



EMMAUS COLLEGE

Light My Way Cafe

Sandwiches

From \$1.5 - \$5.5

Ham & salad
Chicken & salad
Salad
Vegemite
Strawberry Jam

Wraps

From \$4.5 - \$6.5

Ham & salad
Chicken & salad
Salad
Chicken, Cheese & BBQ
Sauce
Chicken & Cheese

Salads

From \$5 - \$7

Chicken salad
Ham salad
Tuna salad

Snacks

Yoghurt \$2.5
Muffin \$2
Lamington \$2
Fruit (in season) \$0.5
Cheese & Biscuits \$1.5
Watermelon Bowl \$3

Drinks

From \$1.5 - \$5.5

Water 600ml
Water 1l
Lipton Ice Tea
Glee Drinks
So Juicy Juices
Popper Juices
Chocolate Milk
Strawberry Milk
Ice break
Milk Poppers

Gluten Free

Must pre-order

Varied Prices

Sandwiches
Wraps
Pies
Muffins

Sushi

(Tuckshop made fresh)

Chicken & Avocado \$2.5
Honey Soy Chicken \$2.5
Tuna – pre order only \$5

Tuesday Only

Daily Specials

Monday

Beef Pie \$4.5
Chicken & Cheese Burger
(lettuce & mayo) \$4

Tuesday

Lasagne Topper \$3
Pizza Rounder \$2.5

Wednesday

Sweet Chilli Chicken Toasted
Wrap (lettuce, cheese & mayo) \$5

Thursday

Garlic Bread (Half) \$2
Garlic Bread (Full) \$4
Spaghetti Bolognaise \$5

Friday

Sausage Roll \$3.50
Hamburger with the lot \$6

**Daily Specials – limited
availability and subject to
change**

**Place your order at the
tuckshop back door
each morning from
8:00am – 8:25am**