

TAS WHITE ROCK TUCKSHOP

Monday to Friday

Bag or On Line Orders



To order on line, visit www.flexischools.com.au and search for *Trinity Anglican School*



| HOT FOOD DAILY SPECIALS | | |
|-------------------------|--------------------------------------|--------|
| MONDAY | | |
| ● | Bao Steamed Buns with Crispy Chicken | \$3.50 |
| ● | Nasi Goreng | \$5.50 |
| ● | Sushi Roll | \$4.00 |
| ● | Pizza Slice – Ham & Cheese | \$1.50 |

| AVAILABLE DAILY | | |
|-----------------|--------------------------|--------|
| ● | Party Sausage Roll | \$1.00 |
| ● | Party Pie | \$1.00 |
| ● | Spinach & Feta Triangles | \$1.00 |
| ● | Corn on the Cob | \$2.00 |
| ● | Garlic Bread | \$2.00 |

| | | |
|----------------|---------------------------------|--------|
| TUESDAY | | |
| ● | Poke Bowl with Tuna | \$5.50 |
| ● | Poke Bowl with Teriyaki Chicken | \$5.50 |
| ● | Quiche & Salad | \$5.50 |
| ● | Hot Dog with Cheese | \$4.50 |

| DRINKS | | |
|--|--|--------|
| <i>Also available over the counter</i> | | |
| ● | Low Fat Flavoured Milk (300ml) | \$2.50 |
| | <i>chocolate / strawberry / coffee</i> | |
| ● | Low Fat Flavoured Milk (500ml) | \$3.50 |
| | <i>chocolate / strawberry / coffee</i> | |
| ● | Plain Milk (300ml) | \$2.00 |
| ● | Water (Still) | \$2.00 |
| ● | Water (Sparkling) | \$2.00 |
| ● | Popper (100% fruit juice) | \$2.00 |
| | <i>apple / orange / tropical / apple & blackcurrant / pine</i> | |

| | | |
|------------------|---|--------|
| WEDNESDAY | | |
| ● | Bacon, Lettuce & Tomato Panini | \$5.00 |
| ● | Beef, Cheese & Salad Burger | \$5.00 |
| ● | Spicy Chicken, Cheese & Coleslaw Burger | \$5.00 |

| | | |
|-----------------|---------------------------|--------|
| THURSDAY | | |
| ● | Spaghetti Bolognese (Sml) | \$3.50 |
| ● | Spaghetti Bolognese (Lge) | \$5.50 |
| ● | Honey Soy Chicken Wings | \$4.00 |

| | | |
|---------------|-------------------------------|--------|
| FRIDAY | | |
| ● | Butter Chicken and Rice (Sml) | \$3.50 |
| ● | Butter Chicken and Rice (Lge) | \$5.50 |
| ● | Vegetarian Curry | \$5.00 |

| SALADS | | |
|--------|-------------------------------------|--------|
| ● | Chicken / Ham / Tuna / Cheese / Egg | \$5.50 |
| ● | Side Salad | \$3.00 |

| SANDWICHES | | |
|---|---|--------|
| <i>White / wholemeal / grain / wrap</i> | | |
| ● | Ham <i>or</i> Chicken <i>or</i> Tuna | \$4.00 |
| ● | Cheese <i>or</i> Vegemite | \$3.00 |
| ● | Egg & Lettuce | \$4.00 |
| ● | Extra Full Salad | \$1.00 |
| ● | Extra Tomato / Lettuce / Cheese <i>each</i> | \$0.50 |
| ● | Toasted Ham & Cheese | \$4.50 |
| ● | Toasted Chicken & Cheese | \$4.50 |

| SNACKS | | |
|--|-----------------------------------|--------|
| <i>Also available over the counter</i> | | |
| ● | Fresh Fruit (apple / orange) | \$1.50 |
| ● | Yoghurt Pots | \$3.00 |
| ● | Fresh Fruit Salad | \$3.50 |
| ● | Cheese & Biscuits | \$1.50 |
| ● | Mini Muffins | \$1.00 |
| | <i>Blueberry / Chocolate</i> | |
| ● | Choc Chip Cookies | \$1.00 |
| ● | Red Rock Chips (27gm) | \$1.50 |
| | <i>Sea Salt / Honey Soy</i> | |
| ● | Mixed Dry Fruit Bag | \$1.00 |
| | <i>banana, paw paw, pineapple</i> | |