

# Early Learning Centre Tuckshop Menu 2019



## The ELC is a Nut & Egg Free Zone

Look for this symbol  as it is home made

Look for this symbol  as it is Gluten Free

### Sandwiches



All sandwiches made fresh to order

White / Wholemeal Breads

**Extras:** Wraps, Toasted, Cheese, Avocado add .50

Gluten Free Bread  add \$1.30

Sourdough add \$1.50

Ham Cheese Tomato	\$3.70
Ham Cheese	\$3.40
Ham & Salad	\$4.60
Cheese	\$2.70
Cheese & Tomato	\$3.30
Egg Lettuce & mayo	\$3.60
Chicken & Avocado	\$4.00
Chicken Lettuce Mayo	\$4.00
Chicken Salad	\$4.70
Salad	\$4.00
Vegemite	\$2.00

### Sushi

Flavours subject to change due to availability

\*Some items may contain Mayonnaise

(ELC to be informed before any changes are made)

<b>Handroll</b>	\$3.30
Teriyaki Chicken / Tuna Mayo / Avocado	
<b>6 Pack</b>	\$4.00
Teriyaki Chicken / Tuna Mayo / Avocado	
Soy sauce	.20

To place Tuckshop orders, go to  
[www.myschoolconnect.com.au](http://www.myschoolconnect.com.au)  
cut off is 9am sharp

### Salad Bar

<b>Salad Bowls</b>	\$4.50
Lettuce, tomato, cucumber, carrot, beetroot and cheese	
With Roasted Chicken Breast or Ham	\$5.50
Small Salad Bowl	\$3.50

### Hot Food

<b>Chicken Tenderloin Wrap</b> 	\$4.70
<i>Freshly crumbed chicken tenderloins served with lettuce &amp; mayo</i>	
<b>Homemade Macaroni &amp; Cheese</b> 	\$4.20
<b>Pasta Bolognese Bake</b> 	\$4.50
<b>Pasta Bolognese Bake Gluten Free</b>  	\$4.80
<b>Falafel Burger</b>  	\$4.80
with lettuce, tomato, avocado & mayo on a Milk Bun	

### Snacks

<b>Vegie sticks with Baby Bel cheese</b>	\$2.00
<b>Hummus &amp; Vegie Sticks</b>	\$3.50
<b>Bliss Balls</b>	\$1.00
<b>Yoghurt &amp; Bircher Muesli</b>	\$3.50
<b>Frozen Strawberry Yoghurt</b>	\$2.50
<b>Fruit Salad</b>	\$3.00

### Drinks

Fresh Plain Milk 300ml	\$1.70
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