



**ALL ORDERS MUST BE IN BY 9AM**

## A.B. PATERSON COLLEGE TUCKER-BAG MENU FOR TERM 3, 2018

From our Resident Nutritionist, Stephanie Wearne from BodygoodFood  
Web: [www.bodygoodfood.co.au](http://www.bodygoodfood.co.au)

### BREAKFAST

Muesli with Fresh Berries and Yoghurt	\$4.20
Bacon & Egg Muffin	\$4.50
Egg & Bacon Roll	\$5.50
Omelette	\$5.50
Ham & Cheese Toasties	\$4.20
Scrambled Egg /Cheese Wrap	\$5.50
Pancakes with Maple Syrup (x2)	\$3.20

### Sandwiches, Toasties, Rolls & Wraps

Choose from Ham, Chicken, Smoked Salmon, Beef, Egg, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Pineapple Onion, Avo and cheese with sauce of your choice.

Melts- Ham, Cheese and Pineapple	\$4.20
Sandwiches	\$5.50
Rolls	\$6.50
Wraps	\$6.50
<b>Plus Gluten Free Toasties</b>	<b>\$5.50</b>

### SALADS

Garden Salad	\$5.50
Chicken Caesar	\$6.50
Mediterranean & Chicken	\$6.50
Greek Salad	\$5.50
Caesar Salad	\$6.50
Creamy Pasta Salad	\$3.50
Chicken Salad	\$6.50
Quinoa and Brown Rice Salad	\$6.50

### VEGETARIAN

Pizza. Choose your topping	\$5.50
Spinach and Ricotta Roll	\$4.00
Frittata	\$4.50
Vege Burger	\$5.50

### DAILY ITEMS ( May Vary)

Cheese Burger	\$6.00
Works Burger	\$6.50
Vegetarian Burger	\$5.50
Chicken Schnitzel Burger	\$6.00
Chicken Parmigiana Baguette	\$6.50
Corn Jack	\$4.00
Loaded Wedges	\$5.50
Nachos, Meat and Salsa	\$6.00
Nachos, Cheese And Salsa	\$4.20
Toasted Bacon & Egg Club Sandwich	\$5.50
Corn on the Cob small	\$1.40
3 Steamed Dim Sims	\$3.20
1 Dim Sims	\$1.40
Potato Wedges	\$3.70
Chicken Nuggets <b>x5</b>	\$3.70
Chicken Kebab's	\$6.00
Spring Rolls	\$3.70
Sushi- Rolls <b>(G/F)</b>	\$3.70
Ham, Cheese and Tomato Quiche	\$3.20
Bacon and Egg Quiche	\$3.20
Pizza Choice of topping	\$5.50
Spinach Ricotta Roll	\$4.00
Chicken or Beef Burrito	\$6.00
Hot Chicken & Gravy Rolls	\$6.00
Sausage Rolls	\$3.70
Beef Pies	\$5.00
Chicken Pies	\$5.00
Cheese Scone	\$3.70
Fish & Wedges (with Tartare Sauce)	\$5.50
<b><u>WINTER SPECIALS ( W/A)</u></b>	
Soup with Toast	\$6.50
Sausage in Bread with Sauce	\$2.50



### HEALTHY OPTIONS

Sushi Rolls <b>(Mayo contains egg)</b>	\$3.70	SML	LGE
Rice Paper Rolls	\$4.20		
Yoghurt ( Assorted flavours)	\$3.20		
Fruit Salad	\$4.00		
Watermelon (Small Cup)	\$2.20		
Seasonal Fruit	\$1.00		
<b><u>SLICES, SWEETS &amp; CAKES</u></b>			
Muffin Flavours vary daily	\$2.20	\$3.70	
Tan Slice (Caramel)	\$4.20		
Coconut Ice	\$3.50		
Sugar Free Banana Bread	\$4.20		
Brownie	\$4.20		
Cupcakes	\$3.00		
Lemon Syrup Cake	\$3.70		
Chocolate Chip Cookie	\$2.00		
Jelly	\$2.20		
Mousse	\$3.50		
Carrot Cake	\$4.50		

### SECOND BREAK MAINS

#### MONDAY

Macaroni Cheese with Bacon	\$5.50
----------------------------	--------

#### TUESDAY

Spaghetti Bolognese	\$5.50
---------------------	--------

#### WEDNESDAY

Beef Chow Mein	\$5.50
----------------	--------

#### THURSDAY

Butter Chicken or	\$5.50
Thai Green Chicken Curry (Mild)	\$5.50

#### FRIDAY

Ravioli (Vegetarian)	\$5.50
----------------------	--------



## A.B. PATERSON COLLEGE TUCKER-BAG MENU FOR TERM 3, 2018

From our Resident Nutritionist, Stephanie Wearne from BodygoodFood  
Web: [www.bodygoodfood.co.au](http://www.bodygoodfood.co.au)

**WE DO NOT DEEP FRY  
EVERYTHING OVEN BAKED  
ONLY**

Baked Bean or Spaghetti Jaffle	\$4.00
<b><u>Snack Packs</u></b> -Carrot, Cucumber & Crackers	\$2.70
Cheese, Brie, Grapes, Hummus, Carrot-Cucumber & Crackers	\$5.00
Boiled Egg, Carrot, Cucumber & Crackers	\$4.00
 <b><u>GLUTEN FREE OPTIONS</u></b>	
Gluten Free Muffin	\$4.50
G/F Toasted Sandwiches	\$5.00
G/F Pizza	\$6.50
 <b><u>CHIPS</u></b>	
Red Rock Assorted	\$1.70
Jumpies Chicken and Salt & Vinegar	\$1.20
Grain Waves	\$1.70
Twisties	\$2.70

Smith's Salt and Vinegar	\$1.70
Popcorn (Plain or Salted Caramel)	\$2.70

**MEAL DEAL'S**

Sml Muffin, Ham Sandwich & Popper	\$8.00
Apple, Berry Yoghurt & Ham Sandwich	\$8.00

**COFFEE Parents/Teachers**

	Sml	Lge	Grande
Cap, Latte ,Flat White	\$4.00	\$4.50	\$5.50
Short & Long Black	\$3.50	\$4.00	\$5.00
Macchiato & Ristretto	\$4.00	\$4.50	\$5.00
Mocha	\$4.50	\$5.00	\$6.00
Hot Chocolate	\$3.50	\$4.00	\$5.00
Soy Milk & Almond Milk	\$0.50	\$0.50	\$1.00
Vanilla & Caramel Flavour	\$0.50	\$0.50	\$1.00

**Parents, Teachers & Seniors Only**

[Visit Flexi schools today to register - www.flexischools.com.au and order online today, or call the helpdesk on 1300 361 769](http://www.flexischools.com.au)

**DRINKS**

	SML	LGE
Iced Tea		\$4.40
Crazy Lemon	\$2.50	\$4.20
Charlies Pouch	\$3.00	
Just Juice ( <b>Popper</b> )	\$2.20	
Spring Valley Juice	\$4.00	
Waterford's Waters		\$4.00
Bottled Water	\$3.20	
Focus Flavoured Water	\$3.70	
Vanilla Malt Milk		\$4.40
Chocolate Milk	\$3.00	\$4.40
Strawberry Milk	\$3.00	\$4.40
Plain Milk 300ml	\$2.20	
Up & Go Milk	\$2.70	
<b><u>NEW</u></b> Smoothies-Berry or Banana		\$6.00

**PLEASE NOTE NO FLAVOURED MILK SOLD TO JUNIORS PREP-YEAR 6**

**ALL ORDERS MUST BE IN BY 9AM**