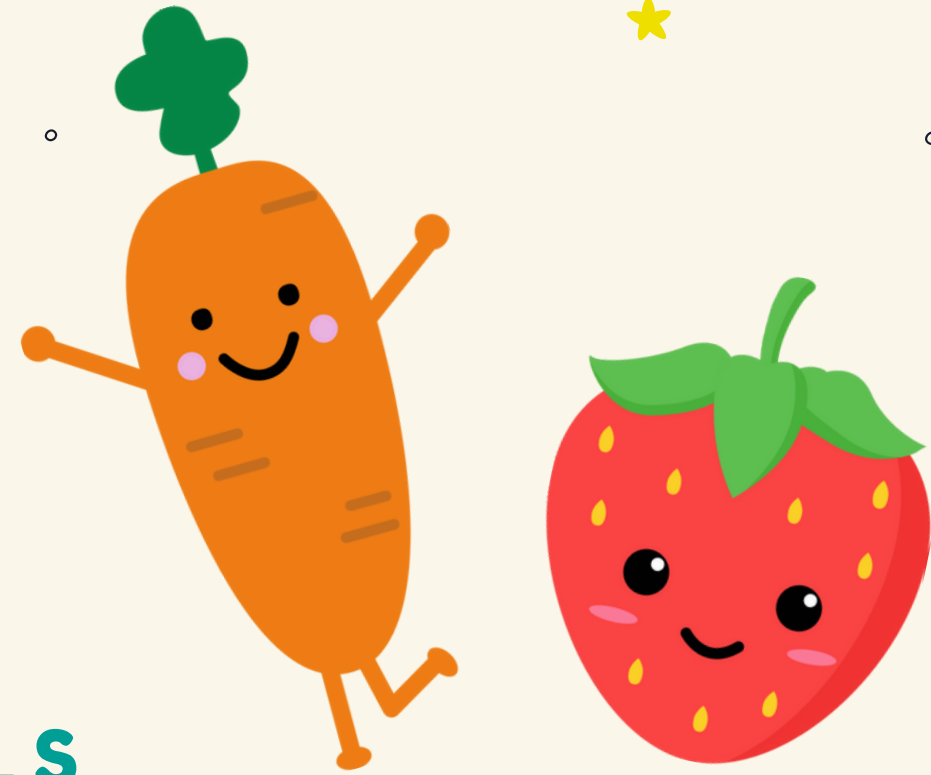


Tuckshop MENU

MEALS



BUTTER CHICKEN HM, H, VO

TENDER CHICKEN PIECES COOKED IN A YUMMY MILD SAUCE MADE WITH LIGHT COCONUT CREAM AND VEGGIES LIKE SWEET POTATO, CARROT, AND CAULIFLOWER. SERVED WITH RICE. TOP IT OFF WITH SOME CUCUMBER, TOMATO AND YOGHURT IF YOU LIKE!

\$8.00

PIZZA WITH TUCKSHOP-MADE SAUCE HM, GFO

ON A WHOLEMEAL LEBANESE PITA, SPREAD WITH A TUCKSHOP-SECRET TOMATO SAUCE MADE FROM TOMATOES AND HERBS. ADD A SPRINKLE OF MELTY CHEESE, AND YOU CAN CHOOSE YUMMY TOPPINGS LIKE HAM AND PINEAPPLE OR JUST KEEP IT CHEESY!

\$6.00

SPAGHETTI BOLOGNESE HM, H, VO, GFO

A WHOLEMEAL PASTA TOPPED WITH A MEATY BOLOGNESE SAUCE MADE FROM BEEF AND VEGGIES LIKE CARROTS AND ZUCCHINI. ADD A SPRINKLE OF CHEESE ON TOP, AND YOU'RE GOOD TO GO!

\$6.00

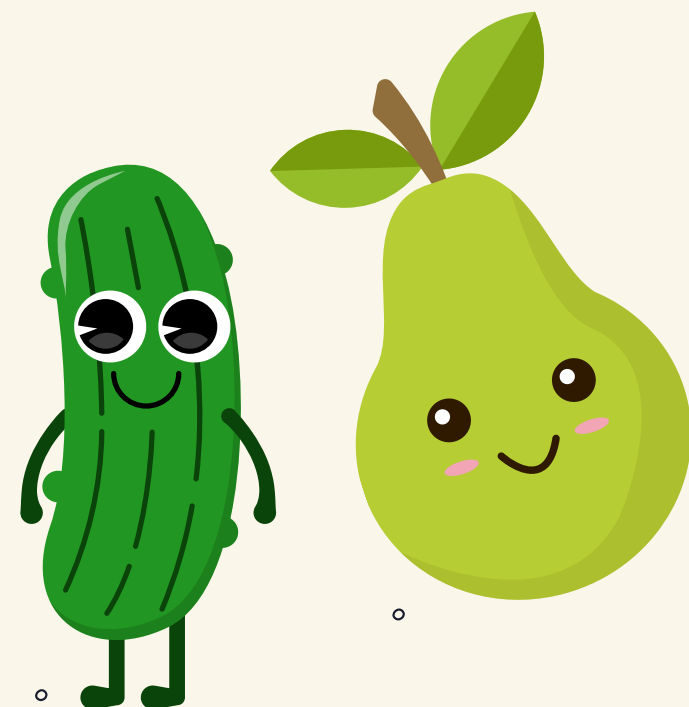
HOT & COLD SANDWICHES HM, VO, GFO

CHOOSE BETWEEN A CLASSIC COLD HAM AND CHEESE OR A WARM TOASTED SANDWICH. EACH SANDWICH IS MADE WITH SOFT WHOLEMEAL BREAD, A SLICE OF TASTY CHEESE, AND YOUR CHOICE OF HAM OR CHICKEN. COLD SANDWICHES ARE ALSO AVAILABLE WITH ADDED SALAD. PERFECT FOR A QUICK, YUMMY BITE.

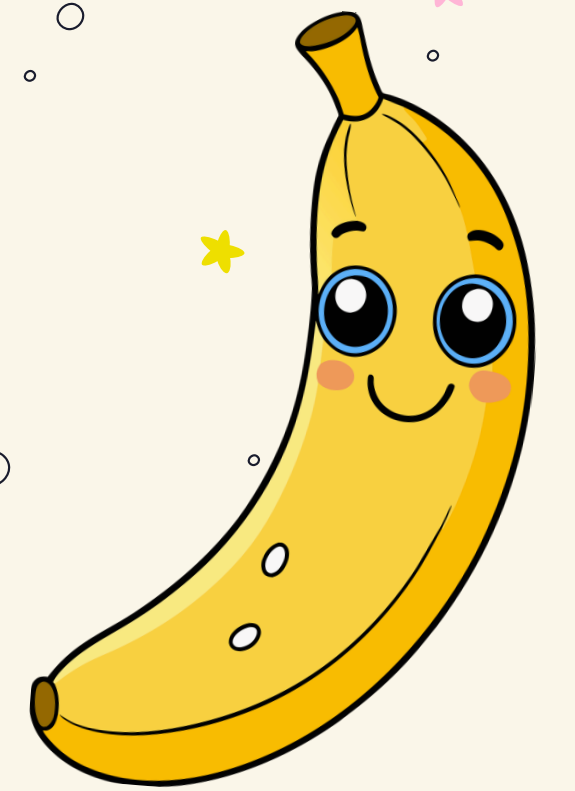
\$4.00 -

\$6.00

HM - HOME-MADE (TUCKSHOP MADE). GFO - GLUTEN FREE OPTION AVAILABLE
 GF - GLUTEN FREE. VEO - VEGAN OPTION AVAILABLE
 DF - DAIRY FREE. VO - VEGETARIAN OPTION AVAILABLE
 V - VEGETARIAN. H - HALAL
 VE - VEGAN



SNACKS



APPLE SLINKY GF, V, DF

CRUNCHY, JUICY, AND TOTALLY FUN TO EAT. THIS SNACK IS FRESH, SWEET, AND PERFECT FOR MUNCHING ON.

\$2.50

SINGLE FRUIT CUP GF, V

PACKED WITH JUICY PIECES OF ONE TYPE OF FRUIT (CHANGES WEEKLY), IT'S THE SWEET SNACK YOU NEED TO POWER THROUGH THE SCHOOL DAY.

\$4.00

SEASONAL MIXED FRUIT CUP

CAN'T DECIDE ON JUST ONE FRUIT? THE MIXED FRUIT CUP IS FOR YOU! IT'S A COMBO OF SEASONAL FRUITS - THINK APPLE, ORANGE, MELON, AND MORE - ALL CHOPPED UP AND READY TO MUNCH.

\$5.00

REDUCED-FAT CHEESE & CRACKERS GFO

A STACK OF CRISPY BROWN RICE CRACKERS WITH SLICES OF CHEESE FOR A YUMMY SNACK.

\$2.50

POPCORN GF, V, HM

POPPED TO PERFECTION, THIS SNACK IS A GREAT CHOICE WHEN YOU'RE CRAVING SOMETHING FUN AND TASTY. POPPED FRESH IN THE TUCKSHOP.

\$1.50

PIZZA MUFFINS HM, V

IMAGINE A PIZZA, BUT IN A MUFFIN! THESE CHEESY MUFFINS ARE LOADED WITH YUMMY FLAVOURS LIKE GRATED ZUCCHINI, SUNDRIED TOMATOES, AND A SPRINKLE OF MIXED HERBS. PERFECT FOR A SNACK THAT'S BOTH TASTY AND HEALTHY MADE FRESH IN THE TUCKSHOP.

\$3.50