At the BBC Tuckshop our aim is to bring the students the healthiest food we possibly can. To this end we do not deep fry any of our food. All our meat patties, bacon and wedges are all oven baked, not fried. We make our own curries and meat sauces from the best ingredients available so that you know your child is eating the best.

**Prices and menu subject to change**
Middle and Senior School Tuckshop Menu – Term 2 2015

**LUNCH**
*Available daily*

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham, cheese and pineapple pizza (Made in the Tuckshop using fresh pizza bases, Napoli tomato sauce, low fat ham, pineapple and low fat cheese)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Hot Dogs</td>
<td>$3.00</td>
</tr>
<tr>
<td>Assorted Pies and Sausage Rolls</td>
<td>$3.50</td>
</tr>
<tr>
<td>Lasagne</td>
<td>$4.50</td>
</tr>
<tr>
<td>Macaroni Cheese</td>
<td>$4.50</td>
</tr>
<tr>
<td>Garlic Bread</td>
<td>$1.80</td>
</tr>
</tbody>
</table>

**LUNCH BLACKBOARD SPECIALS**
*All specials $5.00*

**Monday**

- **Chicken Schnitzel**
  Lightly crumbed oven baked chicken breast schnitzel served on a 5” bun, topped with lettuce, tomato, low fat cheese and low fat mayonnaise

- **Chicken Chili Wrap**
  Two lightly crumbed and seasoned chicken tenderloins on a bed of lettuce drizzled with chili sauce and lightly toasted

- **Potato Wedges with Sour cream and chili**
  Oven baked seasoned wedges served with low fat sour cream and chili sauce

**Tuesday**

- **Pork Ribette**
  Oven baked hickory smoked pork ribette topped with cheese, lettuce, tomato in a 6”long roll with smoked BBQ sauce

- **Chicken Burger**
  Lightly crumbed oven baked chicken breast fillet with cheese, lettuce, tomato and low fat mayonnaise on a bun

- **Spaghetti Bolognaise**
  Freshly cooked pasta topped with beef mince sauce made in our kitchen with Napoli sauce and vegetables

- **BLT**
  Bacon, lettuce, tomato and aioli dressing on a bun

**Wednesday**

- **Chicken Sub**
  Crumbed tenderloin, lettuce, tomato and mayonnaise on a sub roll

- **Peri Peri Sub**
  Peri peri crumbed chicken tenderloin, lettuce, tomato and peri peri mayonnaise on a sub roll

- **Spaghetti and Meatballs**
  Chargrilled meatballs coated with Napoli tomato sauce and mixed through spaghetti/fettuccine

**Thursday**

- **Hamburgers**
  A 97% fat free oven baked hamburger patty topped with lettuce, tomato, beetroot, cheese and tomato sauce on a bun

- **Potato Wedges with Sour cream and chili**
  Oven baked seasoned wedges served with low fat sour cream and chili sauce

- **Beef Ravioli**
  Pillows of beef ravioli mixed through Napoli sauce with parmesan cheese

- **Chicken Ribette**
  Spicy chicken ribette, oven baked, then topped with tomato, lettuce and ranch dressing in a 6”roll

**Friday**

- **Beef and Gravy Rolls**
  Roast rump carved with gourmet gravy in a 6” bun

- **Butter Chicken and steamed rice**
  Butter chicken curry made in our kitchen using roast chicken, mixed vegetables, potatoes and butter chicken sauce, served on a bed of fragrant steamed rice

- **Potato Wedges with Sour cream and chili**
  Oven baked seasoned wedges served with low fat sour cream and chili sauce

- **Barb’s Special Fried Rice**
  Fried rice made with fragrant steamed rice with mixed vegetables, onion, capsicum, herbs and spices, chicken and ham

- **Fish and Chunky Chips**
  Oven baked tempura battered fish and oven baked chunky chips served with tartare sauce and lemon

*We are constantly trying out new menu items so keep your eye on the board for new specials.*

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