

# Tuckshop Menu

SYDNEY GRAMMAR SCHOOL



## Term I 2022

### Breakfast

Homemade muffins - berry or banana and chocolate	\$ 4.00
Sourdough toast with vegemite	\$ 3.50
Banana bread	\$ 4.00
Gluten free banana bread (gluten free butter)	\$ 4.50
Raisin toast	\$ 4.00
<b>Yoghurt Pots:</b>	
<i>Mixed berry, muesli or gluten free muesli</i>	\$ 5.00
Fresh fruit salad	\$ 4.50
Plain freshly baked croissant	\$ 4.00
Ham and cheese croissant	\$ 5.00
Bacon and egg roll	\$ 5.00
<b>Selection of Breakfast Cereals all served with milk:</b>	\$ 4.00
<i>Weet-bix, Homemade Muesli, Toasted Muesli, Corn Flakes, Gluten Free Corn Flakes, Gluten Free Weet-bix and Gluten Free Muesli</i>	

### Drinks

<b>Milk</b>	
-250ml	\$ 2.50
-600ml	\$ 3.00
-1LT	\$ 3.50
Emma and Tom's made with REAL fruit 450ml <i>(Apple, Orange, Lemon, Raspberry, Karma, Green)</i>	\$ 4.50
Bottled Spring Water	\$ 3.00
Emma and Toms Flavoured Milk Chocolate, Strawberry or Caramel	\$ 4.50
Organic Kombucha: - Ginger and Lemon, Raspberry and Lemonade, Apple Crisp and Cherry 250ml	\$ 3.50
Mount Franklin Water Lightly Sparkling <i>Mango, Raspberry or Lime</i>	\$ 3.50

### Snacks – available everyday for recess and lunch

Fresh fruit (orange, apple and banana)	\$ 1.50
Seasonal fresh fruit salad	\$ 4.50
Veggie snack box (carrots, cherry tomatoes and cucumber) (v,gf,df)	\$ 4.25
Bocconcini and cherry tomato (gf,v)	\$ 4.25
Carrots sticks and hummus (v, gf, df)	\$ 4.00
Edamame beans (gf,v,df)	\$ 4.00
Boiled eggs and spinach (gf,v)	\$ 3.50
Steamed corn cob (v,gf)	\$ 3.50

Bryon Bay Cookies (gluten free option available)	\$ 3.75
Cheese cubes, cherry tomatoes, olives and crackers	\$ 4.50

## **Sandwiches** (square bread \$6.00/ multigrain sourdough \$7.00/wrap \$7.00)

Chicken schnitzel, avocado, lettuce and mayo Roll (\$6.00)

Chicken mayo, spinach and avocado dip

Ham, cheese and tomato

Bacon, lettuce and avocado

Salami, cheese, sundried tomato and spinach

Pulled pork, spinach and coleslaw

Falafel, tabouli and hummus wrap (v)

Cheese and salad wrap(v)

## **Gourmet Sandwiches**

\$ 9.00

Crumbed chicken tenders, cajun mayo, purple cabbage, iceberg lettuce

Chargrilled chicken breast, zucchini, tomato, avocado and pesto

Prosciutto, tomato, basil and bocconcini

Roast Beef, pickles, dijon mustard, tomato, sauerkraut and spinach

Cream cheese, smoked salmon, spinach, pickled cucumber and dill

Roasted eggplant, zucchini, sweet potato, hummus and spinach (v,df)

## **Poke and Salad Bowls**- all dressings are on the trolley (gluten free dressing is available)

\$ 9.00

Chicken tenders and avocado

Grilled chicken and avocado (gf, df)

Smoked salmon and avocado (v,gf,df)

Pumpkin and feta (gf,v)

**Mediterranean**- tomato, olives, cucumber, sweet red capsicum, red onion, carrot, purple cabbage, lentils, chickpeas, parsley and feta (v,gf)

**Falafel and cous cous** – carrot, tomato, cucumber, chickpeas, hummus and spinach

**Vermicelli noodles or brown rice** - purple cabbage, carrots, edamame beans, corn, tomato, cucumber, crispy shallots with your choice of: -

poached chicken (gf,df)

smoked salmon (gf,df)

chicken tender

Fried tofu (v,df)

# **Gluten Free**

*We use a separate board and sandwiches press*

## **Breakfast**

Banana Bread	\$ 4.50
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Yoghurt Pots - Berries or muesli \$ 5.00

## Snacks

Veggie Snack Box (carrots, cherry tomatoes and cucumber) \$ 4.25

Bocconcini and cherry tomatoes \$ 4.25

Carrots sticks and hummus (v, gf, df) \$ 4.00

Edamame beans \$ 4.00

Boiled eggs \$ 3.50

Bryon Bay Cookies \$ 3.75

Steamed corn cobs \$ 3.50

Beef nachos \$ 6.50

### Selection of Breakfast Cereals served with milk:

*Weet-bix, cornflakes, homemade muesli* \$ 4.00

## Gluten Free Sandwiches

\$ 6.00

Ham, cheese and tomato

Chicken mayo (gluten free mayo)

Cheese and salad

BLAT

## Poke Salad Bowls - all gluten free dressings are on the trolley \$ 9.00

Grilled chicken (gf)

Smoked salmon and Avocado (v,gf,df)

Pumpkin and Feta (gf,v)

**Mediterranean** - tomato, olives, cucumber, sweet red capsicum, red onion, carrot, purple cabbage, lentils, chickpeas, parsley & feta (v,gf)

**Vermicelli Noodles or Brown Rice** - purple cabbage, carrots, edamame beans, corn, tomato, cucumber, crispy shallots with your choice of: -

Poached Chicken (gf,df)

Smoked Salmon (gf,df)

Fried Tofu (v,df)

## Hot Meals

<b>Monday</b> – Home made beef bolognaise	\$ 8.00
<b>Tuesday</b> - Mini meatballs and pasta in tomato sauce	\$ 8.50
<b>Wednesday</b> - Penne pasta with a cheesy tomato sauce (v)	\$ 8.00
<b>Thursday</b> - Beef lasagne with garlic bread	\$ 9.00
<b>Friday</b> - Pizza with tomato and cheese	\$ 8.00

## Recess – available everyday

Cheesy pizza sub	\$ 3.50
Steamed corn cob	\$ 3.50
Pork and chive dumplings	\$ 4.00
Steamed chicken dim sims	\$ 4.50
Spring rolls	\$ 4.50
Cheese and spinach puffs	\$ 4.50
Pork and veggie sausage rolls	\$ 5.00
Chicken tenders	\$ 5.00
Beef nachos	\$ 6.00
Home-made pies	\$ 6.00

## Lunch

### Monday

Homemade beef bolognaise with pasta	\$ 8.00
Teriyaki chicken with steam jasmine rice and broccoli	\$ 8.50

### Tuesday

Meatball sub in a foot-long roll with a rich tomato sauce and cheese	\$ 8.00
Homemade roasted pumpkin ricotta and kale lasagne with garlic bread	\$ 9.00
Pizza barbecue chicken and bacon	\$ 8.00

### Wednesday

Mini meatballs in a rich tomato sauce with penne pasta	\$ 8.00
Mini meatballs with roasted potatoes and steamed carrots	\$ 8.50
Penne pasta with a cheesy tomato sauce (v) (gf available)	\$ 7.50

### Thursday

Beef lasange with garlic bread	\$ 9.00
Hokkien noodles with poached chicken or vegetables	\$ 8.00

**Friday**

Spicy chicken tenders with homemade corn salsa	\$ 8.00
Fish and chips	\$ 8.00
Pizza – cheese and tomato (v)	\$ 7.50

**Available everyday**

Home-made pork and veggie sausage rolls	\$ 5.00
Home-made beef pies	\$ 6.00
Veggie and lentil stew with steamed brown rice (v,gf,df)	\$ 7.50

**Burgers (on-line only)****\$ 8.50**

Angus beef and cheese with a home-made burger sauce  
Crumbed chicken schnitzel and mayo  
Veggie pattie and mayo