

MOTHER OF GOOD COUNSEL MENU TERM 4 2016

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 or clearly write your order, child's name and class on a paperbag with payment and drop into the Tuckshop bin before the bell by **8.30am**.

Please use separate bags for 1st and 2nd breaks.

1ST BREAK

Monday Large \$5.00 Small \$3.00

Crispy Chicken Wrap with Sweet chill sauce or Garlic Mayo

Wednesday \$2.50 each

Sushi rolls
Chicken, Mayo and salad or
Tuna Mayo and cucumber

Friday Large \$5.00 Small \$3.00

Homemade Pizza, Meatlovers,
Hawaiian, Vegetarian

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

Toasted please add 50cents

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

Salads (with homemade dressing)

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

Add Chicken/Ham/Tuna/Egg/Cheese \$0.50

Weekly Salad specials
(see Tuckshop Noticeboard) \$5.50

Lunch bags—Bundles of 20 available from tuckshop \$1.00

SNACKS

Pop corn\$0.50

Homebaked Sweet Treat
(Muffin or biscuit).....\$1.00
Gluten free muffin.....\$1.50

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

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

MOGC Make Outstandingly Good Choices

