

# MOTHER OF GOOD COUNSEL MENU TERM 1 2018

## 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 the bell by **8.30am**.

Use separate bags for each break.

## 1ST BREAK

**Large \$5.00 Small \$3.00**

### Tuesday

**Crumbed Chicken Wrap  
With Sweet chilli or Aoli**

### Wednesday

**Sushi Rolls**  
Chicken and Salad or Tuna Cucumber

### Thursday

**Penne Bolognese with Cheese**

### Friday

**Pizza-**  
**Meat lovers**  
**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 \$1

Weekly Salad specials and full menu items refer to flexischool website

**Now open 4 days  
Tuesday to Friday**

**Lunch bags**—Bundles of 20 available

## SNACKS

Pop corn .....\$0.50

Homebaked Sweet Treat (Muffin or biscuit).....	\$1.00
Gluten free muffin.....	\$1.50
Snackpack.....Cheese/Crackers and/Apple Slices.....	\$2.00
Crackers-Assorted types.....	\$1.00
Pretzels.....	\$1.00
Yoghurt pots.....	\$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 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**