



OAK CAFÉ

Order by 8.30am at <https://schoolshoponline.net.au/default.aspx>

We rely on volunteers to keep the Tuckshop operating. Interested in helping out? Please contact us at oakleightuckshop@gmail.com

LUNCH – Main / Hot Meal

<p>Tuesday</p> <p>Beef Burrito 😊 Mexican minced beef with vegetables, rice and cheese</p> <p>Butter Chicken (GF) 😊 Chicken breast and rainbow vegetables served in a mild butter chicken sauce on steamed rice</p>	<p>Wednesday</p> <p>Meatball Sub 😊 Long bread roll filled with meatballs in nap sauce topped with grated cheese (half serve available)</p>	<p>Thursday</p> <p>Pasta Bolognese (GF Available) 😊 Traditional home-made Bolognese sauce with hidden veggies</p> <p>Chicken Teriyaki (GF) 😊 Chicken breast marinated in Teriyaki sauce served on steamed rice</p> <p>Mild Vegetable Curry (GF & V) 😊 Mixed veggies in a delicious tomato based sauce, served with steamed rice.</p>
---	--	--

Toasties, Sandwiches, Wraps

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

Wraps (White wrap) – Available Tuesday ONLY

Fresh Sandwiches / Toasted Sandwiches (wholemeal bread)

Option include:

- Cheese 😊
- Tomato 😊
- Salad 😊
- Tuna 😊
- Egg 😊
- Roast Chicken 😊
- Ham & Cheese 😊
- Vegemite 😊

Drinks (all day)

- Water 😊
- Plain Milk 😊
- Milo 😊 (cold/hot, depending on season)
- Breaka Milk 😊
- Juice Poppers 😊
- Slushies made onsite
- Milo 😊 / Strawberry 😊 / Fruit 😊

Frozen Treats (Lunch ONLY)

- (pre orders are to be picked up at the 2nd bell)
- Frozen Pineapple Ring 😊
- Quelch 😊
- Lemonade Icy Twist 😊
- Bulla Ice-cream cup 😊



CLASS BIRTHDAY QUELCH \$12.00per pack

<p>MORNING TEA</p> <p>Garlic Bread 😊 Toasted bread roll with garlic butter</p> <p>English Muffin Pizzas 😊 Delicious English muffin pizza topped with: Ham and Cheese Chicken, Cheese and BBQ Sauce Hawaiian Cheese Cheese & Pineapple</p> <p>Available in single or double serve</p>	<p>Snacks (Morning Tea & Lunch)</p> <p>Muffin 😊 Blueberry or Chocolate</p> <p>Hummus, Rice Crackers & Carrot Sticks 😊 Crunchy Crackers and Carrots served with tasty hommus</p> <p>Frittata 😊 Slice of ham and cheese Frittata. (GF option Available)</p> <p>Apple Slinky* 😊 Green apple spiral</p> <p>Fruit Salad* 😊 Fresh and colourful selection of seasonal fruits</p> <p>Popcorn (GF)* 😊 Freshly popped</p> <p>Custard Cup 😊</p> <p>Vegetable Sticks 😊 Carrot sticks, Cucumber sticks, Capsicum Sticks and Cherry Tomatoes</p>
---	--

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