variety of Sandwiches and Wraps	\$5.00
Sushi & Rice Paper Rolls (Monday only)	\$3.20

EVERYDAY BREAKFAST

Bacon & Egg Muffin	\$2.50
Mini Croissants	\$1.00
Hash Browns (3)	\$2.50

ALL DAY EVERYDAY

Breakfast on the Go	\$2.50
Cheese & Crackers	\$1.50
Fresh Fruit	\$1.00
Cookies/Muffins	\$1.50
Banana Bread/Carrot Cake	\$2.50
Vaalia Yoghurt	\$2.20
Chips (Packet)	\$1.20
Ice Cream/Ice Block	60c - \$2.00
Coffee	\$2.50
Hot Chocolate	\$2.50

MORNING TEA / LUNCH EVERYDAY

Homemade Lasagna	\$4.00
Chicken Curry	\$4.00
Spaghetti Bolognese	\$4.00
Macaroni Cheese	\$4.00
Ham Supremo Focaccia	\$3.00
Vegemite & Cheese Scrolls	\$2.00
Carrot Sticks & Hommus	\$2.00
Pita Bread & Hommus	\$2.50
Fresh Sandwich	\$4.50
Assorted Mini Salad Wrap	\$2.50
Freshly Baked Baguette	\$4.00
Assorted Salads	\$5.00
Noodles (Beef or Chicken)	\$2.50

ENJOY YOUR MEAL

WEDNESDAY

Honey Soy or Satay Chicken Wraps	\$5.00
Hot Dog	\$3.00
Potato Gems	\$3.00
Chilli Chicken Goujon Sub	\$3.50
Sausage Rolls	\$2.50
Beef Taco	\$3.00

THURSDAY

Chicken Parmigiana Burgers	\$5.00
Chicken Nuggets & Wedges	\$3.50
Beef, Chicken, Cheese Bacon & Potato Pies	\$3.50
Beef Souvlaki Wrap	\$5.00
Chicken & Gravy Roll	\$3.00

DRINKS

Plain Milk 300ml	\$1.00
Plain Milk 550ml	\$1.50
Flavoured Milk 300ml	\$2.00
Flavoured Milk 500ml	\$3.00
Up&Go	\$2.00
Quench	\$2.00
Water	\$2.00
Iced Tea	\$2.00
Poppers	\$1.50
Orchy Juice	\$2.50
Krazy Lemon	\$2.70
Nippy's	\$2.50
Boost Juice	\$3.50
Emma & Toms	\$3.50
Nippy's Mineral Water	\$3.00
Nutrient Water	\$3.00