

Glenmore Dragons 2024 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 IN THE COLD BOX

SANDWICHES

ROLLS

WRAPS

SALADS

White or Grain, Gluten Free (+\$2)

Fresh Made 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	4.50
Ham, Cheese, Tomato	4.50
Egg	4.00
Egg, Lettuce	4.50
Corned Beef, Pickles	4.50
Chicken, Cheese	4.50
Salad	5.00
Chicken, Salad	6.00
Corned Beef, Salad	6.00
Ham, Salad	6.00
Gluten Free Bread	2.00

Fresh Made Wraps

Ham, chicken, tuna, lettuce, carrot, tomato, cucumber, beetroot, cheese, mayo

Ham, Salad Full Size	6.00
Ham, Salad Half Size	4.00
Chicken, Salad Full Size	6.00
Chicken Salad Half Size	4.00
Tuna, Salad Full Size	6.00
Salad, Full size	5.00
Gluten Free Wrap	2.00
Fresh Made 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

Fresh Made Salad Boxes

Ham, chicken, tuna, egg, mixed leaves, carrot, tomato, cucumber, chickpeas, cheese, mayo

Dressings, French, Italian, Balsamic,	
Greek	0.50
Boiled Egg	0.60
Zucchini Slice (GF) (V)	7.00
Zucchini Slice, Bacon (GF)	7.00
Chicken, Salad	7.00
Ham, Salad	7.00
Tuna, Salad	7.00
Egg, Salad	7.00

Specialty Salad Box - When Available

Moroccan Salad with	
Flame Grilled Chicken	6.00
Crumbed Chicken (GF)	8.00
Falafel	6.00
Mediterranean Salad with	
Flame Grilled Chicken	6.00
Crumbed Chicken (GF)	8.00
Falafel	6.00
Crispy Noodle Salad	6.00
Cesar Salad	6.00

PRE ORDER ONLY

EVERYDAY TOASTEE

White, Grain, Gluten Free

Gluten Free	2.00
Cheese	3.50
Chicken, cheese & mayo	4.50
Ham, Cheese	4.50
Ham, cheese & tomato	4.50
With Onion	0.50

SNACKS

Fruit Salad, Seasonal	4.00
Muffins, on rotation	2.00
Banana Choc Chip, Blueberry,	
Choc Chip, Peach, Raspberry	
White Chocolate,	
Apple Cinnamon	
Muesli Bars	2.00
Fresh Fruit (Red/Green Apple,	
Orange)	1.50
Boiled Egg	0.60
Cookies, Choc Chip, Double Choc	
Chip, M&M	1.50
Chocolate Slice	2.00
Icecreams, Chips	0.50-4.00

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
Juice	
Juice Bomb 250ml	3.00
Popper 250ml	3.00
Nippy's 375ml	4.00

Water

Nippys Sparkling Min 600ml	4.50
Cool Ridge 600ml	3.00
Cool Ridge 700ml	4.50

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



Glenmore Dragons 2024 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 FOR LUNCH EVERYDAY? YOU MUST PRE-ORDER FOR GLUTEN FREE (GF) / VEGETARIAN (V)

PIES		SAUSAGE ROLLS							
Beef	5.00	Beef	4.50	Pizza Rounda	4.00	Chicken Goujons x6	4.00	SAUCES	0.50
Steak & Cheese	5.00	Bacon & Cheese	4.50	Chicken Nuggets x8 (GF)	4.50	Chicken Goujons, Gravy x6	4.50	Tomato, BBQ, Sweet Chilli	
Potato	5.00	Spinach & Ricotta	4.50			Chicken Goujons x10	6.00		
						Chicken Goujons, Gravy x10	6.50		

MONDAY

Chicken Twister Regular	5.00
Sweet Chili	5.00
(2 crumbed chicken tenderloin, lettuce, mayo on a tortilla)	
Chicken Twister (GF) Reg	7.00
Sweet Chili	7.00
(2 crumbed chicken tenderloin, lettuce, mayo on a tortilla)	
Mystery Monday Specials	
(advertised weekly)	

TUESDAY

Butter Chicken & Rice (GF)	6.00
Sweet Potato Curry (GF,VE)	6.00
Pork Rib Roll	5.00
(pork rib, bbq sauce, lettuce)	
Hot dog & Cheese	5.00
Hot Dog no Cheese	4.50
Naan Bread	1.00
And Sauce - tomato, bbq or mustard	

WEDNESDAY

Sushi	6.00
Bowl or 2 Rolls	
Crispy Chicken	
Teriyaki Chicken (GF)	
Honey Soy Chicken (GF)	
California (Seafood)	
Tuna, Onion & Mayo	
Honey Soy Tofu Bowl (V)	6.00
Dim Sims Steamed x3	4.00
Dim Sims Baked x3	4.00
Spring Rolls x3 (V)	4.00

BOWLS & NOODLE BOXES	
Fried Rice with Egg (GF V)	5.00
Fried Rice, Ham, Egg (GF)	6.00
Chicken & Veggie Box	6.00
Mongolian Beef, Veg	6.00
(Alternating)	

THURSDAY

PIZZA	
Gluten Free Pizza Base PLUS2.00	
Ham, Cheese	5.00
Ham, Cheese, Pineapple	5.00
BBQ Meatlovers	5.00
BBQ Chicken	5.00
Pepperoni	5.00
Supreme Regular	5.00
Supreme Spicy	5.00
Veggie Regular	5.00
Veggie Spicy	5.00
Cheese	5.00

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		Beef Works beef pattie, lettuce, carrot, tomato, cucumber, cheese, bacon, egg, onion	
Regular	5.00	Regular	8.00
Gluten Free	7.00	Gluten Free	10.00
Chicken chicken pattie, lettuce, mayo		Chicken Works chicken pattie, lettuce, carrot, tomato, cucumber, cheese, bacon, egg, onion	
Regular	5.00	Regular	8.00
Gluten Free	7.00	Gluten Free	10.00
Beef/salad beef pattie, lettuce, carrot, tomato, cucumber, cheese		Veggie Works veggie pattie, lettuce, carrot, tomato, cucumber, cheese, bacon, egg, onion	
Regular	7.00	Sauce BBQ, Tomato, Sweet Chilli, Mayo, Siracha	
Gluten Free	9.00		
Chicken/salad chicken pattie, lettuce, carrot, tomato, cucumber, cheese			
Regular	7.00		
Gluten Free	9.00		
Veggie/salad veggie pattie, lettuce, carrot, tomato, cucumber, cheese			
Regular	7.00		
Gluten Free	9.00		

