



G.S.H.S TUCKSHOP MENU



Hours of Operation

MONDAY-FRIDAY

Breakfast: 7:30am-8:50am

1st Break: 11:30am 2nd Break: 1:20pm

BREAKFAST MENU		SANDWICHES & SALADS DAILY	
BACON & EGG WRAP	\$4.00	CHICKEN & SALAD SANDWICH	5.50
TOASTED SANDWICH	\$4.50	HAM & SALAD SANDWICH	\$5.50
Chicken, Cheese & Mayo		SALAD SANDWICH	\$5.50
Ham & Cheese		& either Egg or Avocado	
BACON & EGG MUFFIN	\$4.50	VEGEMITE or JAM SANDWICH	\$3.50
MUESLI-FRUIT-YOGHURT	\$3.50	CHICKEN LETTUCE & MAYO SANDWICH	\$4.50
MADE TO ORDER ONLY	\$5.00	EGG & LETTUCE SANDWICH	\$4.50
BREAKIE BURRITO		HAM, CHEESE & TOMATO SANDWICH	\$4.50
Scrambled Egg, Tomato, Onion & Capsicum		BACON, LETTUCE & TOMATO	\$5.00
MADE TO ORDER ONLY		CHICKEN CAESAR SALAD	\$6.00
FRUIT CUPS	Prices Range \$2.50-\$5.00	Lettuce, Tomato, Avo, Egg, Bacon & Sauce	
DRINKS AVAILABLE ALL BREAKS		CHICKEN or HAM SALAD	\$6.00
SMOOTHIE	\$4.50	Lettuce, Tomato, Carrot, Beetroot, Cheese, Celery, Cucumber & Onion	
Banana, Mango or Berri		VEGO SALAD with either	\$6.00
Choose Milk, Coconut Water or Almond Milk		Egg or Avo plus Lettuce, Tomato, Carrot, Beetroot, Cheese, Celery	
CHILLER		½ SALAD WRAP with either	
Chocolate, Coffee, Caramel or Butterscotch		CHICKEN	\$5.50
MILK- Assorted Flavours		HAM	\$5.50
300ml	\$3.00	HOT FOOD DAILY	
500ml	\$5.00	BAKERY PIE	\$4.50
JUICE- Assorted Flavours		BAKERY SAUSAGE ROLL	\$3.50
300ml	\$3.00	GARLIC BREAD	\$3.00
500ml	\$4.00	CCB- (Chicken, cheese, bacon)	\$5.50
WATER		Monday, Wednesday, Friday	
Small	\$2.50	CC- (Chicken & Cheese)	\$5.00
Medium	\$4.00	Tuesday and Thursday	
Large	\$5.00	CHICKEN & GRAVY ROLL	\$5.00
CAPPUCCINO, HOT CHOC Or MILO	\$3.50	Tuesday and Thursday	
BURGERS ALL \$5.50		CHICKEN AVO MELT	\$5.50
Monday	\$5.50	Focaccia with Chicken, Avocado, Cheese, Sundries Tomato, Red Onion & a Creamy Sauce	
CHICKEN SCHITZEL BURGER		SNACKS	
Chicken Schnitzel, Lettuce, Tomato, Carrot, Cheese & Mayo		SNACK PACK 1	\$3.00
Tuesday	\$5.50	Carrot, Celery, Dip & Crackers	
CHICKEN CAESAR BURGER		SNACK PACK 2	\$2.50
Chicken Patty, Lettuce, Tomato, Cheese & Caesar Sauce		Kabana, Cheese & Crackers	
CHICKEN STRIP SUB	\$5.50	HOMEMADE SLICE OR MUFFIN	Prices Range \$2.50-\$4.00
Chicken Strip, Lettuce, Tomato, Bacon, Egg & Aioli		Assorted Varieties	
Wednesday	\$5.50	FRUIT CUPS	Prices Range \$2.50-\$4.00
CHICKEN PARMIGIANA BURGER		Seasonal Fruit	
Chicken Patty, Ham, Lettuce, Cheese & Parmigiana Sauce		SMALL PACKET OF CHIPS	\$1.50
Thursday	\$5.50	POPCORN	\$2.50
CHICKEN BACON BURGER		NUTELLA	50c
Chicken Patty, Lettuce, Carrot, Bacon & BBQ Sauce		DAILY SPECIALS BOARD	
CHICKEN HONEY MUSTARD BURGER	\$5.50	DAILY SPECIALTY SALAD: May be any of the following	\$6.50
Chicken Patty, Lettuce, Tomato, Carrot & Honey Mustard Sauce		Chicken/Couscous	
Friday	\$5.50	Chicken Pasta	
STEAK BURGER		Tuna Rice	
Steak Lettuce, Tomato, Beetroot, Onion & BBQ Sauce		Chicken/Coleslaw Pasta	
CHICKEN BURGER	\$5.50	Faltoush Salad	
Chicken Patty, Lettuce, Mayo & Cheese		Fried Rice Salad	
CHICKEN PARMIGIANA BURGER	\$5.50	Rocket/Avocado Salad	
Chicken Patty, Ham, Lettuce, Cheese & Parmigiana Sauce		DAILY HOT MEALS:	\$6.50
		Stroganoff, Thai Beef	
		Fried Rice, A Roast	
		Refer to Special Board which changes daily	

GLUTEN FREE OPTIONS ARE AVAILABLE EVERY DAY ON REQUEST (Assorted Prices)

The ladies at the Tuckshop are happy to help you with any dietary requests as long as you ask in advance.

Our P&C's aim is to have a Tuckshop that offers a good variety of quality food choices that students will enjoy. Fuelling students for their school day, any funds raised are directed back to resourcing our school, to support our student's learning.