

MOTHER OF GOOD COUNSEL MENU TERM 4 2015

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.....\$2.50
Large.....\$5.00

Monday

Cheese burger with coleslaw

Wednesday (GF)

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

Friday

Nachos- homemade meat sauce topped

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
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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
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Weekly Salad specials (see Tuckshop Noticeboard)	\$5.50
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Lunch bags—Bundles of 20 available from tuckshop \$1.00

SNACKS

Pop corn	\$0.50
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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
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Fruit Kebab with marshmallow.....	\$1.50
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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.....	\$2.00
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

with sour cream, cheese and salsa.

