

TERM 3

TUCKSHOP MENU **Week 2** 22 – 26 July 2013

Monday 22 July	Recess	Homemade Freshly Popped Popcorn	\$2.00
	Lunch	Sushi – Beef, Prawn or Vegetarian OR Homemade Pumpkin Soup with a Wholemeal Roll	\$3.00 \$3.50
Tuesday 23 July	Recess	Slinky Apples – red or green OR Snack Box (dried apricots, carrots, cheese, crackers and dip)	\$1.50 \$3.50
	Lunch	PIZZA DAY – Homemade Margherita (Napoli sauce and low fat mozzarella cheese) OR Hawaiian (Napoli sauce, lean ham, pineapple and low fat mozzarella cheese)	\$4.50 \$4.50
Wednesday 24 July	Recess	Homemade Vanilla Choc Chip Muffin	\$3.00
	Lunch	Homemade Meatball Sub with Napoletana Sauce on a Wholemeal Bun with Low Fat Cheese	\$5.00
Thursday 25 July	Recess	Banana Bread Slice	\$3.00
	Lunch	Homemade Butter Chicken Served with Steamed Rice	\$5.00
Friday 26 July	Recess	Yoghurt Cup with Banana & Muesli	\$3.00
	Lunch	PIE DAY Angus Beef Pie Chicken Pie Potato Pie Sausage Roll OR	\$3.50 \$4.00 \$4.00 \$3.00
		Sushi - Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 23 July	Saima Aziz, Toni Roediger
Wednesday 24 July	Tara Rennie
Thursday 25 July	Jacki McGeechan, Heidi Lambert
Friday 26 July	Nadia Young, Kerry-Lee Foord

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TUCKSHOP MENU **Week 3** 29 July – 2 August 2013

Monday 29 July	Recess	Wholemeal English Muffin with Poached Egg and Low Fat Cheese	\$3.00
	Lunch	Sushi – Tuna, Chicken or Vegetarian OR Homemade Pumpkin Soup with a Wholemeal Roll	\$3.00 \$3.50
Tuesday 30 July	Recess	Crustie – Baguette Bread with Vegemite or Jam	\$1.50
	Lunch	PIZZA DAY – Homemade Margherita (Napoli sauce and low fat mozzarella cheese) OR Supreme (Napoli sauce, mushroom, lean ham, salami and low fat mozzarella cheese)	\$4.50 \$4.50
Wednesday 31 July	Recess	Homemade Anzac Cookies (3)	\$3.00
	Lunch	Mini Sausages with Potato Mash, Gravy and Peas	\$5.00
Thursday 1 August	Recess	Slinky Apples – red or green OR Snack Box (dried apricots, carrots, cheese, crackers and dip)	\$1.50 \$3.50
	Lunch	Homemade Lasagna	\$5.00
Friday 2 August	Recess	Hot Chocolate with Marshmallows with Low Fat Milk	\$2.50
	Lunch	Homemade Beef Nachos with Beef Sauce, Low Fat Cheese, Guacamole and Greek Yoghurt OR	\$5.00
		Sushi - Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 30 July	Allison Tran, Sharon Tivey
Wednesday 31 July	Nicola Linden-Smith, Nicole Bardsley
Thursday 1 August	Urania Tanoy, Dyanne Wayling
Friday 2 August	Louise Dauphinee, Tiffany Chiew