

TUCKSHOP - TERM 3

Week 8: 3 September - 7 September 2012

Monday 3 September	Recess	Wholemeal English Muffin with Scrambled Eggs	\$3.00
	Lunch	Sushi - Tuna, Chicken or Vegetarian	\$3.00
		Homemade Pumpkin Soup with a Wholemeal Roll	\$3.50
Tuesday 4 September	Recess	Crustie Baguette with Vegemite or Jam	\$1.50
	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 5 September	Recess	Homemade Anzac Cookes (3)	\$2.50
	Lunch	Homemade Jacket Potato with Bolognaise and Low Fat Shredded Cheese	\$4.50
Thursday 6 September	Recess	Snack Pack (dried apricots, cheese, crackers and carrots)	\$3.00
		Slinky Apples (red or green)	\$1.50
	Lunch	Homemade Rigatoni Matricana, Napoletana Sauce with Bacon	\$4.50
Friday 7 September	Recess	Mango and Banana Smoothie with Low Fat Milk	\$3.00
	Lunch	Beef Nachos with Homemade Beef Sauce, Low Fat Cheese, Guacamole and Greek Yoghurt	\$4.50
		Sushi - Chicken	\$3.00

Tuckshop Roster

Monday
3 September

Michael Migro

Tuesday
4 September

Julie Horsley, Emily Malakonakis

Wednesday
5 September

Melissa Lynch, Jo Marchese

Thursday
6 September

Nicola Linden-Smith, Angela Rudkins

Friday
7 September

Sally Hassen, Nadia Davis

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

TUCKSHOP - TERM 3

Week 9: 10 September - 14 September 2012

Monday 10 September	Recess	Egg and Bacon on a Wholemeal English Muffin	\$3.00
	Lunch	Sushi - Chicken, Beef or Vegetarian	\$3.00
		Homemade Pumpkin Soup with a Wholemeal Roll	\$3.50
Tuesday 11 September	Recess	Yoghurt Cup with Apple and Muesli	\$3.00
	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 12 September	Recess	Homemade Vanilla Cupcake with Strawberries	\$2.80
	Lunch	Homemade Hot Lamb Roast on a Wholemeal Bun with Gravy	\$4.50
Thursday 13 September	Recess	Fruit Salad with Yoghurt	\$3.50
	Lunch	Homemade Penne Bolognese	\$4.50
Friday 14 September	Recess	Corn Cobs (2)	\$2.50
	Lunch	Beef Burger on a Wholemeal Bun with Low Fat Cheese, Tomato Sauce and Grilled Onions	\$4.50
		Sushi - Chicken	\$3.00

Tuckshop Roster

Monday
10 September

Andrea Schlaphoff, Tina Nikos

Tuesday
11 September

Suzy Demyane, Kathy Tsakonas

Wednesday
12 September

Tania Purkis, Hailey Latham

Thursday
13 September

Cathryn Ferguson, Sue Fitzsimmons

Friday
14 September

Mel Fotea, Michele Weavers

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