

# Tuckshop Menu

SYDNEY GRAMMAR SCHOOL



## Term II, 2021

### Breakfast

Homemade muffins - berry or banana and chocolate	\$ 4.00
Sourdough toast with vegemite	\$ 3.50
Banana bread	\$ 3.50
Gluten free banana bread (gluten free butter)	\$ 4.00
Raisin toast	\$ 3.50
<b>Yoghurt Pots:</b>	\$ 5.00
<i>Mixed berry, muesli or gluten free muesli</i>	
Fresh fruit salad	\$ 4.50
Plain freshly baked croissant	\$ 3.50
Ham and cheese croissant	\$ 5.00
Bacon and egg roll	\$ 5.00
<b>Selection of Breakfast Cereals all served with milk:</b>	\$ 3.50
<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 Tom's Flavoured Milk Chocolate, Strawberry or Caramel	\$ 4.50
Organic Kombucha: - ginger and lemon, raspberry and lemonade and Apple crisp 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)	\$ 4.00
Bocconcini and cherry tomato (gf,v)	\$ 4.00
Carrots sticks and hummus (v, gf, df)	\$ 4.00
Edamame beans (gf,v,df)	\$ 3.50
Boiled eggs and spinach (gf,v)	\$ 3.50
Steamed corn cob (v,gf)	\$ 3.50
Byron Bay Cookies (gluten free option available)	\$ 3.50

## **Sandwiches** (soft square bread \$5.50 / multigrain sourdough \$6.50/wrap \$6.00)

Chicken schnitzel, avocado, lettuce and mayo Roll

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, zucchini, tomato, avocado and pesto

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

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

Roasted eggplant, zucchini, sweet potator, hummous and spinach

## **Poke and Salad Bowls**- all dressings are on the trolley (gluten free dressing is available) \$8 - \$8.25

Chicken tenders and avocado

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, pearl cous cous, parsley and feta (v)

**Falafel and cous cous** – carrot, tomato, cucumber, chickpeas, hommous 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
Yoghurt Pots - Berries or muesli	\$ 5.00

## Snacks

Veggie Snack Box (carrots, cherry tomatoes and cucumber)	\$ 4.00
Bocconcini and cherry tomatoes	\$ 4.00
Carrots sticks and hummus (v, gf, df)	\$ 4.00
Edamame beans	\$ 3.50
Boiled eggs	\$ 3.50
Bryon Bay Cookies	\$ 3.50
Steamed corn cobs	\$ 3.50
Beef nachos	\$ 6.00
<b>Selection of Breakfast Cereals served with milk:</b>	
<i>Weet-bix, cornflakes, homemade muesli</i>	\$ 3.50

## 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

	\$ 8.00
Grilled chicken (gf)	
Smoked salmon and Avocado (v,gf,df)	
Pumpkin and Feta (gf,v)	
<b>Vermicelli Noodles or Brown Rice</b> - 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

**Monday** – chilli con carne with rice or potato gnocchi with a tomato sauce; beef sausages, roast potatoes and carrots (gf); vegetarian sausages, roast potatoes and carrots (gf, v)

**Tuesday** - Buttered chicken, sweet potato and steamed jasmine rice (gf); sweet potato, pumpkin and chick pea curry served with jasmine rice

**Wednesday** - cheese and tomato pizza; meatballs and pasta

**Thursday** - Risotto with pork and fennel sausage, mushrooms and peas (gf); jacket potatoes with a choice of bacon and cheese or baked beans

**Friday** - chicken and bacon pizza; penne pasta napoletana (gf available)

## Recess – available everyday

Cheesy pizza sub	\$ 3.50
Steamed corn cob	\$ 3.50
Pork and chive dumplings	\$ 4.00
Veggie curry puffs	\$ 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

\$ 7.50

### Monday

Chilli con carne with steamed jasmine rice (gf,df)

Beef sausages, roast potatoes and carrots (gf)

Vegetarian sausages, roast potatoes and carrots (gf, v)

### Tuesday

Buttered chicken, sweet potato and steamed jasmine rice (gf)

Sweet potato, pumpkin and chickpea curry served with jasmine rice (gf, v)

BBQ pork ribs with mash and peas (\$11.00)

### Wednesday

Mini meatballs in a rich tomato sauce with penne pasta

Mini meatballs with roasted potatoes and steamed carrots

Pizza – cheese and tomato (v)(gluten free available – online orders only)

### Thursday

Risotto with pork and fennel sausage, mushrooms and Peas (gf)

Hokkien noodles with chicken OR veggies

Jacket roasted potatoes with a choice of bacon and cheese OR baked beans

**Friday**

Spicy chicken tenders and chips

Penne pasta napoletana (gf available)

Pizza – chicken, bacon and BBQ sauce (gluten free available – online orders only)

**Available everyday**

Veggie and lentil stew with steamed brown rice (v,gf,df) \$ 7.50

Home-made pork and veggie sausage rolls \$ 5.00

Home-made beef pies \$ 6.00

Chicken and barley soup (gf) or veggie minestrone soup (v, gf, df), served with bread \$ 7.50

**Burgers (on-line only) \$ 8.00**

Angus beef and cheese with a home-made burger sauce

Crumbed chicken schnitzel and mayo

Veggie pattie and mayo