



PLC TUCKSHOP MENU 2022



FRESH FOOD	
SALADS	
Roast seasonal vegetable (v)	\$6.00
Tandoori chicken	\$6.00
Caesar	\$5.00
Chicken caesar	\$6.00
Garden (v)	\$5.00
Garden salad w chicken	\$6.00
Seasonal salad of the day	\$6.00
SANDWICHES	
white or wholemeal bread	
Egg & lettuce	\$5.50
Chicken & salad	\$6.00
Ham & salad	\$6.00
Tuna & salad	\$6.00
Ham & cheese	\$5.50
Vegemite	\$4.50
Cheese (v)	\$4.50
WRAPS	
Chicken caesar	\$6.00
Tandoori chicken	\$6.00

FROZEN TREATS	
<i>lunch only</i>	
Frozen yoghurt	\$4.00
Lemonade ice block	\$2.00
Bula vanilla ice cream	\$3.00
Oreo cup	\$4.00
Frozen OJ cup	\$2.50

HOT FOOD	
PIZZA (Tuesday only)	
Cheese (v)	\$4.50
Ham & pineapple	\$5.00
BBQ Meatlovers	\$5.00
PIES	
Small pie	\$3.00
Large pie	\$4.50
Cottage beef pie	\$5.00
Large sausage roll	\$4.50
Smokie	\$4.50
Cheese & spinach roll (v)	\$4.50
DRINKS	
Dairy Farmers milk 300ml (chocolate, strawberry)	\$3.00
Dairy Farmers milk 500ml (chocolate, strawberry, vanilla, double espresso, mocha)	\$4.00
Farmers Union Iced Coffee 600ml	\$4.00
Liptons Iced Tea 500ml (peach, raspberry, lemon, mango)	\$4.00
Glee (blackcurrant, tropical, grape, raspberry)	\$3.00
BURGERS	
Hamburger	\$6.00
Cheeseburger	\$5.00
Chicken burger	\$6.00
Vege burger	\$6.00
OTHER	
6 chicken goujons	\$4.00
Mac n cheese GF	\$7.00
Lasagne GF	\$7.00
Butter chicken GF	\$7.00
Spaghetti bolognese	\$5.50
Mac & cheese (v)	\$5.50
Garlic bread (v)	\$3.50
Pop Top 250ml (apple, orange, blackcurrant)	\$3.00
Golden Circle Juice 500ml (apple, orange, blackcurrant)	\$3.50
Water 600ml	\$2.00
Water 1.5L	\$3.50
Sparkling water 500ml	\$3.00

Note: GF - gluten free
GF* - gluten free option available
(v) - vegetarian

SPECIALS - lunch only
Tuesday - pizzas
Wednesday - fried rice, chicken & bacon GF
Thursday - hot dogs

BAKERY ITEMS	
Muffin of the day	\$4.00
Slice of the day	\$2.00
Choc chip cookie	\$1.00
Cheese & bacon scroll	\$4.00
Cheese & vegemite scroll	\$4.00
Choc cake slice GF	\$4.50
Banana cake slice GF	\$4.50
MORNING TEA ONLY	
Ham & cheese croissant	\$4.00
Cheese croissant	\$3.50

SNACKS	
Mezze plate	\$5.00
Tex Mex plate GF	\$5.00
Boiled egg GF	\$2.00
Whole sliced orange GF	\$3.00
Watermelon tub GF	\$4.50
Gourmet fruit salad	\$6.00
<i>Fruit, yoghurt, muesli GF*</i>	
Fruit salad small	\$4.50
Fruit salad large	\$6.00
Jumpy's GF	\$1.50
Red Rock chips	\$1.50
<i>(honey soy, sea salt)</i>	

How to order online:

1. go to the College website
2. click on FLEXISCHOOLS link
3. Register - you will only need to do this once

Flexischools cut off time is 8.45