

HOT SPECIALS DAILY**MONDAY**

Assorted Pies

\$4.00

TUESDAY

Spaghetti Bolognaise

\$4.00

WEDNESDAY

Lasagne

\$4.00

THURSDAY

Nachos

\$4.00

FRIDAY

Beef Hamburger

\$4.50

HOT FOOD AVAILABLE DAILY

Chicken & Gravy Roll

\$4.50

Pork & Gravy Roll

\$4.50

Crispy Chicken Burger

\$4.00

Spinach & Cheese Roll

\$4.00

Vegetable Roll

\$4.00

Chicken Nuggets (5)

\$3.00

Chicken Groujons (5)

\$3.00

Lite Sausage Roll

\$3.00

Steamed Dim Sims

\$0.80

Garlic Bread

\$0.60

OTHER HOT FOOD

Fried Rice

\$4.00

AVAILABLE TUESDAY & THURSDAY

Fresh Baked Cheese & Bacon Roll

\$3.50

Fresh Baked Cheesymite Scroll

\$3.00

SANDWICHES/WRAPS/ROLLS

Toasted Foccacia

\$5.50

Assorted Wraps, Rolls,
Sandwiches from

\$4.00

**MIAMI STATE HIGH SCHOOL
2016 TUCKSHOP MENU****HEALTHY SMART CHOICE FOODS**

Muesli & Greek Yoghurt with fruit

\$5.50

Fresh Fruit Salad

\$4.00

Assorted Sushi

\$3.50

Fresh Fruit Salad*

\$4.00

Fresh Seasonal Fruit

\$1.00

Boiled Egg

\$0.80

**SALADS***

Chicken Salad

\$7.00

Egg Salad

\$5.50

Salad only

\$5.00

* Dressing included

**SNACKS**

Banana Bread

\$3.00

1/2 of a piece

\$1.50

Honey Soy Chips

\$1.50

Sea Salt Chips

\$1.50

Grain Waves Sour Cream & Chives

\$1.50

Vege Chips

\$1.50

Cookies

\$1.00 ea

**ICECREAM**

Milo Cups

\$3.50

Weis Bar

\$3.00

Paddle Pops

\$1.50

Lemonade Icy Pole

\$1.50

Frozen Yoghurt Cups

\$2.50

Frozen Fruit Cups

\$0.80

Quelch Sticks

\$0.70

**DRINKS**

1.2ltr Water

\$3.50

Sparkling Water

\$3.00

600ml Water

\$2.00

500ml Flavoured Milk

\$3.80

300ml Flavoured Milk

\$2.80

Up & Go Flavoured Milk

\$2.50

Big M Flavoured Milk

\$2.00

600ml Full Cream & Lite Milk

\$2.00



500ml Orange Juice

\$3.50

350ml Orange Juice

\$3.00

Assorted Poppers

\$1.50

CONDIMENTS

Sauces

\$0.40

Spoons/Sporks

\$0.05

Menu is subject to change

Bread and rolls are wholemeal only

Canteen ph- 55 540319**EFTPOS AVAILABLE - \$5.00 MINIMUM**

