

TERM 3

TUCKSHOP MENU **Week 6** 19 August – 23 August 2013

Monday 19 August	Recess	Egg & Bacon on a Wholemeal English Muffin	\$3.50
	Lunch	Sushi – Chicken, Tuna or Vegetarian OR Homemade Pumpkin Soup with a Wholemeal Roll	\$3.00 \$3.50
Tuesday 20 August	Recess	Corn Cobs (2)	\$2.50
	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 21 August	Recess	Homemade Double Chocolate Muffin	\$3.00
	Lunch	Toasted Wrap with Chicken Breast & Low Fat Cheese Or Toasted Wrap with Lean Ham, Low Fat Cheese & Tomato	\$4.50 \$4.50
Thursday 22 August	Recess	Fruit Salad with Yoghurt	\$3.50
	Lunch	Homemade Penne Bolognese	\$5.00
Friday 23 August	Recess	Turkish Raisin Toast	\$2.50
	Lunch	Skinless Hot Dog on a Wholemeal Bun with Sauce OR	\$4.00
		Sushi - Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 20 August	Millie Haw, Beverley Walsh
Wednesday 21 August	Nikki Harmer, Charissa Gannon
Thursday 22 August	Jackie McGeechan, Heidi Lambert
Friday 23 August	Tania Purkis, Hailey Latham

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TUCKSHOP MENU **Week 7** 26 August – 30 August 2013

Monday 26 August	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 27 August	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 28 August	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 29 August	Recess	Banana Bread Slice	\$3.00
	Lunch	Homemade Butter Chicken served with Steamed Rice	\$5.00
Friday 30 August	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 27 August	Toni Roediger, Saima Aziz
Wednesday 28 August	Tara Rennie, Kim Rixom
Thursday 29 August	Teresa Lewis, Gillian Begg
Friday 30 August	Janet Santwire, Elizabeth Forgan, Mel Fotea