

TUCKSHOP MENU TERM 1

Week 3 10 February 2014 – 14 February 2014

Monday 10 February	Recess	Cinnamon Turkish Toast	\$2.50
	Lunch	Sushi – Tuna, Beef or Vegetarian	\$3.00
Tuesday 11 February	Recess	Strawberry Smoothie with Low Fat Milk	\$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)	\$5.00 \$5.00
Wednesday 12 February	Recess	Homemade Vanilla Chocolate Chip Muffin	\$3.00
	Lunch	Chicken Caesar Wrap with Egg, Bacon and Croutons	\$5.50
Thursday 13 February	Recess	Crustie – Baguette Bread with Vegemite or Jam	\$1.50
	Lunch	Butter Chicken served with Steamed Rice	\$5.50
Friday 14 February	Recess	Fruit Salad with a Scoop of Ice Cream	\$3.50
	Lunch	Homemade Beef Nachos with Beef Sauce, Low Fat Cheese, Guacamole and Greek Yoghurt OR	\$5.50
		Sushi - Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 11 February	Kathy Tsakonas, Nicole Williams
Wednesday 12 February	Sing Sing Wan, Zaynab Saab
Thursday 13 February	Joann Hicks, Dyanne Wayling
Friday 14 February	Tiffany Chiew, Cherryl Ellis

TUCKSHOP MENU TERM 1

Week 4 17 February 2014 – 21 February 2014

Monday 17 February	Recess	Ham and Cheese Turkish Bread Jaffle	\$3.50
	Lunch	Sushi – Chicken, Californian or Vegetarian	\$3.00
Tuesday 18 February	Recess	Slinky Apples – red or green OR Snack Box (carrots, apple, cheese, crackers & dip)	\$1.50 \$3.50
	Lunch	PIZZA DAY – Homemade Margherita (Napoli sauce and low fat mozzarella cheese)	\$5.00
		OR Supreme (Napoli sauce, mushroom, lean ham, salami & low fat mozzarella cheese)	\$5.00
Wednesday 19 February	Recess	Homemade Vanilla Chocolate Pancakes with Maple Syrup and a Scoop of Vanilla Ice Cream	\$3.50
	Lunch	Homemade Roast Lamb Wrap with Gravy	\$5.50
Thursday 20 February	Recess	Banana and Mango Smoothie with Low Fat Milk	\$3.00
	Lunch	Homemade Penne with Napoli Sauce and Meatballs	\$5.50
Friday 21 February	Recess	Jelly Cup with a Scoop of Vanilla Ice Cream	\$3.00
	Lunch	Beef Burger on a Wholemeal Bun with Grilled Onion, Low Fat Cheese & Tomato Sauce OR	\$5.50
		Sushi - Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 18 February	Dita Alafaci, Teresa Lewis
Wednesday 19 February	Susie Gleeson-Byrne, Tara Rennie
Thursday 20 February	Fiona Moore, Kate Macdessi
Friday 21 February	Kathy Burshtein, Karen Saupin