

TUCK SHOP EATERY

Week: 26th-30th Aug/23rd-27th Sep/28th Oct-1st Nov/25th-29th Nov

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin C-celery F-fish S-soy M-mustard

Happy Mondays

Beef burrito with tomato salsa **D/L/G - 18**

Egg fried rice **V/L/S -18**

Both served with side salad **VE**

Taco Tuesday - 22

Sticky barbeque chicken taco OR nacho **L/S/M**

Sticky barbeque tofu taco OR nacho **S/M**

Fresh tomato salsa, guacamole **VE** grated cheddar cheese **V/D**

Wok this Wednesday - 20

Veggie noodles **V/E/L/S/G**

Rice **VE**

Sweet & sour chicken **G/S**

Sweet chili chargrilled broccoli **VE/G**

Thursday bangers - 18

Chicken breast burger with marinara sauce **G/E/L/C**

Margarita pizza **V/G/L/C/D**

Both served with wedges & salad garnish **VE**

Friday Feels – 16

Teriyaki chicken bao buns x 2 **G/S**

Teriyaki mushroom bao buns x 2 **V/G/S**

Served Daily

Penne pasta, protein rich tomato sauce **VE/G/L /C- 16** / Beef Bolognese

G/L/C - 18 extra cheese – 3 Soup of the day & complementary

soup roll **G - 15**

TUCK SHOP EATERY

Week: 2nd-6th Sep/30th Sep-4th Oct/4th-8th Nov/2nd-6th Dec

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin C-celery F-fish S-soy M-mustard

Happy Mondays 18

Butter chicken **D** Served with rice **VE**

Macaroni cauli-twist **V/D/G/M**

Both served with side salad **VE**

Taco/Nacho Tuesday 22

Beef chili taco OR nacho **L**

Mexican mixed bean taco OR nacho **V/L**

Fresh tomato salsa, guacamole **VE** grated cheddar cheese **V/D**

Wok this Wednesday 20

Veggie noodles **V/E/L/S/G**

Rice **VE**

Chicken in oyster sauce **S/M/F**

Stir fried bok choy and vegetables **S/L**

Thursday bangers 18

Crispy breaded chicken **G/E**

Served with chips **VE** and gravy **G**

Bean me up - 20

Jacket potato **VE** baked beans **VE/L** cheese **V/D**

Served with salad garnish **VE**

Friday Feels 16/12

Veggie spring rolls with sweet chili sauce **VE/G/L** - 16

Chicken dumplings with soy sauce **G/S/C** - 16

Served Daily

Penne pasta, protein rich tomato sauce **VE/G/L/C** - 16 / Beef Bolognese

G/L/C - 18 **extra cheese** – 3 Soup of the day & complementary

soup roll **G** - 15

TUCK SHOP EATERY

Week: 9th-13th Sep/7th-11th Oct/11th-15th Nov/9th-13th Dec

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin C-celery F-fish S-soy M-mustard

Happy Mondays 18

Chicken shish tawouk **D**

Served with rice & salad garnish **VE**

Butternut & spinach lasagna **V/D/G/C**

Served with salad garnish **VE**

Taco Tuesday - 22

Chicken Mex taco OR nacho **L**

Roasted veggie taco OR nacho **V/L**

Fresh tomato salsa, guacamole **VE** grated cheddar cheese **V/D**

Wok this Wednesday - 20

Veggie noodles **V/E/L/S/G**

Rice **VE**

Chicken teriyaki **S/M/F**

Sweet chili chargrilled broccoli **VE/G**

Thursday bangers 18

Beef bolognaise **C/L**

Served with spaghetti **VE/G** and side salad **VE**

Margarita pizza **V/G/L/C/D** Served with wedges & salad garnish **VE**

Friday Feels

BBQ chicken & cheese toasted wrap **G/D/S/M - 18**

Cheese omelette toasted wrap **V/G/D - 18**

Served Daily

Penne pasta, protein rich tomato sauce **VE/G/L/C - 16** / Beef Bolognaise

G/L/C - 18 extra cheese - 3 Soup of the day & complementary

soup roll **G - 15**

TUCK SHOP EATERY

Week: 16th-20th Sep/21st-25th Oct/18th-22nd Nov

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin C-celery F-fish S-soy M-mustard

Happy Mondays 18

Chicken parmigiana **G/E**

Baked bean Bolognese **VE/L/C**

Both served with spaghetti **VE/G** OR rice **VE**

And side salad **VE**

Taco Tuesday 22

Sticky barbeque beef taco OR nacho **L**

Mexican mixed bean taco OR nacho **V/L**

Fresh tomato salsa, guacamole **VE** grated cheddar cheese **V/D**

Wok this Wednesday 20

Veggie noodles **V/E/L/S/G**

Rice **VE**

Thai chicken **G/S**

Stir fried bok choy and vegetables **S/L**

Thursday bangers 20

Chicken hotdog **G**

Served caramelized onions, mustard, ketchup & chips **VE/M**

Bean me up

Jacket potato **VE** baked beans **VE/L** cheese **V/D**

Served with salad garnish **VE**

Friday Feels 16

Veggie burrito **V/G/L/D**

Chicken burrito **G/L/D**

Served Daily

Penne pasta, protein rich tomato sauce **VE/G/L/C** - 16 / Beef Bolognese **G/L/C** - 18 **extra cheese** – 3 Soup of the day & complementary soup roll **G** - 15