

ROTHWELL TUCKSHOP MENU

TERM 4 2020 AND TERM 1 2021



GRACE
LUTHERAN
COLLEGE
EST. 1978

BREAKFAST

7:45am-8:15am

Toast or Raisin Toast (2pcs) #	\$2.00
Up & Go	\$2.00
Fruit Smoothie (assorted flavours) gf	\$3.00
Yoghurt & Granola Cup	\$3.50
Bacon & Egg Muffin	\$3.50
Croissant - assorted fillings #	\$3.50

SNACKS

Biscuits, Muffins & Cake	\$2.00
Jelly and Custard Cup gf	\$2.00
Chocolate Mousse gf	\$2.50
Churros (3)	\$2.50
Fresh Fruit Tub gf	\$3.00
Greek Style Yoghurt (large) gf	\$3.00
Greek Style Yogurt (small) gf	\$1.50
Rat Pack - Kabana/Cheese/Crackers #	\$3.00
Dip N Bits	\$3.50

PLEASE NOTE

gf = gluten free

= gluten free option available

nas = no added sugar

SPECIAL DIETARY NEEDS MUST

ORDER AND STATE REQUIREMENTS

WRAPS/ROLLS/ SANDWICHES

LAVASH # (FRESH)

Chicken/Ham with Salad	\$4.00
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SALAD ROLLS

Salad (Vegetarian)	
Chicken or Ham with Salad	\$4.00

SANDWICHES # – SUGGESTIONS

Ham/Chicken with Salad	
Ham/Cheese/Tomato	
Egg/Lettuce	
Chicken/Lettuce/Mayo	
Corned beef & Pickles	\$4.00

STANDARD SALAD INCLUDED:

Lettuce, tomato, cucumber, carrot

Extras:

Beetroot, egg, onion, cheese	\$0.50
Avocado	\$1.00
gf Bread extra	\$0.50 per slice
gf Wraps extra	\$1.00 per wrap
gf Rolls extra (per roll)	\$1.50

TOASTED SANDWICHES

- Cheese	
- Tomato/Cheese	
- Ham/Cheese	
- Ham/Cheese/Tomato	
- Chicken/Cheese	\$4.00

ICY TREATS

Zooper Dooper gf	\$0.60
Frozen Juice Cup 100% gf	\$0.60
Bulla Vanilla Ice Cream gf	\$2.00
Bulla Frozen Yoghurt gf	\$2.00

HOT SELECTION

Garlic Bread	\$2.50
Potato Gems gf	\$2.50
Hot Dog, assorted fillings #	\$3.00
Sausage Roll	\$3.50
Spinach & Ricotta Rolls	\$3.50
Pie	\$3.50
Chicken Breast Nuggets (6) #	\$3.50
Sweet Chilli Chicken Wraps	\$4.00
Cheese Burger	\$4.00
Chicken Burger	\$4.50
Turkish Bread	
- Chicken/Cheese/Avocado	
- Ham/Cheese/Pineapple	\$4.50

SALADS

ALL SALADS \$5.00 OR ½ \$2.50

Caesar Salad **#**

Lettuce, bacon, parmesan cheese, egg, homemade croutons & creamy caesar dressing

Greek Salad **gf**

Lettuce, cherry tomatoes, cucumber, onion & feta with italian dressing

Thai Noodle Salad **gf**

Vermicelli noodles, capsicum, carrot, onion, snow peas with oriental dressing

Couscous & Roast Vegetable Salad

Couscous with balsamic roasted vegetables & spinach leaves

Tandoori Chicken Salad **gf**

Chicken breast pieces with shredded lettuce, red capsicum, grated carrot, red onion, sliced cucumber with yoghurt dressing

ADD TO ANY SALAD + \$1.00

Chicken or Leg Ham **gf**

DAILY SPECIALS

(HOME MADE)

All \$3.50

Monday	Pasta Carbonara
Tuesday	Chilli Con Carne with Corn Chips gf
Wednesday	Butter Chicken with Rice gf Sushi – Per Piece #
Thursday	Spaghetti Bolognaise #
Friday	Chicken Karaage with Rice

DRINKS

Popper 250ml - nas	\$2.00
Water 600ml	\$2.00
Plain Milk Full Cream 500ml	\$2.20
Flavoured Milk 300ml	\$2.50
Flavoured Milk 500ml	\$3.50
Ice Break Coffee 500ml	\$3.50
Juice 100% 500ml – nas	\$3.40
Iced Tea 500ml	\$3.40
Nutrient Water 575ml	\$3.70

All students and staff are reminded to ensure they have topped up their eGrace card to use at tuckshop.

Prices subject to change without notice

★VOLUNTEERS WELCOME★

Phone: 3897 2133

Email: tuckshop@glc.qld.edu.au



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