

TERM 1

TUCKSHOP MENU

Week 6 4 March 2013 – 8 March 2013

Monday 4 March	Recess	Sausage McMuffin with BBQ Sauce	\$3.50
	Lunch	Sushi – Chicken, Californian or Vegetarian	\$3.00
Tuesday 5 March	Recess	Slinky Apples – red or green	\$1.50
		OR Snack Box (carrots, apricots, cheese, crackers and dip)	\$3.50
	Lunch	PIZZA DAY – Homemade Margherita (Napoli sauce and low fat cheese)	\$4.50
		OR Hawaiian (Napoli sauce, lean ham, pineapple and low fat cheese)	\$4.50
Wednesday 6 March	Recess	Homemade Pancakes with Banana and Yoghurt	\$3.50
	Lunch	Crunchy Fish Sub on a Wholemeal Bun with Tzatziki Sauce and Lettuce	\$4.50
Thursday 7 March	Recess	Fruit Salad with Yoghurt	\$3.50
	Lunch	Penne Matriciana (tomato and bacon sauce)	\$5.00
Friday 8 March	Recess	Banana Bread Slice	\$3.00
	Lunch	Skinles Hot Dog on a Wholemeal Bun with Sauce	\$4.00
		Sushi – Chicken	\$3.00

TUCKSHOP ROSTER

Monday 4 March	
Tuesday 5 March	Noelle Clark, Andrea Schlaphoff, Vanessa Safieh
Wednesday 6 March	Robyn Meakins, Ann Howe
Thursday 7 March	Urania Tanoy, Dyanne Wayling
Friday 8 March	Sarah Britt, Alison Jones

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TUCKSHOP MENU

Week 7 11 March 2013 – 15 March 2013

Monday 11 March	Recess	Egg and Bacon Wholemeal McMuffin	\$3.50
	Lunch	Sushi – Tuna, Chicken or Vegetarian	\$3.00
Tuesday 12 March	Recess	Jelly, Watermelon and Yoghurt Tub	\$3.00
	Lunch	PIZZA DAY – Homemade Margherita (Napoli sauce and low fat cheese) OR Supreme (Napoli sauce, mushroom, lean ham, salami and low fat cheese)	\$4.50 \$4.50
Wednesday 13 March	Recess	Homemade Anzac Cookies (3)	\$3.00
	Lunch	Honey Soy Drumettes Served with Steamed Rice	\$5.00
Thursday 14 March	Recess	Homemade Strawberry Frozen Yoghurt	\$3.50
	Lunch	Penne Bolognese	\$5.00
Friday 15 March	Recess	Pretzels	\$2.00
	Lunch	PIE DAY Angus Beef Pie Sausage Roll Potato Pie Chicken Pie	\$3.50 \$3.00 \$4.00 \$4.00
		Sushi – Chicken	\$3.00

TUCKSHOP ROSTER

Monday 11 March	
Tuesday 12 March	Amanda Graham, Kathy Tsakonas, Nicole Williams
Wednesday 13 March	Dita Alafaci
Thursday 14 March	Andrew Wiefler, Sarah Alden
Friday 15 March	Karen Saupin, Kathy Burshtein