

TERM 3

TUCKSHOP MENU **Week 8** 2 September – 6 September 2013

Monday 2 September	Recess	Wholemeal English Muffin with Poached Egg & Low Fat Cheese	\$3.00
	Lunch	Sushi – Chicken, Tuna or Vegetarian OR Homemade Pumpkin Soup with a Wholemeal Roll	\$3.00 \$3.50
Tuesday 3 September	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 4 September	Recess	Homemade Anzac Cookies (3)	\$3.00
	Lunch	Mini Sausages with Potato Mash, Gravy and Peas	\$5.00
Thursday 5 September	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 6 September	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 2 September	Vanessa Safieh, Noelle Clark, Andrea Schlaphoff
Wednesday 3 September	Robyn Meakins, Anne Howe
Thursday 4 September	Urania Tanou, Dyanne Wayling
Friday 6 September	Cherryl Ellis, Tiffany Chiew

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TUCKSHOP MENU **Week 9** 9 September – 13 September 2013

Monday 9 September	Recess	Sausage McMuffin with BBQ Sauce	\$3.50
	Lunch	Sushi – Chicken, Prawn or Vegetarian OR Homemade Pumpkin Soup with a Wholemeal Roll	\$3.00 \$3.50
Tuesday 10 September	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 11 September	Recess	Homemade Vanilla Choc Chip Muffin	\$3.00
	Lunch	Homemade Hot Lamb Roast on a Wholemeal Bun with Gravy	\$5.00
Thursday 12 September	Recess	Crustie – Baguette Bread with Vegemite or Jam	\$1.50
	Lunch	Homemade Penne Bolognese	\$5.00
Friday 13 September	Recess	Hot Chocolate with Marshmallows with Low Fat Milk	\$2.50
		Pretzels	\$2.00
	Lunch	Beef Burger on a Wholemeal Bun with Grilled Onion, Low Fat Cheese and Tomato Sauce OR	\$4.50
		Sushi - Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 10 September	Kathy Tsakonas, Nicole Williams
Wednesday 11 September	Wendy Stanton, Dita Alafaci
Thursday 12 September	Catriona McKenzie, Sarah Alden
Friday 13 September	Alison Jones, Sarah Britt