



EMMAUS COLLEGE
ROCKHAMPTON




LIGHT MY WAY CAFÉ

Available Everyday
Prices Subject to Change



<u>Sandwiches</u>
From \$1.50 - \$5.00
Lean ham & salad
Lean chicken & salad
Salad
Vegemite
Strawberry Jam
<u>Wraps</u>
From \$4.00 - \$6.50
Lean ham & salad
Lean chicken & salad
Salad
Chicken & mayo
Chicken, cheese & mayo

 <u>Snacks</u>	\$
Yoghurt	\$2.00
Muffin (choc or blueberry)	\$2.00
Lamington	\$2.00
Fruit (in season)	\$0.50
Cheese & Bikkies	\$1.50
Watermelon Bowl	\$3.00

<u>Sushi</u>
Assorted flavours
\$2.50 & \$5.00

 <u>Drinks</u>	From \$1.50 - \$5.00
Water 600ml	
Water 1l	
Daily Juice 500ml	
Lipton Ice Tea	
Glee Drinks	
Berri Juice	
Chocolate Milk 500ml	
Strawberry Milk 500ml	
Coffee Milk 500ml	
Chocolate Milk 300ml	
Strawberry Milk 300ml	
Coffee Milk 300ml	
Icebreak 750ml	
Icebreak 500ml	



 <u>Gluten Free</u>	MUST PRE ORDER
Varied Prices	
Sandwiches	
Wraps	
Pies	
Muffins	

Small & Large
Meat & Salad
Bowls

\$4.50 & \$6.50



Daily Specials – limited availability and subject to change

PLACE YOUR ORDER AT THE TUCKSHOP BACK DOOR EACH MORNING FROM 8:00am – 8:25am

<u>Monday</u>	\$	<u>Tuesday</u>	\$	<u>Wednesday</u>	\$	<u>Thursday</u>	\$	<u>Friday</u>	\$
BEEF PIE	\$4.00	CHICKEN SALSA POCKET	\$4.50	NACHOS & CORN CHIPS	\$4.50	HOT DOG	\$3.50	SAUSAGE ROLL	\$3.00
CHICKEN & GRAVY ROLL	\$5.00	SPAGHETTI BOLOGNAISE	\$4.50	DIM SIMS	\$3.00	CHEESE DOG	\$4.00	TEXAS PULLED PORK BURGER	\$5.00