

Glenmore Dragons 2025 Tuckshop Menu

Save time and don't wait in line

Have a **FOOD ALLERGY** or **DIETARY REQUIREMENT**?

Don't want to carry cash or card?

Pre-Order Before School

Ask Before You Eat as food prepared may contain or had contact with allergens

You can use the QQR App

YOU MUST PRE-ORDER Gluten Free (**GF**) Vegetarian (**V**) and Vegan (**Ve**) options

Order from home!

Check our **Daily Specials!** Pop in and see Miss Julie before school

SANDWICHES

Home cooked corned beef, ham, chicken, lettuce, carrot, tomato, cucumber, beetroot, cheese, mayo	Spreads	2.00
Jam – Peanut Butter – Vegemite – Nutella - Honey		
Ham, Cheese	5.00	
Ham, Cheese, Tomato	5.00	
Egg	4.50	
Egg, Lettuce	5.00	
Corned Beef, Pickles	5.00	
Chicken, Cheese	5.00	
Salad	5.00	
Chicken, Salad	6.00	
Corned Beef, Salad	6.00	
Ham, Salad	6.00	
Gluten Free Bread	+2.00	

ROLLS

Home cooked corned beef, ham, chicken, lettuce, carrot, tomato, cucumber, beetroot, cheese, mayo	Ham, pickles, salad	6.00
	Corned beef, salad	6.00
	Tuna, salad	6.00
	Salad	5.00
	Gluten Free Roll	+2.00

WRAPS

Ham, chicken, tuna, lettuce, carrot, tomato, cucumber, beetroot, cheese, mayo	Ham, Salad Full Size	7.00
	Ham, Salad Half Size	4.00
	Chicken, Salad Full Size	7.00
	Chicken Salad Half Size	4.00
	Tuna, Salad Full Size	7.00
	Salad, Full size	5.00
	Gluten Free Wrap	+2.00

SALAD BOXES

Ham, chicken, tuna, egg, mixed leaves, carrot, tomato, cucumber, chickpeas, cheese	Dressings, French, Italian, Balsamic,	
	Greek Mayo	0.50
	Boiled Egg	1.00
	Zucchini Slice (GF) (V)	7.00
	Zucchini Slice, Bacon (GF)	7.00
	Chicken, Salad (GF)	7.00
	Ham, Salad (GF)	7.00
	Tuna, Salad	7.00
	Egg, Salad	7.00
	Flame Grilled Chicken	7.00
	Falafel (GF) (Ve)	7.00

HOT BOX

Pies (Various)	5.00
Sausage Rolls (King Size)	5.00
Chicken Nuggets x8 (GF)	5.00
Chicken Goujons x6	4.50
With gravy	5.00
Chicken Goujons x10	6.50
With gravy	7.00
Tomato, BBQ, Sweet Chilli S	0.50

PRE ORDER TOASTEE

White, Grain, Gluten Free	
Gluten Free	+2.00
Cheese	3.50
Chicken, cheese & mayo	5.00
Ham, Cheese	5.00
Ham, cheese & tomato	5.00
Ham/cheese/tom/onion	5.00

SNACKS

Fruit Salad, Seasonal	4.50
Various Muffins	3.00
Fresh Fruit (Apple, Orange)	1.50
Boiled Egg	1.00
Cookies, Choc Chip, M&M	2.00
Various Slices/Cakes	3.00
Mixed Potato Chips	2.00

ICE CREAMS

Various From 1.00 to 4.00

FRESHLY MADE

**Sandwiches
Rolls
Wraps
and Salads
on
White
Grain or
Gluten Free**

Free Breaky Club 7.45-8.45 am Daily
We are able to provide our students with a free breaky club thanks to the generous support of our community

DRINKS

Milk	
Breaka 500ml	4.50
Breaka 300ml	3.00
Full Cream Milk 300ml	3.00
Ice Break 500ml	4.50
Lactose Free 500ml	4.50
Oak 600ml	4.50
Zymil 400ml	4.50

Tea

Lipton Iced Tea 500ml	4.50
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Juice

Juice Bomb 250ml	3.00
Popper 250ml	3.00
Bottled Juice	4.00

Water

Mount Frankilin 600ml	3.00
Nippys Sparkling Min	4.50
Pump 750ml	4.50
Pump 750ml Flavoured	4.50

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WHAT'S FOR LUNCH EVERY DAY? YOU MUST PRE-ORDER FOR GLUTEN FREE (GF) / VEGETARIAN (V)

MONDAY

Chicken Twister Regular	6.00
With Sweet Chili Sauce	6.00
(2 crumbed chicken tenderloin, lettuce, mayo on a tortilla)	
Chicken Twister (GF) Reg	8.00
Sweet Chili	8.00
Mystery Monday Specials	
From 5.00-10.00	

TUESDAY

Sushi Bowl	7.00
Sushi Rolls (x2 same flav)	6.00
Crispy Chicken	
Teriyaki Chicken (GF)	
Honey Soy Chicken (GF)	
California (Seafood)	
Tuna, Onion & Mayo	
Honey Soy Tofu Bowl (V)	7.00
Dim Sims Steamed x3	4.50
Dim Sims Baked x3	4.50
With sweet chilli sauce	5.00
Fried Rice (GF V)	6.00
Fried Rice, Ham (GF)	6.00

WEDNESDAY

Butter Chicken & Rice (GF)	7.00
Pork Rib Roll	6.00
(pork rib, bbq sauce, lettuce)	
Hot dog & Cheese	5.50
Hot dog NO Cheese	5.00
Naan Bread	1.50
+Sauce, tomato, bbq, mustard	

THURSDAY

PIZZA	6.00
Ham, Cheese	
Ham, Cheese, Pineapple	
BBQ Meatlovers	
BBQ Chicken	
Pepperoni	
Supreme Regular	
Supreme Spicy	
Veggie Regular	
Veggie Spicy	
Cheese	
GF Pizza Base	9.00
PASTA	
Pasta Bolognese	6.00
Pasta Bolognese (GF)	7.00
Spinach/Ricotta	
Lasagna (V)	6.00
Garlic Bread	1.00



FRIDAY BURGERS

Cheese beef pattie, cheese mustard, sauce, pickle		Veggie/salad veggie pattie, lettuce, carrot, tomato, cucumber, cheese	
Regular	6.00	Regular	8.00
Gluten Free	8.00	Gluten Free	10.00
Chicken chicken pattie, lettuce, mayo		Beef Works beef pattie, lettuce, carrot, tomato, cucumber, cheese, bacon, egg, onion	
Regular	6.00	Regular	10.00
Gluten Free	8.00	Gluten Free	12.00
Beef/salad beef pattie, lettuce, carrot, tomato, cucumber, cheese		Chicken Works chicken pattie, lettuce, carrot, tomato, cucumber, cheese, bacon, egg, onion	
Regular	8.00	Regular	10.00
Gluten Free	10.00	Gluten Free	12.00
Chicken/salad chicken pattie, lettuce, carrot, tomato, cucumber, cheese		Bacon & Egg bacon, egg, lettuce, carrot, tomato, cucumber, cheese, onion	
Regular	8.00	Regular	6.00
Gluten Free	10.00	With salad	8.00

**DON'T FORGET
TO CHECK
OUR
DAILY
SPECIALS**