

TUCKSHOP - TERM 4

Week 4: 29 October - 2 November 2012

Monday 29 October	Recess	Raisin Turkish Toast	\$2.00
	Lunch	Sushi - Chicken, Californian or Vegetarian	\$3.00
Tuesday 30 October	Recess	Slinky Apples (red or green) OR Snack Box (carrots, apricots, cheese, crackers and dip)	\$1.50 \$3.00
	Lunch	PIZZA DAY - Homemade Margherita (Napoli sauce and low fat cheese) OR Supreme (Napoli sauce, lean ham, mushrooms, salami and low fat cheese)	\$4.50 \$4.50
Wednesday 31 October	Recess	Homemade Strawberry Cupcake	\$2.90
	Lunch	Chicken Souvlaki Wrap with Lettuce, Tomato and Tzatziki Sauce	\$4.50
Thursday 1 November	Recess	Banana and Mango Smoothie with Low Fat Milk	\$3.00
	Lunch	Homemade Shepherd's Pie topped with Mashed Potato	\$4.50
Friday 2 November	Recess	Jelly Cup with Yoghurt	\$3.00
	Lunch	Beef Burger on a Wholemeal Bun with Grilled Onion, Low Fat Cheese and Tomato Sauce OR Sushi - Chicken	\$4.50 \$3.00

Tuckshop Roster

Monday
29 October

Janie Guy

Tuesday
30 October

Sarah Drake

Wednesday
31 October

Mary Dobson, Lyn Payne

Thursday
1 November

Nicola Linden-Smith, Angela Rudkins

Friday
2 November

Nadia Davis, Sally Hassen

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

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Week 5: 5 November - 9 November 2012

Monday 5 November	Recess	Crustie - Baguette Bread with Vegemite or Jam	\$1.50
	Lunch	Sushi - Tuna, Smoked Salmon or Vegetarian	\$3.00
Tuesday 6 November	Recess	Yoghurt Cup with Banana and Muesli	\$3.50
	Lunch	PIZZA DAY - Homemade Margherita (Napoli sauce and low fat cheese) OR Hawaiian (Napoli sauce, lean ham, pineapple and low fat cheese)	\$4.50 \$4.50
Wednesday 7 November	Recess	Homemade Scones with Strawberry Jam	\$2.50
	Lunch	BLT Wrap with Bacon, Lettuce, Tomato and Avocado	\$4.50
Thursday 8 November	Recess	Fruit Salad with Yoghurt	\$3.50
	Lunch	Penne Bolognese	\$4.50
Friday 9 November	Recess	Watermelon Cup	\$3.00
	Lunch	Chicken Grilled Breast Burger on a Wholemeal Bun with Lettuce and Mayonnaise OR	\$4.50
		Sushi - Chicken	\$3.00

Tuckshop Roster

Monday
5 November

Michael Migro

Tuesday
6 November

Emily Malakonakis, Julie Horsley

Wednesday
7 November

Melissa Lynch, Jo Marchese

Thursday
8 November

Sue Fitzsimmons, Cathryn Ferguson

Friday
9 November

Mel Fotea, Michele Weavers

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