



**Immanuel  
Lutheran  
College**

## Tuckshop Menu

Check Flexischools  
for daily specials



**MON - FRI**  
Orders via  
Flexischools  
cut off is  
8.30am

### So Hot

Ham & cheese croissant	\$5.20
Hot lunch box options (see daily specials),	from \$6.50
Garlic bread	\$3.80
Meat pie	\$4.90
Sausage Roll	\$4.60
Cheese & spinach roll	\$5.90

### Cold Choices

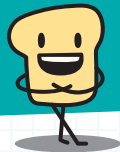
Fresh fruit salad	\$3.50
Watermelon cups	\$3.50
Greek yoghurt with fruit topping or granola	\$4.00
Chia pot	\$3.80
Bircher muesli	\$3.80
Seasonal fresh fruit piece	\$1.50
Crudite & dip pot	\$4.20
Jelly or mousse cup	\$3.00
Fresh salads	from \$6.50
Fresh salads, with protein	from \$8.50

### Sushi rolls & packs

Sushi single rolls	\$4.50
Sushi packs, from	\$6.50

### Sandwiches, wraps & rolls

Standard sandwich	\$4.50
Gourmet sandwich or roll	\$5.50
Deluxe roll or wrap	\$6.00



(gf) = gluten free, (v) = vegetarian  
products may contain traces of nuts.

### Bakery

Homemade bakery special	\$5.00
Apple & cinnamon scroll	\$4.50
Anzac cookies	\$2.50
Byron bay cookie	\$5.20
Banana bread	\$4.00
Lamington	\$4.50
Muffins	\$4.50



### Salty Snacks

Pretzel or dried fruit pot	\$2.90
Red Rock deli chips (45gm)	\$3.80
Veggie BBQ chips (21g)	\$2.80
Grain Waves (40g)	\$3.40
Cobbs, organic popcorn, lightly salted (20gm)	\$2.80
Sesame snap (40g)	\$2.20

### Thirst Quenchers



Mt franklin water, 600ml	\$3.50
Pump water, 750ml	\$5.80
Emma & Toms juice, 250ml	\$4.80
Emma & Toms quenchers, 450ml	\$5.80
Emma & Toms smoothie, 350ml	\$5.90
Glee soda, 250ml	\$3.30
Powerade, 600ml	\$5.90
Fuze tea, 500ml	\$5.90
Flavoured milk, 250ml	\$3.60
Up & Go, 250ml	\$3.80

### Icy Treats

Zooper Dooper	\$1.00
Twisted Frozen juice cups	\$3.00
Icy Poles	\$2.20
Frosty fruit	\$3.70
Lifesaver	\$3.70
Dixie cups	\$3.90
Frozen fruit cups	\$3.80
Milo cups	\$5.00
Maxibon	\$5.80



*Volunteers are always welcome and appreciated if you can help*

Please contact: Danielle Greig T: 0483 145346 E: ILC.Catering@chartwellsedu.com.au