

TUCKSHOP - TERM 3

Week 6: 20 August - 24 August 2012

Monday 20 August	Recess	Egg and Bacon on a Wholemeal English Muffin	\$3.00
	Lunch	Sushi - Chicken, Smoked Salmon or Vegetarian	\$3.00
		Homemade Pumpkin Soup with a Wholemeal Roll	\$3.50
Tuesday 21 August	Recess	Corn Cobs (2)	\$2.50
	Lunch	PIZZA DAY - Homemade Margherita (tomato sauce and low fat mozzarella cheese) OR Supreme (tomato sauce, lean ham, mushrooms, salami and low fat mozzarella cheese)	\$4.50
Wednesday 22 August	Recess	Homemade Blueberry Pancakes with Honey	\$3.50
	Lunch	Toasted Wholemeal Wrap with Chicken Breast and Low Fat Cheese OR Lean Ham, Tomato and Low Fat Cheese	\$4.50
Thursday 23 August	Recess	Fruit Salad with Yoghurt	\$3.50
	Lunch	Homemade Penne Bolognese	\$4.50
Friday 24 August	Recess	Wholemeal Crumpets with Banana and Honey	\$3.00
	Lunch	Skinless Hot Dog on a Wholemeal Bun with Tomato Sauce	\$4.00
		Sushi - Chicken	\$3.00

Tuckshop Roster

Monday
20 August

Susan Lewis

Tuesday
21 August

Charissa Gannan, Sharon Tivey

Wednesday
22 August

Emma Gooding Dyster, Nikki Harmer

Thursday
23 August

Alex Loveridge, Kerry-Lee Foord

Friday
24 August

Tara Rennie, Lisa Lawton-Wade

Tuckshop Convenor - Janie Guy - Mobile: 0433 452 460 Email: janieguy@gmail.com

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Week 7: 27 August - 31 August 2012

Monday 27 August	Recess	Homemade Freshly Popped Popcorn	\$2.00
	Lunch	Sushi - Beef, Prawn or Vegetarian	\$3.00
		Homemade Pumpkin Soup with a Wholemeal Roll	\$3.50
Tuesday 28 August	Recess	Snack Pack (dried apricots, cheese, crackers and carrots)	\$3.00
		Slinky Apples (red or green)	\$1.50
	Lunch	PIZZA DAY - Homemade Margherita (tomato sauce and low fat mozzarella cheese) OR Hawaiian (tomato sauce, low fat mozzarella cheese, lean and pineapple)	\$4.50
Wednesday 29 August	Recess	Homemade Vanilla Chocolate Chip Muffin	\$2.80
	Lunch	Homemade Meatballs with Napoletana Sauce on a Wholemeal Bun with Low Fat Cheese	\$4.50
Thursday 30 August	Recess	Banana Bread Slice	\$3.00
	Lunch	Homemade Butter Chicken Serves with Steamed Rice	\$4.50
Friday 31 August	Recess	Yoghurt Cup with Banana and Muesli	\$3.00
	Lunch	PIE DAY Angus Beef Pie Potato Pie Chicken Pie Sausage Roll	\$3.50 \$4.00 \$4.00 \$3.00
		Sushi - Chicken	\$3.00

Tuckshop Roster

Monday
27 August

James Fairbank

Tuesday
28 August

Jacinta Gill, Cheryl Douglas

Wednesday
29 August

Lyn Payne, Mary Dobson

Thursday
30 August

Vicki Pussell, Sarah Pussell

Friday
31 August

Elizabeth Forgan, Helen Burton

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