

TUCKSHOP MENU TERM 4

Week 3 20 October 2014 – 24 October 2014

Monday 20 October	Recess	Cinnamon Turkish Toast	\$2.50
	Lunch	Sushi – Tuna, Beef or Vegetarian	\$3.00
Tuesday 21 October	Recess	Blueberry & Banana Smoothie with Low Fat Milk	\$3.00
	Lunch	PIZZA DAY – Homemade Margherita (Napoli sauce and low fat mozzarella cheese)	\$5.00
		Hawaiian (Napoli sauce, lean ham, pineapple & low fat mozzarella cheese)	\$5.00
Wednesday 22 October	Recess	Homemade Vanilla Choc Chip Muffin	\$3.00
	Lunch	Chicken Caesar Wrap with Egg, Bacon and Croutons	\$5.50
Thursday 23 October	Recess	Crustie Baguette Bread with Vegemite or Jam	\$1.50
	Lunch	Butter Chicken served with Steamed Rice	\$5.50
Friday 24 October	Recess	Fruit Salad with a Scoop of Ice Cream	\$3.50
	Lunch	Homemade Beef Nachos with Beef Sauce, Low Fat Cheese, Guacamole & Greek Yoghurt OR	\$5.50
		Sushie – Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 21 October	Tania Purkis, Hailey Latham
Wednesday 22 October	Saima Aziz, Julie Varcoe
Thursday 23 October	Hanade Beydoun, Telma Tollemache
Friday 24 October	Karen Hailwood, Catriona McKenzie

TUCKSHOP MENU TERM 4

Week 4 27 October 2014 – 31 October 2014

Monday 27 October	Recess	Homemade Cheese and Vegemite Scroll	\$2.00
	Lunch	Sushi – Chicken, Californian or Vegetarian	\$3.00
Tuesday 28 October	Recess	Slinky Apples – red or green	\$1.50
		OR Snack Box (carrots, apple, cheese, crackers and dip)	\$3.50
	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 29 October	Recess	Homemade Chocolate Chip Pancakes with Maple Syrup and a Scoop of Vanilla Ice Cream	\$3.50
	Lunch	Beef Ravioli with Napoli Sauce	\$5.50
Thursday 30 October	Recess	Banana and Mango Smoothie with Low Fat Milk	\$3.00
	Lunch	Homemade Penne with Napoli Sauce and Meatballs	\$5.50
Friday 31 October	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	\$5.00
		OR Sushi – Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 28 October	Martha McCall, Monica Ikladios
Wednesday 29 October	Bridget Austin, Millie Haw
Thursday 30 October	Gillian Begg, Janie Guy
Friday 31 October	Tamara Yap, Rhonda Liu-Barry