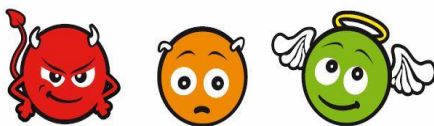


# Balmoral SHS Tuckshop Menu Term 4, 2018

"We Have A 5\* Healthy Menu"



Eat Less Eat Moderately Eat Most

Lunch	Price	Weekly Specials	Price
<b>Salads</b>			
🍏 The Garden-Fresh salad with mixed salad and topped with cheese or ham, chicken or egg V (please pre order)	\$5.00	<b>Mexican Week Monday 8 to Friday 12 October 2019</b>	
🍏 Chicken caesar salad with bacon, egg & fresh baked croutons	\$5.00	🍏 Beef Chilli with rice, tortilla chips, cheese and sour cream GF	\$5.00
🍏 Pesto pasta salad V	\$2.50	🍏 Vegetable Chilli with rice, tortilla chips, cheese and sour cream V	\$5.00
🍏 Quiche with salad (please pre order)	\$6.00	<b>Thailand Week – Monday 15 to Friday 19 October 2019</b>	
🍏 Pumpkin Salad with green beans, baby spinach, pine nuts & soy & honey dressing V GF	\$5.00	🍏 Thai Chicken Green Curry with vegetables and rice small/large	\$4 & \$6
🍏 Vegetable quiche with salad V (please pre order)	\$6.00	🍏 Thai vegetable green curry with rice small/large V	\$4 & \$6
<b>Fruit</b>		<b>English Week – Monday 22 to Friday 26 October 2019</b>	
🍏 Fresh fruit salad V GF	\$3.00	🍏 Cottage pie with vegetables and mash potato GF	\$5.00
🍏 Piece of fresh fruit (apples, oranges) V GF	\$1.00	🍏 Vegetable Ratatouille with mash potato V GF	\$5.00
<b>Sandwiches</b>		<b>American Week – Monday 29 October to 2 November 2019</b>	
🍏 Wholemeal bread with (egg & lettuce, ham & cheese salad, cheese & salad) (Please pre order)	\$3.00	🍏 Homemade potato wedges with chilli beef, cheese and sour cream	\$5.00
<b>Wraps</b>		🍏 Homemade potato wedges with vegetable chilli, cheese & sour cream	\$5.00
🍏 Wrap with (Ham & cheese & salad, cheese & salad, chicken and salad) (please pre order)	\$3.50	🍏 Homemade Potato wedges with sweet chilli sauce & sour cream GF V	\$5.00
🍏 Chicken Caesar with bacon, egg & fresh baked croutons	\$3.50	<b>Australia Week – Monday 5 to Friday 9 November 2019</b>	
🍏 Crispy chicken with lettuce & tomato	\$3.00	🍏 Vegetable subs with tomato sauce	\$5.00
<b>Turkish Rolls</b>		🍏 Beef meatball subs with tomato sauce	\$5.00
🍏 Chicken with bacon, lettuce & tomato	\$5.00	<b>Indian Week – Monday 12 to Friday 16 November 2019</b>	
<b>Pizza</b>		🍏 Butter Chicken with rice small/large	\$4 & \$6
🍏 Cheese, ham & cheese, ham & cheese & pineapple	\$3.00	🍏 Vegetable curry with rice small/large V	\$4 & \$6
🍏 chicken & BBQ sauce	\$3.00	<b>Asian Week – Monday 19 to Friday 23 November 2019</b>	
<b>Pasta &amp; Rice</b>		🍏 Chicken Asian noodle salad	\$5.00
🍏 Macaroni cheese	\$3.50	🍏 Vegetable Asian salad V	\$5.00
🍏 Pasta bolognaise with cheese	\$3.50	<b>Greek Week – Monday 26 to Friday 30 November 2019</b>	
🍏 Tomato & vegetable pasta with cheese	\$3.50	🍏 Lamb kofta salad & hommus wrap	\$5.00
🍏 Chicken & vegetable fried rice GF	\$3.50	🍏 Falafel salad & hommus wrap	\$5.00
🍏 Vegetable fried rice V GF	\$3.50	<b>Every Friday</b>	
<b>Pies</b>		<b>Breakfast</b>	
🍏 Sausage Roll	\$2.50	🍏 Bacon & egg muffin with a slice of cheese & BBQ sauce	\$3.50
🍏 Beef pepper pie travellers	\$3.50	🍏 Toasted chicken & cheese sandwich	\$4.00
🍏 Beef pie travellers	\$3.50	🍏 Toasted cheese & tomato sandwich	\$2.50
<b>Burgers</b>		🍏 Toasted ham & cheese sandwich	\$3.50
🍏 Chicken & bacon burger with lettuce & tomato	\$4.80	🍏 Toasted ham, cheese & tomato sandwich	\$4.00
🍏 Classic burger with cheese, lettuce & tomato	\$4.80	<b>Ice Creams</b>	
🍏 Fish burger with lettuce & cucumber with tarte sauce (please pre order)	\$4.80	🍏 Vanilla ice cream tub	\$1.20
🍏 Veggie burger with cheese, lettuce and tomato (please pre order) V	\$4.80	🍏 Mini calippo	\$1.20
<b>Snacks</b>		🍏 Frozen Bulla yogurt, raspberry, mango, strawberry	\$2.00
🍏 Vaalia yogurt – assorted flavours V GF	\$2.00	🍏 Frozen twisted frozen yogurt	\$2.00
🍏 Homemade garlic bread with cheese	\$2.00		
🍏 Rice crackers and hommus V GF	\$2.00		
🍏 Boiled Egg peeled (please pre order)	\$1.00		
🍏 Freshly baked muffins V	\$1.50		
🍏 Chocolate mousse	\$2.50		
<b>Drinks</b>			
🍏 Water 1.5L	\$2.50		
🍏 Water 600ml	\$1.20		
🍏 Sparkling Water 600ml	\$1.50		
🍏 Plain Milk 500ml	\$2.00		
🍏 Breaker flavoured milk 300ml	\$2.00		
🍏 Breaker flavoured milk 500ml	\$3.00		
🍏 Ice Breaker 325ml	\$3.00		
🍏 Poppers – pure juice	\$1.50		
🍏 Nudie cold pressed fresh juice 250ml	\$2.50		

Gluten free (GF) food items available, must pre order in the Express lane. V = Vegetarian