

Daily Menu

sandwiches

ham, cheese, & tomato	\$3.50
chicken, lettuce & mayo	\$3.50
egg and lettuce	\$3.50

wraps

ham & salad	\$4.00
chicken & salad	\$4.00

wellbeing salads & snacks

fruit salad	\$3.50
seasonal fruit pieces	\$1.00
yoghurt tubs	\$2.50
frozen yoghurt	\$2.00
sushi snacks	thurs / fri from \$3.00

breakfast snacks

bacon & egg muffin	\$3.50
ham & cheese toasted sandwich	\$3.50

savoury snacks (small break only)

sausage roll	\$2.50
traveller pie	\$3.50
garlic bread	\$1.50
pizza slice—hawaiian, meat-lovers	\$3.50
baked wedges	\$2.00
savoury tarts	\$3.50
chicken tenders (2)	\$3.00
noodle cup	\$2.00
steamed dim sim (3)	\$2.00



beverages

mount franklin water 400ml	\$2.20
mount franklin water 600ml	\$2.50
mount franklin sparkling water	\$2.80
pump water 750ml	\$3.50
pump flavoured water 750ml	\$3.70
vitamin water 500ml	\$3.70
goulbourn valley fruit juice 250ml	\$2.60
goulbourn valley fruit juice 350ml	\$3.10
quencher juice 420ml	\$3.40
lol golden circle sparkling juice	\$2.20
plain milk 300ml	\$1.80
big m flavoured milk 300ml	\$2.20
big m flavoured milk 600ml	\$3.60
powerade 300ml	\$2.70
powerade 600ml	\$3.80
iced tea 500ml	\$3.50
deep spring mineral water 500ml	\$3.10

sweet treats

jelly cup	\$1.50
chocolate mousse	\$1.50
cookies	from \$2.50
muffins	\$3.00
cake slice	\$2.50
red rock	from \$1.00
grain wave chips	from \$1.00
pretzels	from \$1.00
quelch fruit sticks	\$0.80
sunny-boy	\$1.00
icy pole	\$1.20
billabongs	\$1.30
milo scoop shake	\$2.60
frosty fruits	from \$2.00
spc fruit crush-ups	\$2.50

Saint Stephen's College

Term 1, 2012 Tuckshop Menu



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Site Manager
Kelli Anderson

Website
www.saintstephenscollege.net.au

Cyclic Menu Calendar

The colour indicated at the start of each week determines the menu we will be offering. Menus will run in a 3-Week Cycle. Please contact the Catering Manager if you have any questions.

January 2012

MO	TUE	WE	TH	FRI	SAT	SU
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2012

MO	TUE	WE	TH	FRI	SAT	SU
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29				

March 2012

MO	TU	WE	TH	FRI	SA	SU
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	Breakfast / Small Break	Main Meal	Pasta Dish	Hot Bread	Snack Item	Cold items
Mon	Pancakes with syrup \$3.00	Thai chicken curry with jasmine rice \$5.00	Creamy fettuccini carbonara \$4.50	Warm Cajun chicken wrap \$4.50	Corn on the cob Oven baked potato wedges \$1.50 / \$2.00	Tandoori Chicken Wrap \$4.50
Tue	Ham & Cream Cheese toasted bagel \$4.00	Roast Chicken with root vegetables and gravy \$5.00	sweet chilli vegetable and hokkien stir fry \$4.50	Homemade beef burger \$4.50	Hot dog \$2.50	Caesar Salad Bowl \$3.50
Wed	Avocado, char-grilled vegetables & spinach melt \$3.00	Oriental rice \$4.00	Spaghetti bolognese \$4.50	Hot Roast Chicken Roll with gravy \$4.50	Oven baked tender chicken strips \$3.00	Cajun Chicken Salad Bowl \$4.00
Thu	Bacon & egg roll \$3.50	Sweet pepper beef with jasmine rice \$5.00	Mediterranean Pasta with olives, fetta, & salami \$4.50	Hawaiian chicken burger \$5.00	Nachos \$3.50	Spinach Dip with Herb & Garlic Toasted Pita Chips \$3.00
Fri	Breakfast wrap \$3.50	Oven baked crumbed fish fillet and chips \$5.00	Spiral pasta with Napoli sauce \$4.50	Cheeseburger \$4.00	Hawaiian / meat lovers pizza \$3.50	

	Breakfast	Main Meal	Pasta Dish	Hot Bread	Snack Item	Cold items
Mon	Pancakes with syrup \$3.00	Butter chicken with basmati rice \$5.00	Creamy chicken pesto penne \$4.50	Chicken burger \$4.50	Corn on the cob Oven baked potato wedges \$1.50 / \$2.00	Chicken Caesar Wrap \$4.50
Tue	Chicken, Cheese & Onion toasted bagel \$4.00	Special wok fried rice \$4.00	Fettuccini with meatballs and homemade Napoli sauce \$4.50	Homemade beef burger \$4.50	Honey & soy chicken nibbles \$2.00	Greek Salad Bowl \$3.50
Wed	Avocado, char-grilled vegetables & spinach melt \$3.00	Chicken Fajitas \$5.00	Homemade beef lasagne \$4.50	Sweet chilli and tender chicken gourmet wrap \$4.50	Nachos \$3.50	Thai Beef Salad Bowl \$4.00
Thu	Bacon & egg roll \$3.50	Chilli con carne with steamed rice \$5.00	Sweet Chilli vegetable and hokkien stir fry \$4.50	meatball sub \$4.50	Oven baked tender chicken strips \$3.00	Corn Relish Dip with Rice Crackers & Vege Sticks \$3.00
Fri	Breakfast wrap \$3.50	Oven baked crumbed fish fillet, Chips or wedges \$5.00	Beef and cheese pasta bake \$4.50	Gourmet hot dog with cheese and bacon \$4.00	Hawaiian / meat lovers pizza \$3.50	

	Breakfast	Main Meal	Pasta Dish	Hot Bread	Snack Item	Cold items
Mon	Pancakes with syrup \$3.00	Sweet chilli chicken with jasmine rice \$5.00	Vegetable macaroni and cheese \$4.50	Homemade beef burger \$4.50	Honey & soy chicken nibbles \$2.00	Falafel Wrap \$4.50
Tue	Ham & Cream Cheese toasted bagel \$4.00	Chicken souvlaki with Mediterranean cous cous \$5.00	Spaghetti bolognese \$4.50	Chicken burger \$4.50	Nachos \$3.50	Caesar Salad Bowl \$3.50
Wed	Avocado, char-grilled vegetables & spinach melt \$3.00	Roast Beef with root vegetables and gravy \$5.00	Creamy fettuccini carbonara \$4.50	marinated chicken pita with garden salad \$5.00	Oven baked tender chicken strips \$3.00	Pumpkin & Spinach Salad Bowl \$4.00
Thu	Bacon & egg roll \$3.50	Chicken Chasseur with rice \$5.00	Tuna pasta bake \$4.50	Hot Roast Beef Roll with gravy \$4.50	Corn on the cob Oven baked potato wedges \$1.50 / \$2.00	Sweet Chilli & Cream Cheese Dip with Rice Crack- \$3.00
Fri	Breakfast wrap \$3.50	Oven baked crumbed fish fillet, Chips or wedges \$5.00	Homemade beef lasagne \$4.50	Mexican beef burger \$5.00	Hawaiian / meat lovers pizza \$3.50	