

TERM 1

TUCKSHOP MENU

Week 4 18 February 2013 – 22 February 2013

Monday 18 February	Recess	Ham and Low Fat Cheese Jaffle on Turkish Toast	\$3.50
	Lunch	Sushi – Chicken, Californian or Vegetarian	\$3.00
Tuesday 19 February	Recess	Slinky Apples – red or green OR Snack Box (carrots, apricots, cheese, crackers and dip)	\$1.50 \$3.50
	Lunch	PIZZA DAY – Homemade Margherita (Napoli sauce and low fat cheese)	\$4.50
		OR Supreme (Napoli sauce, mushroom, lean ham, salami and low fat cheese)	\$4.50
Wednesday 20 February	Recess	Homemade Blueberry Frozen Yoghurt	\$3.50
	Lunch	Chicken Souvlaki Wrap with Lettuce, Tomato and Tzatziki Sauce	\$4.50
Thursday 21 February	Recess	Banana and Mango Smoothie with Low Fat Milk	\$3.00
	Lunch	Homemade Lasagne with Napoli Sauce	\$5.00
Friday 22 February	Recess	Jelly Cup with Yoghurt	\$3.00
	Lunch	Beef Burger on a Wholemeal Bun with Grilled Onion, Low Fat Cheese and Tomato Sauce	\$4.50
		Sushi – Chicken	\$3.00

TUCKSHOP ROSTER

Monday
18 February

Tuesday
19 February

Beverley Walsh

Wednesday
20 February

Charissa Gannon, Nikki Harmer

Thursday
21 February

Junette Burke, Nicola Linden-Smith

Friday
22 February

TERM 1

TUCKSHOP MENU

Week 5 25 February 2013 – 1 March 2013

Monday 25 February	Recess	Crustie – Baguette Bread with Vegemite or Jam	\$1.50
	Lunch	Sushi – Tuna, Smoked Salmon or Vegetarian	\$3.00
Tuesday 26 February	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 27 February	Recess	Homemade Scones with Strawberry Jam	\$2.50
	Lunch	BLT Wrap with Bacon, Lettuce, Tomato and Avocado	\$4.50
Thursday 28 February	Recess	Fruit Salad with Yoghurt	\$3.50
	Lunch	Penne Bolognese	\$5.00
Friday 1 March	Recess	Watermelon Cup	\$3.00
	Lunch	Chicken Grilled Breast Burger on a Wholemeal Bun with Lettuce and Mayonnaise	\$4.50
		Sushi – Chicken	\$3.00

TUCKSHOP ROSTER

Monday 25 February	
Tuesday 26 February	Tom Roediger, Saima Aziz
Wednesday 27 February	Tara Rennie, Kariss O'Connor-Kerr
Thursday 28 February	Jackie McGreechan, Heidi Lambert
Friday 1 March	Tiffany Chiew, Cheryl Ellis