

## TUCKSHOP MENU TERM 3

### Week 4 4 August 2014 – 8 August 2014

<b>Monday</b> 4 August	Recess	<b>Raisin Toast</b>	<b>\$2.50</b>
	Lunch	<b>Sushi – Chicken, Beef or Vegetarian</b>	<b>\$3.00</b>
		<b>Homemade Pumpkin Soup with a Roll</b>	<b>\$3.50</b>
<b>Tuesday</b> 5 August	Recess	<b>Slinky Apples – red or green</b> <b>OR</b>	<b>\$1.50</b>
		<b>Snack Box (carrots, apple, cheese, crackers and dip)</b>	<b>\$3.50</b>
	Lunch	<b>PIZZA DAY – Homemade Margherita (Napoli sauce and low fat mozzarella cheese)</b>	<b>\$5.00</b>
		<b>Hawaiian (Napoli sauce, lean ham, pineapple and low fat mozzarella cheese)</b>	<b>\$5.00</b>
<b>Wednesday</b> 6 August	Recess	<b>Homemade Anzac Cookies (3)</b>	<b>\$3.00</b>
	Lunch	<b>Homemade Roast Lamb Wrap with Gravy</b>	<b>\$5.50</b>
<b>Thursday</b> 7 August	Recess	<b>Fruit Salad with a Scoop of Vanilla Ice Cream</b>	<b>\$3.50</b>
	Lunch	<b>Homemade Penne Bolognese</b>	<b>\$5.50</b>
<b>Friday</b> 8 August	Recess	<b>Homemade Cheese and Ham Scroll</b>	<b>\$2.00</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> 5 August	<b>Noelle Clark, Vanessa Safieh</b>
<b>Wednesday</b> 6 August	<b>Claudia Celona, Zaynab Saab</b>
<b>Thursday</b> 7 August	<b>Heidi Lambert, Jacki McGeechan</b>
<b>Friday</b> 8 August	<b>Alison Jones, Samantha Wadland</b>

## TUCKSHOP MENU TERM 3

### Week 5 11 August 2014 – 15 August 2014

<b>Monday</b> 11 August	Recess	<b>Corn Cobs (2)</b>	<b>\$2.50</b>
	Lunch	<b>Sushi – Tuna, Chicken or Vegetarian</b>	<b>\$3.00</b>
		<b>Homemade Pumpkin Soup with a Roll</b>	<b>\$3.50</b>
<b>Tuesday</b> 12 August	Recess	<b>Strawberry &amp; Banana Smoothie with Low Fat Milk</b>	<b>\$3.00</b>
	Lunch	<b>PIZZA DAY – Homemade Margherita (Napoli sauce and low fat mozzarella cheese)</b>	<b>\$5.00</b>
		<b>Supreme (Napoli sauce, mushroom, lean ham, salami &amp; low fat mozzarella cheese)</b>	<b>\$5.00</b>
<b>Wednesday</b> 13 August	Recess	<b>Homemade Choc Chip Muffins</b>	<b>\$3.00</b>
	Lunch	<b>Crunchy Fish Sub on a Wholemeal Bun with Tzatziki and Lettuce</b>	<b>\$5.50</b>
<b>Thursday</b> 14 August	Recess	<b>Banana Bread Slice</b>	<b>\$3.00</b>
	Lunch	<b>Homemade Butter Chicken served with Steamed Rice</b>	<b>\$5.50</b>
<b>Friday</b> 15 August	Recess	<b>Freshly Popped Popcorn</b>	<b>\$2.50</b>
	Lunch	<b>Beef Nachos with Guacamole, Low Fat Cheese and Greek Yoghurt</b>	<b>\$5.50</b>
		<b>OR</b> <b>Sushi – Chicken</b>	<b>\$3.00</b>

## TUCKSHOP ROSTER

<b>Tuesday</b> 12 August	<b>Kathy Tsakonas, Nicole Williams</b>
<b>Wednesday</b> 13 August	<b>Nikki Harmer, Rachel Eagleton</b>
<b>Thursday</b> 14 August	<b>Joanne Hicks, Dyanne Wayling</b>
<b>Friday</b> 15 August	<b>Kathy Burshtein, Karen Saupin</b>