

2020 Lent

Tuckshop Menu

During the season of Lent, the shaded menu below will be available every Friday. All other items containing meat will be available Monday to Thursday.



**MARY
MACKILLOP
CATHOLIC
COLLEGE**

75 Highfields Road, Highfields Q 4352

P 4698 7777 **E** highfields@twb.catholic.edu.au

FRIDAY LENT MENU

FRESH SALADS BOWLS, WRAPS & SANDWICHES

Fresh Salad Bowl	B1/B2	\$ 4.00	Fruit Salad Bowl - Seasonal	B1/B2	\$ 3.00
Egg & Salad Bowl	B1/B2	\$ 5.00	Cheese Sandwich	B1	\$ 2.50
Crumbed Fish & Salad Wrap	B1	\$ 5.00	Egg & Lettuce Sandwich	B1	\$ 3.00
Crumbed Fish & Salad Bowl	B1/B2	\$ 6.50			

HOT FOOD

Corn on the Cob	B1/B2	\$ 2.00	Oven Fried Rice	B1/B2	\$ 5.00
Garlic Bread	B1/B2	\$ 2.50	Crumbed Fish & Wedges	B1/B2	\$ 6.00
Vegetable Slice	B1/B2	\$ 3.50	Tuna Mornay	B1/B2	\$ 6.00
Fish Bites	B1/B2	\$ 3.50	Vegetarian Pasta	B1/B2	\$ 5.50

DRINKS

Cold Milk	B1/B2	\$ 1.50	Fresh Juice - ABC or Orange	B1/B2	\$ 2.00
Cold Milo	B1/B2	\$ 1.80	Nudie Juice - Apple or Tropical	B1/B2	\$ 2.00
Water	B1/B2	\$ 2.00	Fresh Flavoured Milk - Choc or Strawberry	B1/B2	\$ 2.50

SNACKS

Sauce - Tomato or BBQ	B1/B2	\$ 0.50	Zooper Dooper's	B2	\$ 0.50
Apple Slinky	B1/B2	\$ 1.00	Home Baking	B2	\$ 0.50
Custard Cup	B1/B2	\$ 1.80	BBQ Cheese Vege Chips GF or Popcorn	B2	\$ 1.00
Custard & Jelly Cup	B1/B2	\$ 2.00	Jumpy's - Chicken or Salt & Vinegar	B2	\$ 1.00
Snack Box - Vege Sticks, Cheese, Biscuits	B1/B2	\$ 2.50	Frozen Yoghurt	B2	\$ 2.50



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MONDAY TO THURSDAY OPTIONS

HOT FOOD

Junior Meat Pie	B1/B2	\$ 2.50	Zucchini Slice	B1/B2	\$ 3.50
Sausage Roll	B1/B2	\$ 3.50	Big Meat Pie	B1/B2	\$ 4.00

SNACKS

Ploughman's Cup	B1/B2	\$ 2.20	Salami Sticks GF	B2	\$ 1.80
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FRESH SALADS BOWLS, WRAPS & SANDWICHES

Cold BBQ Chicken & Salad	B1/B2	\$ 6.50	Ham & Cheese Sandwich	B1	\$ 3.50
Ham & Salad	B1/B2	\$ 6.50	Ham & Salad Sandwich	B1	\$ 5.00
Gluten Free Chicken Tender & Salad	B1/B2	\$ 6.50	Chicken & Salad Wrap (BBQ or Tender)	B1	\$ 5.00
Sweet Chili Chicken Tender & Salad	B1/B2	\$ 6.50	Ham & Salad Wrap	B1	\$ 5.00

SUSHI - AVAILABLE FRIDAY ONLY

Tuna & Mayo	B1/B2	\$ 4.00	Avocado (GF)	B1/B2	\$ 4.00
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WEEKLY SPECIALS

MONDAY - Bolognese Pasta	B1/B2	\$ 6.00	TUESDAY - Chicken & Bacon Burger	B1	\$ 7.00
WEDNESDAY - Hamburger	B1	\$ 7.00	THURSDAY - Nachos	B1/B2	\$ 6.00

B1 = 1st Break 10:50 am

B2 = 2nd Break 1:30 pm

PLEASE ORDER VIA <http://WWW.FLEXISCHOOLS.COM.AU> BEFORE 8:15 AM