

## TUCKSHOP MENU TERM 4

### Week 4 28 October – 1 November 2013

<b>Monday</b> 28 October	Recess	<b>Toasted Turkish Ham and Cheese Jaffle</b>	<b>\$3.50</b>
	Lunch	<b>Sushi – Chicken, Californian or Vegetarian</b>	<b>\$3.00</b>
<b>Tuesday</b> 29 October	Recess	<b>Slinky Apples – red or green</b> <b>OR</b> <b>Snack Box (dried apricots, carrots, cheese, crackers and dip)</b>	<b>\$1.50</b> <b>\$3.50</b>
	Lunch	<b>PIZZA DAY – Homemade Margherita (Napoli sauce and low fat mozzarella cheese)</b> <b>OR</b> <b>Supreme (Napoli sauce, mushroom, lean ham, salami and low fat mozzarella cheese)</b>	<b>\$5.00</b> <b>\$5.00</b>
<b>Wednesday</b> 30 October	Recess	<b>Homemade Double Choc Chip Muffin</b>	<b>\$3.00</b>
	Lunch	<b>Chicken Souvlaki Wrap with Lettuce, Tomato and Tzatziki Sauce</b>	<b>\$5.00</b>
<b>Thursday</b> 31 October	Recess	<b>Banana and Mango Smoothie with Low Fat Milk</b>	<b>\$3.00</b>
	Lunch	<b>Homemade Penne with Napoli Sauce and Meatballs</b>	<b>\$5.00</b>
<b>Friday</b> 1 November	Recess	<b>Jelly Cup with Yoghurt</b>	<b>\$3.00</b>
	Lunch	<b>Beef Burger on a Wholemeal Bun with Grilled Onion, Low Fat Cheese &amp; Tomato Sauce</b> <b>OR</b>	<b>\$5.00</b>
		<b>Sushi - Chicken</b>	<b>\$3.00</b>

## TUCKSHOP ROSTER

<b>Tuesday</b> 29 October	<b>Allison Tran, Sharon Tivey</b>
<b>Wednesday</b> 30 October	<b>Nicola Linden-Smith</b>
<b>Thursday</b> 31 October	<b>Teresa Lewis, Gillian Begg</b>
<b>Friday</b> 1 November	<b>Cheryl Ellis, Tiffany Chiew</b>

## TUCKSHOP MENU TERM 4

### Week 5 4 November – 8 November 2013

<b>Monday</b> 4 November	Recess	<b>Freshly Popped Popcorn</b>	<b>\$2.00</b>
	Lunch	<b>Sushi – Tuna, Chicken or Vegetarian</b>	<b>\$3.00</b>
<b>Tuesday</b> 5 November	Recess	<b>Strawberry Smoothie with Low Fat Milk</b>	<b>\$3.00</b>
	Lunch	<b>PIZZA DAY – Homemade Margherita (Napoli sauce and low fat mozzarella cheese) OR Hawaiian (Napoli sauce, lean ham, pineapple and low fat mozzarella cheese)</b>	<b>\$5.00 \$5.00</b>
<b>Wednesday</b> 6 November	Recess	<b>Homemade Anzac Cookies (3)</b>	<b>\$3.00</b>
	Lunch	<b>BLT Wrap with Lettuce, Tomato and Avocado</b>	<b>\$5.00</b>
<b>Thursday</b> 7 November	Recess	<b>Fruit Salad with a Scoop of Vanilla Ice Cream</b>	<b>\$3.50</b>
	Lunch	<b>Homemade Penne Bolognese</b>	<b>\$5.00</b>
<b>Friday</b> 8 November	Recess	<b>Watermelon Tub</b>	<b>\$3.00</b>
	Lunch	<b>Chicken Breast Oven Baked Burger on a Wholemeal Bun with Lettuce and Mayonnaise</b>	<b>\$5.00</b>
		<b>Sushi - Chicken</b>	<b>\$3.00</b>

## TUCKSHOP ROSTER

<b>Tuesday</b> 5 November	<b>Andrea Schlaphoff, Vanessa Safieh, Noelle Clark</b>
<b>Wednesday</b> 6 November	<b>Ann Howe, Robyn Meakins</b>
<b>Thursday</b> 7 November	<b>Dyanne Wayling, Urania Tanou</b>
<b>Friday</b> 8 November	<b>Alison Jones, Sarah Britt</b>