



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>	\$
(tuckshop made fresh)	
Chicken & Avocado	\$2.50
Chicken	\$2.50
Tuna – pre order only	\$2.50

<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	



MUST PRE ORDER

 **Gluten Free**
Varied Prices

Sandwiches
Wraps
Pies
Muffins

Salads - \$6.00

- Chicken salad
- Ham salad
- Tuna salad
- Egg Salad



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	Sweet Chilli chicken	\$5.00	PIZZA	\$5.00	LASAGNE	\$4.50	SAUSAGE ROLL	\$3.00
CHICKEN BURGER	\$5.00	Wrap		Chicken,cheese		GARLIC BREAD	\$2.00	WORKS BURGER	\$6.00
		Chicken,Bacon	\$4.50	&BBq sauce					
		Cabonara		MEATLOVERS					