

TUCKSHOP MENU TERM 4

Week 6 11 November – 15 November 2013

Monday 11 November	Recess	Sausage McMuffin with BBQ Sauce	\$3.50
	Lunch	Sushi – Chicken, Californian or Vegetarian	\$3.00
Tuesday 12 November	Recess	Slinky Apples – red or green	\$1.50
		OR Snack Box (dried apricots, carrots, cheese, crackers and dip)	\$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)	\$5.00 \$5.00
Wednesday 13 November	Recess	Homemade Vanilla Choc Chip Muffin	\$3.00
	Lunch	Crunchy Fish Sub on a Wholemeal Bun with Tzatziki Sauce and Lettuce	\$5.00
Thursday 14 November	Recess	Fruit Salad with a Scoop of Vanilla Ice Cream	\$3.50
	Lunch	Homemade Butter Chicken served with Steamed Rice	\$5.00
Friday 15 November	Recess	Banana Bread Slice	\$3.00
	Lunch	Skinless Hot Dog on a Wholemeal Bun with Sauce OR	\$4.00
		Sushi - Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 12 November	Kathy Tsakonas, Nicole Williams
Wednesday 13 November	Dita Alifaci, Wendy Stanton
Thursday 14 November	Sarah Alden, Suzanne Rumi
Friday 15 November	Karen Saupin, Kathy Burshtein

TUCKSHOP MENU TERM 4

Week 5 18 November – 22 November 2013

Monday 18 November	Recess	Turkish Bread Ham and Cheese Jaffle	\$3.50
	Lunch	Sushi – Chicken, Prawn or Vegetarian	\$3.00
Tuesday 19 November	Recess	Jelly Cup with Watermelon and 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)	\$5.00 \$5.00
Wednesday 20 November	Recess	Homemade Anzac Cookies (3)	\$3.00
	Lunch	Honey Soy Drumettes served with Steamed Rice	\$5.00
Thursday 21 November	Recess	Freshly Popped Popcorn	\$2.00
	Lunch	Homemade Penne Bolognese	\$5.00
Friday 22 November	Recess	Banana Mango Smoothie with Low Fat Milk	\$3.50
	Lunch	PIE DAY Angus Beef Pie Chicken Pie Potato Pie Sausage Roll OR	\$4.00 \$4.00 \$4.00 \$3.50
		Sushi - Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 19 November	Millie Haw, Beverley Walsh
Wednesday 20 November	Charissa Gannon, Nikki Harmer
Thursday 21 November	Junette Burke, Sandra Palmer
Friday 22 November	Hailey Latham, Tania Purkis