

Crunch in your Lunch

Check out our new Monday 'Crunch in your Lunch' all healthy menu.

All items are home made at our tuckshop using fresh ingredients with no added artificial sugars. Items from our ECO garden are used when available.



Main Food

Lasagne
Tune Bake
Quiche & Salad
Chicken Sausage Roll
Fried Rice (using wholemeal rice)
Grilled Chicken & Salad Wrap
Chicken Stir Fry with Noodles
Teriyaki Chicken Sushi
Thai Beef Salad



Snacks

Banana Muffin
Popcorn Yoghurt
Muesli Slice Fruit Bag
Dark Choc Chip Zucchini Muffin

*Choose one item from Main Food and one item from Snacks for only \$6
Orders may be placed on-line or at the tuckshop by 9am.*

**Please note our special
'Monday Crunch in the Lunch'
menu items are also available
Wednesday, Thursday and Friday.**

We welcome orders from staff and volunteers.