

THE CATHEDRAL SCHOOL TUCKSHOP MENU 2012

SANDWICHES, ROLLS AND WRAPS	
GREEN	
HAM , CHICKEN OR TUNA	\$ 3.00
HAM, CHICKEN OR TUNA AND SALAD	\$5.00
SALAD (Lettuce, Tomato, Cheese & Carrot) EXTRA FILLINGS .50	\$4.00
BAKED BEANS OR SPAGHETTI	\$ 2.00
EGG , CHEESE (LIGHT)	\$ 2.00
HAM OR CHICKEN AND CHEESE	\$3.50
HAM, CHEESE AND TOMATO	\$4.00
CHICKEN CAESAR WRAPS	\$5.00
½ WRAPS	\$2.50
CHICKEN, AVOCADO, BABY SPINACH AND SUNDRIED TOMATO	\$4.50
AMBER	
VEGEMITE	\$2.00
GLUTEN FREE	
SANDWICHES, SALADS & HOT FOOD AVAILABLE ON REQUEST	
SALAD BOWLS	
GREEN	
GARDEN SALAD (Lettuce, Carrot, Cheese, Tomato, Cucumber, Beetroot, Egg & Avocado) LARGE	\$ 5.00
SMALL SALAD BOWL (All above fillings)	\$ 4.00
HAM OR CHICKEN SALAD (w/all above fillings)	\$ 5.50
CAESAR SALAD LARGE	\$ 4.00
SMALL	\$3.00
ADD CHICKEN FOR AN EXTRA \$1.00	
CHILD'S SALAD (Carrot Sticks, Cherry Tomatoes, Cheese Stick & Egg)	\$ 3.00
SNACKS	
GREEN	
PREMIUM BISCUITS (98% FAT FREE) WITH CHEESE	.70
CHEESE W/ HAM, OR TOMATO	\$1.20
CHEESE STICKS	\$1.00
POPCORN	.60
YOUGHURT 98% FAT FREE FRESH OR FROZEN (STRAWBERRY)	\$2.00
WATERMELON BOWL	\$2.50
FRUIT SALAD BOWL	\$3.00
FRUIT IN SEASON	.80
AMBER	
BOILED EGG	.60
MUFFINS (APPLE & CINNAMON, BLUEBERRY)	\$2.00
SCROLLS (HAM & CHEESE, VEGEMITE & CHEESE, PIZZA)	\$2.00
SARAH LEE LITE BAKES MUFFINS DOUBLE CHOCK	\$2.00
PREMIUM BISCUITS (98% FAT FREE) W/VEGEMITE	.70
CHEESE AND VEGEMITE	\$1.20
CHIPS (SNACK PACKS) HONEY SOY, SEA SALT, SMITHS BBQ, PLAIN, GRAINWAVES	\$1.50
ICE CREAMS	
AMBER	
ICE BLOCKS (LEMONADE & RASPBERRY)	\$1.00
MILO , TRIPLE SWIRL, CHOCOLATE	\$1.30
SLUSHI (RASPBERRY, GRAPE, LIME)	\$2.00
SUNNYBOY COLA, ORANGE, RAZZ, LEMONADE	\$1.00
FROSTY FRUITS (GREEN)	\$2.00
MANGO TO GO (FROZEN MANGO PUREE)	\$3.50

HOT FOOD (AVAILABLE BOTH BREAKS)	
GREEN	
TOASTED SANDWICHES (AS PER SANDWICH LIST)	
MINI PIZZA (HAM AND CHEESE)	\$1.00
HAM, CHEESE AND PINEAPPLE	\$1.20
AMBER	
LASAGNA, MACARONI CHEESE,	\$4.00
MINI HOT DOGS (97% FAT FREE)	\$2.00
PIZZA ROUNDAS	\$2.50
PARTY PIES OR POTATO TOP (LOW FAT)	\$1.20
PIES (LOW FAT)	\$3.50
BEEF/CHEESE OR POTATO TOP (LOW FAT)	\$4.00
CHICKEN NUGGETTS (BAG OF 4)	\$2.00
SPECIALS (LUNCH TIME ONLY)	
MONDAY	
HOT ROAST BEEF ROLLS	\$4.00
POTATO BEEFY MASH	\$4.00
TUESDAY	
HOT DOGS 97% FAT FREE	\$3.50
HOT DOGS 97% FAT FREE WITH CHEESE	\$4.00
WEDNESDAY	
CHICKEN TENDERS IN A ROLL WITH LETTUCE & MAYO	\$4.00
TUKKA TUBS: HONEY SOY CHICKEN	\$4.00
ITALIAN CHICKEN W/PASTA	
THURSDAY	
BEEF BURGERS (LEAN BEEF) WITH SALAD	\$5.00
CHICKEN BURGERS WITH SALAD	\$5.00
FRIDAY	
PIZZA SLICES (HAWAIIAN, SUPREME) LOW FAT	\$4.00
HOME MADE LASAGNA (LOW FAT)	\$4.00
DRINKS	
GREEN	
WATER PUMP 750ml	\$3.00
MINI PUMP (PLAIN ONLY)	\$2.00
MT FRANKLIN 600ML	\$2.00
NQ SPRING WATER 600 ML	\$1.00
AMBER	
PLAY WATER FRUIT TINGLE, LEMONADE	\$2.00
LOL RAZZBRI, TRPKL, BLACKCURRANT	\$2.50
QUENCHER LEMON, MIXED BERRY, BLOOD ORANGE & PASSIONFRUIT	\$3.50
MILK PLAIN 200ML	\$1.00
MILK PLAIN 600ML	\$2.00
OAK 600ML CHOCOLATE, STRAWBERRY, ICED COFFEE, VANILLA	\$3.50
OAK 300ML FLAVOURS AS ABOVE	\$2.50
JUICE BERRY NAS APPLE, APPLE & BLACKCURRANT, ORANGE 350ML	\$3.50
POP TOPS FLAVOURS AS ABOVE 250ML	\$2.50
G/VALLEY APPLE/BLACKCURRANT 350ML	\$2.50
EXTRA JUICY POPPERS APPLE, ORANGE, APPLE/BLACKCURRANT 250ML	\$1.50