

MOTHER OF GOOD COUNSEL MENU TERM 2 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

All meals Small.....\$3.00
Large.....\$5.00

Monday

Chicken Noodle Box

Wednesday (GF)

Whole Sushi Rolls.
Tuna mayo and cucumber,
Chicken ,mayo and salad.

Friday

Pizza—BBQ Beef, Hawaiian or
Vegetarian.

1ST AND 2ND BREAK

Sandwiches Wholemeal bread and un-salted 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

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

