



Hot items

Spaghetti and Meatballs*

Meatball Sub*

Chicken Tender Wrap*

Butter Chicken (GF)*

Fried Rice (GF)*

Fried Rice with Chicken bites*

Sausage Rolls (GF Option)

Ravioli

Toasties (GF Option)*

Pizza*



Cold items

Sushi

Variety of sandwiches

Variety of wraps

Variety of Salads



Weekly Specials

Available Tuesday and Wednesday

Sliders weeks 2 and 6

Hot Dogs weeks 3 and 7

Meat Pies weeks 4 and 8

Nuggets weeks 5 and 9



Snacks

Boiled Egg

Cheese Sticks

Chips

Dip and Dunk -

(Hommus, rice crackers, cheese and veggie sticks)

Fruit Salad

Homemade slices and treats

Muffins

Popcorn

Pretzels

Yoghurt Berry Crunch

Yoghurt Flavoured Frogs



Drinks

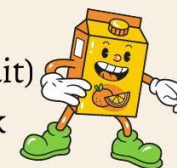
Water

Juice (100% fruit)

Flavoured Milk

Krazy Lemon

Slushies (Fruit based)



Frozen items

Ice Block (99% Fruit Juice)

Lemonade Ice Block

Calippo

Flavoured Milk Tube

Twisted Yoghurt

Fresh Fruit pieces

Vanilla Ice Cream

Homemade Sorbet

*Some items are only available on selected days, please refer to www.munchmonitor.com.au

For any questions or to volunteer please email tuckshop@baringass.eq.edu.au