



Oak Café Term 4, 2020

Order by 8:30am at <https://schoolshoponline.net.au/default.aspx>

*We operate a reduced menu on Wednesday. Items marked * are NOT available on Wednesday.*

Morning Tea

Garlic Bread ☺

Toasted bread roll with garlic butter

English Muffin Pizzas ☺

Delicious English muffin pizza topped with:

- Ham and Cheese
- Chicken, Cheese and BBQ Sauce
- Hawaiian

Available in single or double serve.

Snacks (available all day)

Delicious Banana Slice ☺

Muffin ☺

Blueberry or chocolate

Hummus, Rice Crackers & Carrot Sticks (GF) ☺

Crunchy crackers and carrots served with tasty hummus

Frittata

Slice of ham and cheese frittata. (GF option available) ☺

Apple Slinky* ☺

Green apple spiral

Fruit Salad * (seasonal) ☺

Fresh and colourful selection of seasonal fruits

Popcorn (GF) * ☺

Freshly popped

Custard Cup ☺

Main/hot meals

Tuesday

🌿 **Beef Burrito** ☺

Mexican minced beef with vegetables, rice and cheese

🌿 **Butter Chicken (GF)** ☺

Chicken breast and rainbow vegetables served in a mild butter chicken sauce on steamed rice

Wednesday

🌿 **Meatball sub**

Long bread roll filled with meatballs in nap sauce topped with grated cheese (half serve available)

Thursday

🌿 **Beef Hamburger (GF option available)** ☺

Beef Pattie with hidden veg, accompanied with a slice's of cheese, lettuce & tomato, BBQ or Tomato sauce optional

🌿 **Hawaiian Chicken Burger (GF option available)** ☺

Fresh Chicken Breast, accompanied with a slice of cheese, Pineapple slice & Mayo

🌿 **Chicken Teriyaki (GF)**

Chicken breast marinated in teriyaki served over rice

Toasties, Sandwiches, Wraps

Delicious toasties, sandwiches and wraps served with your chosen ingredients. A healthy lunch choice!

Wraps (white wrap)

Sandwiches/ Toasted Sandwiches (*wholemeal bread*)

Options include:

- 🌿 Cheese ☺
- 🌿 Tomato ☺
- 🌿 Salad ☺
- 🌿 Tuna ☺
- 🌿 Roast Chicken ☺
- 🌿 Ham & Cheese ☺
- 🌿 Vegemite ☺

Drinks (all day)

Water ☺

Plain Milk ☺

Breaka Milk ☺

Juice Poppers ☺

Slushies made on site *

Milo☺ / Strawberry☺ / Fruit☺ / Watermelon☺ (seasonal)

Frozen Treats (lunch only)

(pre-orders are to be picked up at the 2nd bell)

Frozen Pineapple Ring ☺

Quelch ☺

Lemonade Icy Twist ☺

Mini Callipo ☺

Bulla Ice-cream Cup ☺

We rely on volunteers to keep the tuckshop operating.

Interested in helping?

Please contact Tammy at:

oakleightuckshop@gmail.com