

Breakfast (Available 8:00 – 8:45am)

Bacon & egg muffin	\$5.00
Ham & Cheese croissant	\$5.00
Hash Brown (GF/VG)	\$1.50
Ham & Cheese Toastie	\$4.50
Greek Yogurt Granola	\$3.50

ISHS Tuckshop Menu 2024

Monday		Tuesday		Wednesday		Thursday		Friday	
Spaghetti & Meatballs(H)	\$6.50	Honey soy chicken rice bowl(GF/H/LF/DF)	\$6.50	Beef Burrito Bowl (GF)	\$6.50	Thai Green Curry Chicken (GF)	\$6.50	Nachos Beef (GF/H)	\$5.50
BBQ Pork Bun	\$2.50	Chicken Pesto Pasta (H)	\$6.50	Korean Stir-Fry Noodle Chicken (GF/H)	\$6.50	Japanese Curry Chicken (LF/DF/H)	\$6.50	Meatball sub	\$6.50
Greek Pasta Salad (V)	\$6.50	Veggie Gnocchi	\$6.50	Pasta Bols (H)	\$6.50	Chickpea & Veg Butter Curry (V/VG/GF/DF/LF)	\$6.50	BBQ Pork Bun	\$2.50
Chicken Carbonara (H)	\$6.50	Creamy Chicken Mushroom Gnocchi (H)	\$6.50	Chicken Paella (GF/H)	\$6.50	Chicken Mushroom and Spinach Pesto Pasta (H)	\$6.50	Fried rice Chicken (GF/DF/LF)	\$6.50
Butter Chicken (H/GF/DF/LF)	\$6.50	Chicken Vietnamese Salad (GF/H/LF/DF)	\$6.50	Veggie Burger (V/H)	\$6.50	Vietnamese Noodle Salad Chicken (GF/DF/LF)	\$6.50	Butter Chicken (H/GF/DF/LF)	\$6.50
Chickpea & Veg Butter curry (V/VG/GF/DF/LF)	\$6.50	Veggie Pesto Pasta (H/V/VG)	\$6.50	Chicken Bacon Cheese Burger	\$6.50	Sweet Chili Chicken Wrap	\$6.00	Chickpea & Veg Butter Curry (V/VG/GF/DF/LF)	\$6.50
Veg Spaghetti (V/H/LF)	\$6.50	Tofu Vietnamese Salad (V/VG/GF/H/LF/DF)	\$6.50	Veggie Burrito Bowl (V/VG)	\$6.50	Thai Green Curry Tofu (GF/V)	\$6.50	Nachos Veggie (V/GF/H)	\$5.50
Chili Chicken Roll (H)	\$5.00	Veggie Mushroom Gnocchi (V)	\$6.50	Korean Stir-Fry Noodle Tofu (GF/V/VG/H)	\$6.50	Japanese Curry Tofu (V/VG)	\$6.50	Fried Rice Tofu (GF/V/DF/LF)	\$6.50
Hot Dog (H)	\$4.50	Chili Chicken Roll (H)	\$5.00	Chili Chicken Roll (H)	\$5.00	Vietnamese Noodle Salad Tofu (GF/V/VG/DF/LF)	\$6.50	Chili Chicken Roll (H)	\$5.00
Chicken Caesar Salad (H)	\$6.50	Hot Dog (H)	\$4.50	Hot Dog (H)	\$4.50	Chili Chicken Roll (H)	\$5.00	Hot Dog (H)	\$4.50
		Chicken Caesar Salad (H)	\$6.50	Chicken Caesar Salad (H)	\$6.50	Hot Dog (H)	\$4.50	Chicken Caesar Salad (H)	\$6.50
						Chicken Caesar Salad (H)	\$6.50		
(H) - Halal		(GF) – Gluten Free		(DF) – Dairy Free					
(V)- Vegetarian		(VG) – Vegan		(LF) – Lactose Free					

Ice blocks and ice creams

Maxibon	\$5.00
Billabong	\$2.20
Milo scoop	\$4.80
Dixi cup	\$1.00
Frozen yoghurt	\$3.50
Lifesavers	\$3.00
KitKat/Oreo	\$5.00
Icy pole	\$2.20
Zing	\$1.00

Snacks

Garlic bread	\$2.50
Instant noodle cup	\$3.00
Chicken wedges	\$4.50
Sausage rolls	\$4.50
Sausage pies	\$4.50
Banana bread	\$4.00
Muffin of the day	\$2.00
Iced finger bun	\$2.00
Fruit cup	\$4.00
Yogurt cup	\$3.50
Asstd Cakes/Slices	\$4.00
Cheese & crackers	\$3.00
Sushi (GF/V/VG)	\$4.20

Drinks

Pauls/So Juicy pure juices	\$4.50 (L); \$3.40 (S)	Chilled iced teas	\$4.50
Emma & Tom's juice smoothies	\$4.80	Famous soda	\$3.80
Emma & Tom's Quenchers	\$4.80	Ice Break coffee milk	\$4.80
Poppers	\$2.80	Oak Milk flavoured (600 mL)	\$4.80
Water (600 mL)	\$3.00	Oak Plus flavoured milk (600 mL)	\$4.80
Water Sparkling		Up & Go flavoured milk	\$2.80
San Pellegrino (500 mL)	\$4.00	Zymil flavoured milk	\$4.80
Milk (500 mL)	\$2.80	Aloe Vera drinks	\$4.50
Breaka flavoured milk (300 mL)	\$3.20	San Pellegrino flavoured mineral water	\$3.80
Ice Break coffee milk	\$4.80	Powerade/Gatorade	\$4.50