

Glenmore Dragons 2022 Tuckshop Menu

Save time and don't wait in line

~ **Pre-Order Before School** ~

Don't forget to...

Check our **Daily Specials!**

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

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

We offer some Gluten Free (**GF**) Vegetarian (**V**) and Vegan (**Ve**) options by Pre-Order

Pop in and see Miss Julie before school

Don't want to carry cash or card?

Pre Paid Accounts are available

WHAT'S TO CHOOSE FROM EVERYDAY?

IN THE COLD BOX

Sandwiches, Rolls and Wraps

(GF) available

Spreads 2.00
Jam – Peanut Butter – Vegemite
– Nutella - Honey

Fresh Made

Home cooked corned meat, ham, chicken, lettuce, carrot, tomato, cucumber, cheese.

Chicken 4.50
Cold Meat & Salad 5.50
Corned Meat & Pickles 4.50
Egg, with lettuce or curried 4.50
Ham & Cheese 4.50
Ham, Cheese, Tomato 4.50

Salad Boxes

Seasonal salad boxes, grazing boxes and wraps will be available throughout the year.

Mixed salads 5.00
Corned meat, Chicken, Ham, Roast Beef or Egg 6.00
Zucchini Slice (GF) (V) 6.00
Zucchini Slice & Bacon (GF) 6.50
Add Diced Beetroot 0.50
Add Pineapple 0.50
Various salad dressings 0.50

BYO = PRE-ORDER 6.00+

Options include lettuce, carrot, tomato, cucumber, chickpeas, cheese, corned meat, chicken, ham, roast beef, egg, (GF) (V) (Ve)

IN THE HOT BOX

| | |
|--------------------------|------------------------------|
| Plain Pie or Pastie 4.50 | Plain Sausage Roll 4.00 |
| Bacon & Cheese Pie 5.00 | Specialty Sausage Rolls 4.50 |
| Chicken Pie 5.00 | Spinach/Ricotta (V) 4.50 |
| Curry Pie 5.00 | Pizza Rounda 4.00 |
| Potato Pie 5.00 | Chicken Goujons x6 4.00 |
| Bacon & Cheese Pie 4.50 | with Gravy 4.50 |
| Mushy peas available | Chicken Goujons x10 6.00 |
| | with Gravy 6.50 |

PRE-ORDER

Pre Order Only

Everyday Toastee

Chicken, cheese & mayo 4.50
Ham or tomato & cheese 4.00
Ham, cheese & tomato 4.50
With Onion 0.50
OR

BYO = Toastee 5.00+

Selection includes: Ham – Chicken – Roast Beef - Corned Beef - Tomato – Onion – Cheese - Bbq sauce - Tomato sauce - Sweet chilli sauce - Mayo

Fresh choice

Fresh Fruit 1.50 - 2.00
Fruit Salad (seasonal) 3.00 - 4.00

Fresh baked

Chocolate Slice ½ Serve 1.00
Chocolate Slice Full Serve 2.00
Anzac Slice ½ Serve 1.00
Anzac Slice Full Serve 2.00
Muesli Bar – Carmens GF 1.50
Muffin 2.00

Muffins on rotation include Banana Choc Chip, Blueberry, Choc Chip, Passionfruit, Peach, Veggie Cheesy

Snack Boxes 3.00

May include carrot, cucumber, celery or cheese sticks, rice crackers, jatz, boiled egg, dip, fresh fruit.

Waters

2.50-5.00
Spring Water / Sparkling Water
Flavoured Water

Milks

2.50-5.00
Full Cream / Breaka Milk
Oak Milk / Ice Break
Barista Bros / Pauls Zymil

Iced Teas

4.00-5.00
Lipton Flavoured Iced Tea

Juices

2.00-5.00
Poppers 250ml/ Juice 300ml
Juice 350ml / Juice 500ml

Ice Creams

1.00 - 3.00
Zoooper Dooper, Frozen yoghurt cups (mango, raspberry, strawberry), lifesaver

Snacks

0.50-3.00

What's New?

Introducing **BYO** (Build Your Own)

~ Burger ~
~ Salad Box ~
~ Toastee ~



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WHAT'S IN THE HOT BOX

MONDAY

Chicken Twister 5.00
(2 crumbed chicken tenderloin, lettuce, mayo on a tortilla)

Sweet chilli twister 5.00
(2 crumbed chicken tenderloin, lettuce, mayo, sweet chilli sauce on a tortilla)

(GF) add 1.00

TUESDAY

Various noodle boxes 6.00

Fried rice with ham 6.00

Fried rice without ham 5.00

Dim Sims x3 – steamed 5.00

Dim Sims x3 – oven baked 5.00

Spring rolls x3 (V) 5.00

WEDNESDAY

Butter chicken with rice 6.00

Pork Rib Roll 5.00
(pork rib, bbq sauce, lettuce)

Hot dog & Cheese 5.00

Hot Dog no Cheese 4.50

And Sauce - tomato, bbq or mustard

THURSDAY

Pasta Bolognese 5.00

Pasta Bolognese (GF) 6.00

Garlic Bread 1.00

Spinach/Ricotta Ravioli (V) 5.00

Fresh Cooked Pizza 6.00

Ham & Cheese

Ham, cheese & pineapple

Pepperoni

Bbq Chicken

Supreme

Vegetable

Cheese

FRIDAY

Burgers (fresh white rolls)

Bacon and Egg Burger 5.00
(every second Friday)

Hamburger 6.00

(beef pattie, lettuce, carrot, tomato,

cheese, cucumber, BBQ sauce)

Chicken burger 5.00

(chicken pattie, lettuce & mayo)

Cheeseburger 5.00

(beef pattie, cheese & dill pickle)

BYO = PRE-ORDER 6.00+

= 1 protein, 1 condiment and 3 salad

Select 1 Protein: beef pattie - chicken

pattie - vegetable pattie

Select 1 Condiment: mayo - bbq

sauce - tomato sauce - sweet chilli

sauce

Select 3 Salads: lettuce - cheese -

beetroot - tomato - carrot - cucumber

- onion.

Add extra 0.50- 1.00

ROTATING DAILY SPECIALS 6.00-8.00

We provide a range of delish and healthy menu options for students and teachers.

Check in tuckshop daily for what's cooking.

Some of our regular items on rotation include:

Apricot chicken

Chicken and Gravy Roll

Curried sausages

Fried rice (V)

Honey soy chicken

Mac & cheese (Ve)

Pasta & mince

Roast beef and gravy roll

Spinach and ricotta ravioli

Sweet potato, spinach curry & rice (GF) (V) (Ve)

Must pre-order: Gluten Free (GF) / Vegetarian (V) / Vegan (Ve)

Butter Cauliflower (V)

Chicken noodle stirfry

Devilled sausages & mash

Fried rice without ham (GF)

Mac & cheese

Noodle Boxes

Pasta & mince (GF)

Satay chicken and rice

Spring Rolls x3 (V)

Butter chicken & rice (GF)

Chilli con carne

Fried Rice

Fried rice with ham (GF)

Mac & cheese (GF)

Oven baked dim sims x3

Pulled pork/beef & slaw roll

Savoury mince roll

Steamed dim sims x3

Vegetable fritters

+1.00

Free Breaky Club

7.45-8.45am Daily

We are able to provide our students with a free breaky club thanks to the generous support of our community partners

