

TUCK SHOP EATERY

Week: 6th–10th Jan/3rd–7th Feb

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

Happy Mondays 18

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

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

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 18/20

Sweet & sour chicken **G/S**

Served with Rice **VE** OR Veggie noodles **V/E/L/S/G**

Sweet chili chargrilled broccoli **VE/G**

Thursday bangers 20

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 18

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

Teriyaki mushroom bao buns x 2 **VE/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 – 15/17**

TUCK SHOP EATERY

Week: 13th-17th Jan/10th-14th Feb

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

Happy Mondays 18

Chicken tikka masala with rice **D/G/L**

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

Served with salad garnish **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 18/20

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

Served with rice **VE OR** Veggie noodles **V/E/L/S/G**

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

Thursday bangers 18

Parmesan chicken tenders **G/E/D**

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

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

Friday Feels 16/18

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

Chicken dumplings with soy sauce **G/S/C 18**

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: 20th-24th Jan/17th-21st Feb

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 with rice **D**
Butternut & spinach lasagna **V/D/G/C**
Both 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 18/20

Chicken teriyaki **S/M/F**
Served with Rice **VE** OR Veggie noodles **V/E/L/S/G**
Sweet chili chargrilled broccoli **VE/G**

Thursday bangers 18/20

100% Beef burger **G**
Margarita pizza **V/G/L/C/D 18**
All served with wedges & salad garnish **VE**

Friday Feels 18

BBQ chicken & cheese toasted wrap **G/D/S/M**
Cheese omelette toasted wrap **V/G/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**

TUCK SHOP EATERY

Week: 27th-21st Jan/24th-28th Feb

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

Happy Mondays 18

Beef meatballs in Moroccan tomato sauce with rice E

Nut free penne pesto pasta V/D

Both served with side salad VE

Taco Tuesday 22

Sticky barbeque beef taco OR nacho L/S/M

Mexican mixed bean taco OR nacho V/L

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

Wok this Wednesday 20

Thai chicken G/S

Served with Rice VE OR Veggie noodles V/E/L/S/G

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 18

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