



EMMAUS COLLEGE
ROCKHAMPTON

LIGHT MY WAY CAFÉ

Available Everyday
Prices Subject to
Change

Sandwiches

From \$1.50 - \$5.50

Lean ham & salad
Lean chicken & salad
Salad
Vegemite
Strawberry Jam

Wraps

From \$4.50 - \$6.50

Lean ham & salad
Lean chicken & salad
Salad
Chicken & mayo
Chicken, cheese & mayo

Snacks

Yoghurt \$2.50
Muffin (choc or blueberry) \$2.00
Lamington \$2.00
Fruit (in season) \$0.50
Cheese & Biscuits \$1.50
Watermelon Bowl \$3.00

Sushi

(Tuckshop made fresh)

Chicken & Avocado \$2.50
Chicken \$2.50
Tuna – pre order only \$2.50



Drinks

From \$1.50 - \$5.50

Water 600ml
Water 1l
Daily Juice 500ml
Lipton Ice Tea
Glee Drinks
Berri Juice
Chocolate Milk 300ml/500ml
Strawberry Milk 300ml/500ml
Coffee Milk 300ml/500ml
Icebreak 500ml/750ml

Salads

From \$5.00 - \$7.00

Chicken salad
Ham salad
Tuna salad
Egg Salad

Gluten Free

MUST PRE ORDER

Varied Prices

Sandwiches
Wraps
Pies
Muffins

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>\$\$</u>	<u>Tuesday</u>	<u>\$\$</u>	<u>Wednesday</u>	<u>\$\$</u>	<u>Thursday</u>	<u>\$\$</u>	<u>Friday</u>	<u>\$\$</u>
Beef Pie	\$4.50	Chicken teriyaki & noodles	\$5.00	Hot dog	\$4.00	Nachos	\$5.00	Sausage roll	\$3.50
Beef & Cheese burger	\$3.50	Pork riblet	\$3.50	Cheese dog	\$4.50			Chicken & bacon burger	\$6.00