



WestMAC Tuckshop Menu

DAILY BREAKFAST HOT OPTIONS

Ham & Cheese Toasted Sandwich	\$4.00
Bacon, Egg & Cheese Muffin	\$4.50
Hashbrown V	\$2.00
Breakfast Meal	\$8.00
Option 1 - Bacon/Egg Muffin, Popper, and a Hashbrown	
Option 2 - Ham/Cheese Croissant, Hashbrown and a Popper	
Option 3 - Pancakes with Maple Syrup, Popper and Fruit	
Ham and Cheese Croissant	\$5.00
Pancakes with Maple Syrup	\$5.00

DAILY HOT MEAL OPTIONS

Chicken and Cheese Burger with Mayonnaise	\$5.50
Cheeseburger	\$5.30
Traveller Pies	\$4.50
Snack Sausage Roll	\$3.80
Jumbo Sausage Roll	\$5.00
Chicken Wedges	\$4.50
Potato Wedges	\$4.00
Meatball Sub	\$6.00
Cheese and Spinach Rolls V	\$5.00
9-inch Garlic Bread V	\$3.50

DAILY COLD MEAL OPTIONS

Chicken & Salad Wrap Chicken Breast with Lettuce, Carrot, Tomato, Cucumber and Cheese	\$5.80
Ham & Salad Wrap Sliced Ham with Lettuce, Carrot, Tomato, Cucumber and Cheese	\$5.80
Chicken Caesar Wrap Chicken Breast, Diced Bacon, Parmesan, Egg, Lettuce and Caesar Dressing	\$5.80
Caesar Wrap Diced Bacon, Parmesan, Lettuce, Egg and Caesar Dressing	\$5.80
Roast Beef Wrap Roast Beef, Mustard Pickles, Cucumber, Lettuce and Grated Cheese	\$5.80

DAILY SANDWICHES

Ham and Cheese Sandwich	\$5.00
Egg and Lettuce and Mayo Sandwich V	\$5.00
Salad Sandwich V Lettuce, Tomato, Carrot, Cucumber and Cheese	\$5.00
Other Assorted Sandwiches Made Fresh Daily	

DAILY SALADS AND COLD CABINET

Caesar Salad Cos Lettuce, Croutons, Bacon, Caesar Dressing and Parmesan Cheese	\$6.50
Chicken Caesar Salad Chicken Breast, Cos Lettuce, Croutons, Bacon, Caesar Dressing and Parmesan Cheese	\$6.50
Garden Salad GFr, V Lettuce, Tomato, Cheese, Carrot, Cucumber with Ham or Chicken	\$6.50
Assorted Sushi - available Monday to Thursday GF	
Tuna and Avocado Sushi	\$4.20
Teriyaki Chicken Sushi	\$4.20

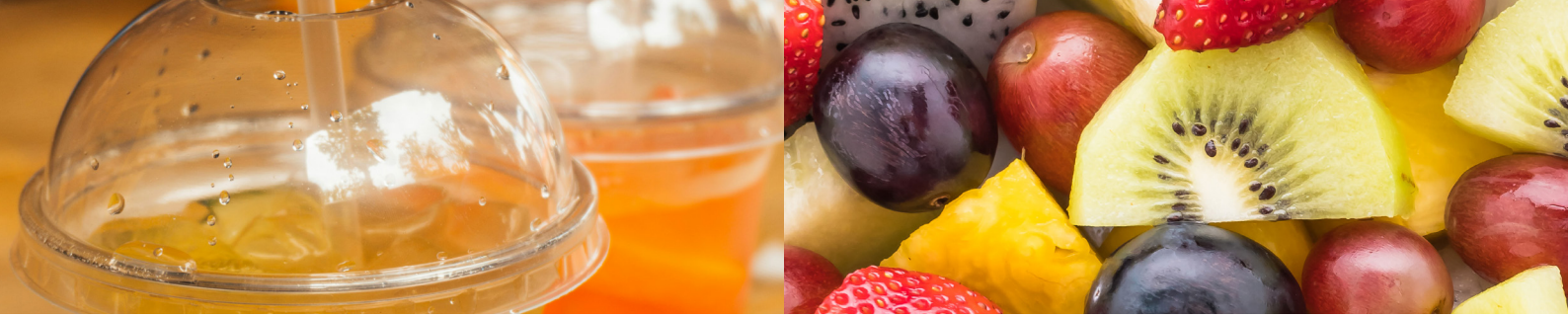
FROZEN OPTIONS

Frozen Watermelon and Grapes 10oz cup GFr, V	\$3.50
Bulla Frozen Yoghurt GF, V Mango or Raspberry	\$3.00
Lemonade Icy Twist GF, V	\$2.50
Cyclone GF, V	\$3.50
Paddle Pop GF, V Chocolate or Rainbow	\$2.80
Zooper Dooper GF, V	\$1.00

TREATS

Chia Pudding with Greek yoghurt V, GFr	\$4.50
Greek Yoghurt with Muesli and Berries V	\$4.20
Fresh Fruit Salad - Made with fresh seasonal fruit GFr, V	\$4.50
Watermelon, Pineapple, Rockmelon or Honeydew Cups GFr, V	\$4.50
Whole Pieces of Fruit - Apple, Orange or Banana GFr, V	\$1.50
Assorted Muffins V Apple and Cinnamon or Blueberry	\$4.50
Chocolate Brownie V	\$4.50
Caramel Slice V	\$4.50
Donut V Strawberry or Chocolate	\$3.80
Jelly Cup V, GFr	\$2.00
Banana Bread V	\$2.00
Red Rock Chips V	\$2.70





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DAILY SPECIALS

MONDAY

Bao Buns

Karaage Chicken with Kewpie Mayonaise **\$7.00**

Steamed Chicken Dim Sims with Soy Sauce \$6.50

TUESDAY

Cheese Pizza V

Pizza Base, Tomato Paste, Cheese **\$6.50**

Meat Lovers Pizza

Pizza Base, BBQ Sauce, Pepperoni, Ham, Bacon and Cheese **\$6.50**

BBQ Chicken Pizza

Pizza Base, BBQ Sauce, Chicken Breast and Cheese **\$6.50**

WEDNESDAY

Mac & Cheese \$6.50

Bolognese Pasta Bake \$6.50

THURSDAY

Doyley Burger \$7.00

Honey Soy Chicken and Rice \$7.00

FRIDAY

Fish and Chips served with Lemon and Tartare \$7.00

Southern Style Chicken Burger with Lettuce and Mayo \$6.50

Vegie Burger V

Vegie Pattie with Lettuce, Mayo, Tomato and Cheese **\$6.50**

COLD DRINKS

Frantelle Still Water \$3.20

Daily Juice 500ml \$4.00

Pump Water \$4.50

Waterfords Mineral Water \$3.50

Poppers \$2.50

Flavoured Milk 250ml \$3.00

Flavoured Milk 500ml \$4.50

Dare Flavoured Milk 500ml \$4.80

Powerade \$4.50

Iced Tea

Peach or Lemon **\$4.50**

Coconut Water \$4.50

Bare Mineral Water \$4.50

GF - gluten free

Any menu item labelled gluten free has come individually packaged from the supplier avoiding any potential cross-contamination.

GFr - gluten friendly

Any menu item labelled gluten friendly has been prepared on site with gluten free ingredients. While we have processes and procedures to ensure no cross-contamination in the food preparation process, we cannot guarantee there has been no cross-contamination due to the ingredients used and nature of a commercial kitchen.

V - vegetarian

If an item falls under two dietary categories these will be indicated.

TUCKSHOP OPENING HOURS

Monday to Friday from
8.00am to 2.00pm

Contact the Tuckshop Team on 3813 4507 or
email: wmactuckshop@wmac.com.au

Students in Prep to Year 6 are required to place Tuckshop orders via the Flexischools App, students in Year 7 to Year 12 can either order Tuckshop via Flexischools, call in and use a card, or a studentID card connected to a Flexischools account.



Register at flexischools.com.au & order online today, or call the helpdesk on 1300 361 769. For further information please email: wmactuckshop@wmac.com.au.



West Moreton
Anglican College
Ipswich Queensland