

# Shore Prep Tuck Shop Menu

**NOTE:** no lunch orders on Wednesday

## Low Fat no Fat

|  |        |
|--|--------|
| Fruit Salad w yoghurt & toasted muesli | \$3.50 |
| Fresh Fruit Salad                      | \$3.50 |
| Fruit Yoghurt                          | \$2.00 |
| Fruit per piece                        | \$1.00 |

## Sandwiches (white/wholemeal or wraps)

|                         |        |
|-------------------------|--------|
| Vegemite                | \$3.00 |
| Cheese & Tomato         | \$3.50 |
| Egg & lettuce           | \$3.50 |
| Chicken salad with mayo | \$4.00 |
| Ham salad with mayo     | \$4.00 |
| Ham, cheese & tomato    | \$4.00 |
| Chicken schnitzel roll  | \$4.50 |

## Salads

|                      |        |
|----------------------|--------|
| Chicken Caesar salad | \$5.00 |
| Pasta salad          | \$4.00 |

## Sushi

|  |        |
|--|--------|
| Big Crunch sushi roll - chicken, beef, tuna, veg | \$3.00 |
| Sushi Snack box                                  | \$5.00 |

## Pies & sausage rolls

|                             |        |
|-----------------------------|--------|
| Pie plain/curry/potato      | \$3.50 |
| Travellers pie/pepper steak | \$2.80 |
| Sausage roll                | \$2.70 |
| Tomato sauce portion        | 0.20   |
| Garlic bread                | \$1.50 |

## Drinks

|                           |        |
|---------------------------|--------|
| Mt Franklin water 600ml   | \$2.50 |
| Deep Spring mineral water | \$3.80 |
| Ice Tea peach 500ml       | \$3.40 |
| Ice Tea lemon 500ml       | \$3.40 |
| Moove 300 ml              | \$2.50 |
| Moove 600 ml              | \$3.50 |

## Treats

|                |        |
|----------------|--------|
| Warm Cookies   | \$2.00 |
| Muffins        | \$3.00 |
| Chip varieties | \$2.20 |

## DAILY SPECIALS

**MONDAY:** Butter Chicken with vegetables & steamed Rice \$5.00

**TUESDAY:** Beef Tortellini with a Basil and Tomato Sauce \$5.00

**THURSDAY:** Pasta Bolognese with parmesan cheese \$5.00

**FRIDAY:** Roasted Soy Chicken Skewers with Fried Rice \$5.00