

# MOTHER OF GOOD COUNSEL MENU TERM 1 2017

## How to Order

All mains, salads, sandwiches and sausage rolls have to be pre-ordered. The easiest way to order is online at [www.flexischools.com.au](http://www.flexischools.com.au) or clearly write your order, child's name and class on a paperbag with payment and drop into the Tuckshop bin before by **8.30am**. Please use separate bags for 1st and 2nd breaks.

## 1ST BREAK

**Monday** Small.....\$3.00  
Large.....\$5.00

Crispy Chicken Wrap with cheese and lettuce and sweet chilli sauce or garlic mayo

**Wednesday** \$2.50 each

Sushi  
Tuna and cucumber,  
Chicken Mayo and salad

**Friday** Small.....\$3.00  
Large.....\$5.00

Pizza - Hawaiian, BBQ Beef or Vegetarian

All meals made fresh each day.

## 1ST AND 2ND BREAK

**Sandwiches** Wholemeal bread and unsalted butter (white or gluten free bread available on request)

Vegemite	\$2.00
Cheese	\$2.00
Vegemite and cheese	\$2.50
Egg mayonnaise and lettuce	\$3.00
Ham/chicken/tuna	\$3.00

Add salad or cheese	\$0.50
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**Toasted please add 50 cents**

Homemade sausage roll	\$2.50
Portion of Tomato/soy sauce	\$0.20

## Salads (with homemade dressing)

Garden salad	\$3.50
Lettuce, Tomato, Cucumber, Carrot	

Add Chicken/Ham/Tuna/Egg/Cheese	\$1.00
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Weekly Salad specials (see Tuckshop Noticeboard)	\$6.00
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**Lunch bags**—Bundles of 20 available

## SNACKS

Pop corn .....	\$0.50
Bega cheese stick.....	\$1.00
Homebaked Sweet Treat (Muffin or biscuit).....	\$1.00
Gluten free muffin.....	\$1.50
Boiled egg.....	\$1.00

Snaps (rice chips) -  
Assorted flavours.....\$1.50  
Pretzels.....\$1.00

## Fruit

Apple slinky.....	\$1.00
Fruit Kebab with marshmallow.....	\$1.50

## Drinks and Frozies

Milk in cup .....	\$0.50
Water 600ml.....	\$1.50
Apple or orange juice.....	\$2.00
Milk with Milo (200ml).....	\$1.50
Chocolate /strawberry milk.....	\$2.50
Frozen Juice or Milo cup.....	\$0.50
Slushie 100% Fruit.....	\$2.00

AFTERNOON BREAK ONLY  
Garlic Bread .....

	\$1.50
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**Everything on the menu is made fresh in the Tuckshop. Volunteers are always needed and very much appreciated.**

# MOGC Make Outstandingly Good Choices