

TUCKSHOP MENU TERM 4

Week 5 3 NOVEMBER 2014 – 7 November 2014

Monday 3 November	Recess	Banana Bread	\$3.00
	Lunch	Sushi – Tuna, Chicken or Vegetarian	\$3.00
Tuesday 4 November	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 5 November	Recess	Homemade Anzac Cookies (3)	\$3.00
	Lunch	BLT Wrap with Bacon, Lettuce, Tomato and Avocado	\$5.50
Thursday 6 November	Recess	Fruit Salad with a Scoop of Vanilla Ice Cream	\$3.50
	Lunch	Homemade Penne Bolognese	\$5.50
Friday 7 November	Recess	Watermelon Tub	\$3.00
	Lunch	Homemade Beef Nachos with Beef Sauce, Low Fat Cheese, Guacamole & Greek Yoghurt OR	\$5.50
		Sushi – Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 4 November	Vanessa Safieh, Noelle Clark
Wednesday 5 November	Anne Howe, Robyn Meakins
Thursday 6 November	Sarah Alden, Sandy Palmer
Friday 7 November	Sara Carlisle, Brigitte Iacus-Pisco

TUCKSHOP MENU TERM 4

Week 6 10 November 2014 – 11 November 2014

Monday 10 November	Recess	Freshly Popped Popcorn	\$2.50
	Lunch	Sushi – Chicken, Californian or Vegetarian	\$3.00
Tuesday 11 November	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
		Hawaiian (Napoli sauce, lean ham, pineapple & low fat mozzarella cheese)	\$5.00
Wednesday 12 November	Recess	Homemade Vanilla Chocolate Chip Muffin	\$3.00
	Lunch	Toasted Wraps – Ham, Tomato and Low Fat Cheese	\$5.00
		OR Chicken and Low Fat Cheese	\$5.00
Thursday 13 November	Recess	Fruit Salad with a Scoop of Ice Cream	\$3.50
	Lunch	Homemade Butter Chicken served with Steamed Rice	\$5.50
Friday 14 November	Recess	Banana Bread Slice	\$3.00
	Lunch	Skinless Hot Dog on a Wholemeal Bun with Sauce	\$4.00
		OR Sushi – Chicken	\$3.00

TUCKSHOP ROSTER

Tuesday 11 November	Kathy Tsakonas, Nicole Williams
Wednesday 12 November	Sing Sing Wan, Charissa Gannon
Thursday 13 November	Dyanne Wayling, Joanne Hicks
Friday 14 November	Cherryl Ellis, Alison Jones