

TUCKSHOP MENU TERM 3

Week 8 1 September 2014 – 5 September 2014

Monday 1 September	Recess	Ham and Cheese Toasted English Muffin	\$3.50
	Lunch	Sushi – Tuna, Beef or Vegetarian	\$3.00
		Homemade Pumpkin Soup with a Roll	\$3.50
Tuesday 2 September	Recess	Mango & Banana Smoothie with Low Fat Milk	\$3.00
	Lunch	PIZZA DAY – Homemade Margherita (Napoli sauce and low fat mozzarella cheese)	\$5.00
		Supreme (Napoli sauce, mushroom, lean ham, salami & low fat mozzarella cheese)	\$5.00
Wednesday 3 September	Recess	Homemade Choc Chip Pancakes with Maple Syrup and a Scoop of Vanilla Ice Cream	\$3.50
	Lunch	Honey Soy Drumettes served with Steamed Rice	\$5.50
Thursday 4 September	Recess	Crustie – Baguette Bread with Vegemite or Jam	\$1.50
	Lunch	Penne with Homemade Meatballs in a Napoletana Sauce	\$5.50
Friday 5 September	Recess	Homemade Ham and Cheese Scroll	\$2.00
	Lunch	Beef Nachos with Guacamole, Low Fat Cheese and Greek Yoghurt OR	\$5.50
		Sushi - Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 2 September	Noelle Clark, Vanessa Safieh
Wednesday 3 September	Robyn Meakins, Anne Howe
Thursday 4 September	Heidi Lambert, Jacki McGeechan
Friday 5 September	Vicki Ampoulos, Leisa Hayward

TUCKSHOP MENU TERM 3

Week 9 8 September 2014 – 12 September 2014

Monday 8 September	Recess	Raisin Toast	\$2.50
	Lunch	Sushi – Chicken, Beef or Vegetarian	\$3.00
		Homemade Pumpkin Soup with a Roll	\$3.50
Tuesday 9 September	Recess	Slinky Apples – red or green	\$1.50
		OR	
	Lunch	Snack Box (carrots, apple, cheese, crackers and dip)	\$3.50
		PIZZA DAY – Homemade Margherita (Napoli sauce and low fat mozzarella cheese)	\$5.00
		Hawaiian (Napoli sauce, lean ham, pineapple and low fat mozzarella cheese)	\$5.00
Wednesday 10 September	Recess	Homemade Anzac Cookies (3)	\$3.00
	Lunch	Homemade Roast Lamb Wrap with Gravy	\$5.50
Thursday 11 September	Recess	DONUT DAY – Pink or Chocolate	\$2.50
	Lunch	Homemade Penne Bolognese	\$5.50
Friday 12 September	Recess	Homemade Cheese and Ham Scroll	\$2.00
	Lunch	Beef Burger on a Wholemeal Bun with Grilled Onion, Low Fat Cheese & Tomato Sauce	\$5.00
		Sushi – Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 9 September	Nicole Williams, Kathy Tsakonas
Wednesday 10 September	Sing Sing Wan, Charissa Gammon
Thursday 11 September	Joanne Hicks, Dyanne Wayling, Debra Zappacosta
Friday 12 September	Cheryl Ellis, Marie Martin