

# AVILA COLLEGE SUMMER TUCKSHOP MENU

Terms 1 & 4, 2009

## ROLLS & SANDWICHES (Must be ordered)

### Wholemeal or White

Vegemite	\$1.50
Cheese	\$1.70
Cheese & Tomato	\$2.10
Cheese & Vegemite	\$2.00
Lettuce	\$1.10
Egg	\$2.00
Egg & Lettuce	\$2.20
Curried Egg	\$2.10
Salad	\$2.50
Salad & Cheese	\$2.90
Ham	\$2.30
Ham & Cheese	\$2.70
Ham, Cheese & Tomato	\$3.00
Chicken	\$3.00
Chicken & Lettuce	\$3.20
Chicken & Cheese	\$3.40
<b>Extras:</b>	
Salad	\$1.00
Mayo	\$0.10
Pickle	\$0.10

### HEALTHY CHOICE SNACKS

Seasonal fruits	as priced
<i>(Apple, Pear etc.)</i>	
Fruit Cups	\$1.40
<i>(Watermelon, cantaloupe, peaches, grapes)</i>	
Fruit Straps (Seasonal)	\$1.40
Buttered Roll	\$0.90
Unbuttered Roll	\$0.80
Health Bar (Sesame Snaps)	\$0.90
Licorice Twist (black)	\$0.10

### OTHER SNACKS

Banana Cake	\$1.00
Mini Muffins	\$0.80
Apple scroll	\$2.60
Muffin	\$2.50
Shapes	\$0.60
Ovalteen	\$1.00
Yogurt Snakes	\$0.60
Fruity Bears	2 for \$0.10
<i>OR a bag</i>	\$0.50
Honey Joys	\$0.50
Yoyo	\$1.40
Cookie	\$2.00
Ginger Man	\$1.40
JJ Crackers	\$1.00



## HEALTHIER OPTIONS

### IRRESISTIBLE WRAPS

<b>MON to FRI</b>	
<b>Chicky Delight:</b>	\$3.00
Chicken strip, tomato, lettuce & mayo	
<b>Tantalizing Tuna:</b>	\$3.00
Tuna, lettuce, tomato & mayo	
<b>TUES ONLY</b>	
<b>Mexican:</b>	\$3.30
Chicken, tomato, corn, lettuce & salsa	
<b>WED ONLY</b>	
<b>Tandoori Delight:</b>	\$3.40
Chicken, tandoori paste, yoghurt, lettuce, cucumber & grated cheese	
<b>FRI ONLY</b>	
<b>Hawaiian Delight:</b>	\$3.40
Chicken, lettuce, pineapple & cheese	

### SALAD BOWLS

<b>MON ONLY</b>	
<b>Pasta Bowl</b>	\$3.00
Pasta, celery, tomato, red capsicum, corn and mayo	
<b>TUES ONLY</b>	
<b>Cheese Salad:</b>	\$2.90
Lettuce, tomato, cucumber with cheese cubes	
<b>THUR ONLY</b>	
<b>Chicken Salad:</b>	\$3.50
Chicken, lettuce, tomato, cucumber, cheese and mayo	

### OTHER

Chicken Royale Roll	\$3.20
Hot Chicken Roll	\$3.00
Noodle Cup	\$2.00

### COOL-COOL-COOL

Frozen Yogurt	\$1.80
Boost	\$1.40
Paddle Pop	\$1.40
Icy Twist	\$1.00
Fruit Tube	\$0.60
Paddle Pop Shake	\$2.20
Calipo (mini)	\$1.10
99% Fruit Slushy (NEW)	\$1.80



## HOT FOOD

### Recess Only

Hot Cheese Roll	\$0.60
Toasties	\$1.80
<i>(Cheese/Tomato/Spaghetti)</i>	
Vegetable Roll	\$3.40

### WED, FRI (Recess & Lunch)

Lite Party Pie	\$1.00
Lite Sausage Roll	\$1.00
Lite Pie	\$3.00
Vegetable Rolls	\$3.40
Potato Pie	\$3.20



*Sauce included in price*

## BEVERAGES

100% Juice Box	\$1.40
Gatorade Box	\$1.40
Water 600ml	\$1.80
Juice - Orange/Apple/ABC	\$2.40
Big M Milk	\$2.40
Plain Milk	\$1.70
Up & Go	\$2.00
Schweppes (lite)	
<i>600ml bottle</i>	\$3.00
<i>Cans</i>	\$1.80
Gatorade/Smart water	\$3.50
Ice Tea	\$2.10



## BREAKFAST (8-8.30)

Toasties	\$1.80
<i>(Cheese &amp; Tomato OR Spaghetti OR baked beans)</i>	
Thick sliced raisin toast	\$1.00
Plain toast	\$1.00
<i>(with choice of spread)</i>	
Muffin	\$2.50
Fruit Cup ( Seasonal )	\$1.40
Hot Milo	\$1.80

LOOK OUT FOR THE DAILY SPECIALS!!