



OPEN 5 DAY

BREAKFAST 7.30 TO 8.30

1ST & 2ND BREAK

EAGLE'S NEST TUCKSHOP MENU



**ORDER VIA
MUNCH
MONITOR
BY 8.30AM**

Munch & Crunch to be collected by 8.45am

Late orders via phone with no funds available on Munch Monitor will incur a late fee of \$5.00

Volunteers are most welcome if you are interested please email: ejstuckshop@yahoo.com.au

DAILY SPECIALS

MONDAY

Sushi - Teriyaki Chicken / Crispy
Chicken & Avocado / Tuna &
Mayo / Vegetarian - All \$4.00

TUESDAY

Margarita Pizza \$6.00
Ham & Cheese Pizza \$6.00
Chicken & Cheese \$6.00

WEDNESDAY

Pasta Bolognese \$6.000
Garlic Bread \$2.00

THURSDAY

Cheese Burger \$6.00
Hamburger \$6.00
Parmi Wrap \$6.00

FRIDAY

Meat Pies \$6.00
Sausage rolls \$6.00
Nuggets \$6.00

BREAKFAST

Toast with Butter \$1.50
Toast with Vegemite \$2.00
Raisin Toast \$2.00
Bacon & Egg Muffin \$5.50
Milo \$2.00
Banana Smoothie \$5.00
Berry Smoothie \$5.00
Mango Smoothie \$5.00

DRINKS

Water 250ml \$2.00
Breaka Chocolate/ Strawberry/Vanilla
\$3.00
Apple or Tropical Juice \$3.00
Lactose free Chocolate Milk \$3.50
Crazy Lemon \$3.00

TOASTIES

Ham \$3.50
Vegemite \$3.50
Cheese \$3.50
Cheese & Tomato \$4.50
Ham & Cheese \$4.50
Chicken & Cheese \$4.50
Ham Cheese & Tomato \$5.50

SANDWICHES

Honey/ Vegemite/ Cheese/ Jam \$3
Ham \$3.00 / Chicken \$3.00
Ham & Cheese \$4.00
Ham & Tomato \$4.00
Cheese & Tomato \$4.00
Chicken & Cheese \$4.00
Egg & Lettuce \$4.00
Ham Cheese & Tomato \$5.00
Salad \$6.00
Ham & Salad \$6.00
Chicken & Salad \$6.00

WRAPS

Ham & Cheese or Chicken & Cheese
\$6.00
Ham & Salad \$7.00
Chicken & Sweet Chilli Sauce \$7.00

SALADS

Crispy Chicken Salad Box \$7.00
Egg & Salad with Honey Mustard \$7.00

ICEBLOCKS

Quelch \$1.00
Mini Calippo \$2.50
Chocolate Moosie \$2.50
Wildberry \$2.50
Everest Coconut Icecream cup \$2.50

FRUIT / MUNCH & CRUNCH

Piece of Fruit \$1.50
Apply Slinky \$1.70
Fruit Salad \$3.00
Frozen fruits -Pineapple, grape, Orange.
Mango, blueberries, strawberries \$1.50
Sultana Pack \$2.00
Carrot Stick & Hummus \$4.00
Cheese Sticks \$1.00
Popcorn \$1.00
Cheese & Crackers \$3.00

SNACKS

Boiled Egg \$1.50
Corn on the Cob \$2.00
Popcorn \$2.00
Apple or Blueberry Muffin \$2.00
Pikelets Plain /Jam/ Honey \$2.00
Banana Bread \$2.00
Custard Cup \$2.00
Custard Cup with Fruit \$3.00
Cheese & Crackers \$3.00
Carrot Stick & Hummus \$4.00
Cheese Sticks \$1.00
Choc Chip Cookie \$2.00
Mini Pretzels \$2.00

EXTRAS

Tomato Sauce 50c
BBQ Sauce 50c

BIRTHDAY ORDERS

Zooper Dooper for the whole class
order via MM
Cupcakes for the whole class
48hrs notice email:
ejstuckshop@yahoo.com.au

GREEN - Have Plenty AMBER - Select carefully RED - Occasionally

Our tuckshop provides a service to all students & staff on our menu we aim to cater for all dietary needs as well as providing a wide range of healthy & nutritious foods see Munch Monitor for dietary options