

TERM 3

TUCKSHOP MENU **Week 4** 5 August – 9 August 2013

Monday 5 August	Recess	Sausage McMuffin with BBQ Sauce	\$3.50
	Lunch	Sushi – Chicken, Beef or Vegetarian OR Homemade Pumpkin Soup with a Wholemeal Roll	\$3.00 \$3.50
Tuesday 6 August	Recess	Yoghurt Cup with Apple and Muesli	\$3.00
	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 7 August	Recess	Homemade Vanilla Choc Chip Muffin	\$3.00
	Lunch	Homemade Hot Lamb Roast on a Wholemeal Bun with Gravy	\$5.00
Thursday 8 August	Recess	Crustie – Baguette Bread with Vegemite or Jam	\$1.50
	Lunch	Homemade Penne Bolognese	\$5.00
Friday 9 August	Recess	Hot Chocolate with Marshmallows and Low Fat Milk	\$2.50
	Lunch	Beef Burger on a Wholemeal Bun with Grilled Onion, Low Fat Cheese & Tomato Sauce OR	\$4.50
		Sushi - Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 6 August	Noelle Clark, Andrea Schlaphoff, Vanessa Safieh
Wednesday 7 August	Robyn Meakins, Ann Howe
Thursday 8 August	Sarah Alden, Deirdre Barnes
Friday 9 August	Sarah Britt, Alison Jones

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TUCKSHOP MENU **Week 5** 12 August – 16 August 2013

Monday 12 August	Recess	Toasted Turkish Ham & Cheese Jaffle	\$3.50
	Lunch	Sushi – Tuna, Chicken or Vegetarian OR Homemade Pumpkin Soup with a Wholemeal Roll	\$3.00 \$3.50
Tuesday 13 August	Recess	Fruit Salad with Yoghurt	\$3.50
	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 14 August	Recess	Homemade Anzac Cookies (3)	\$3.00
	Lunch	Homemade Honey Soy Chicken Drumettes Served with Steamed Rice	\$5.00
Thursday 15 August	Recess	Slinky Apples – red or green OR Snack Box (dried apricots, carrots, cheese, crackers and dip)	\$1.50 \$3.50
	Lunch	Homemade Chicken Fried Rice	\$5.00
	Recess	Waffles with Maple Syrup and Banana	\$3.50
Friday 16 August	Lunch	Chicken Breast Oven Baked Burger on a Wholemeal Bun with Lettuce & Mayonnaise OR Sushi - Chicken	\$4.50 \$3.00

TUCKSHOP ROSTER

Tuesday 13 August	Kathy Tsakonas, Nicole Williams
Wednesday 14 August	Wendy Stanton, Dita Alafaci
Thursday 15 August	Junette Burke, Donna Lohmeyer
Friday 16 August	Karen Saupin, Kathy Burshtein