

MOTHER OF GOOD COUNSEL MENU TERM 1 2020

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 paper bag with payment and drop into the Tuckshop bin before the bell by **8.30am**.

Use separate bags for each break.

MAIN MEALS 1ST BREAK ONLY

\$ 5 EACH

TUESDAY

TOMATO AND BACON SPAGHETTI

WEDNESDAY

SUSHI WITH CHICKEN SALAD
MAYO OR TUNA CUCUMBER

THURSDAY

CHICKEN/CHEESE SALAD
BURGERS

FRIDAY

PIZZA - HOMEMADE BASES
HAWAIIAN/BEEF & ONION

1ST AND 2ND BREAK

Sandwiches ALL MADE WITH WHOLEMEAL BREAD white and gluten free 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 AVAILABLE ADD \$0.50

Homemade sausage roll	\$3.50
Portion of Tomato ,	\$0.20

Salads (with homemade dressing)

Garden salad	\$4.00
Lettuce, Tomato, Cucumber, Carrot	

Add Chicken/Ham/Tuna/Egg/Cheese
from \$1 –00

Weekly Salad specials and full menu items refer to flexischools website

**Now open 4 days
Tuesday to Friday**

SNACKS

Pop corn.....	\$1.00...
Grain waves.....	\$1.00
Homebaked Sweet Treat (Muffin or biscuit).....	\$1.50
Gluten free muffin.....	\$2.00
Pretzels.....	\$1.00

Fruit

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

COLD ITEMS

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.....	\$2.50

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

MOGC Make Outstandingly Good Choices