

MOTHER OF GOOD COUNSEL MENU TERM 4 2023

How to Order

REGISTER WITH FLEXISCHOOLS FOR AN EASY WAY TO ORDER

www.flexischools.com.au

OR WRITE ON A PAPER BAG AND PLACE IN

Tuckshop TUB before **8.30am.**

Use separate bags for each break.

MAIN MEALS 1ST BREAK ONLY

WEDNESDAY

SUSHI – CHICKEN SALAD -
TUNA CUCUMBER –MAYO

\$3 FOR ONE OR TWO FOR \$6

THURSDAY– BUTTER CHICKEN &
RICE \$6 50

FRIDAY

BEEF BURRITO WRAP \$ 6 50

1ST AND 2ND BREAK

SANDWICHES

VEGEMITE	\$2.00
CHEESE	\$2.50
VEGEMITE CHEESE	\$3.00
EGG,MAYO,LETTUCE	\$3.50
HAM/CHICKEN/CHEESE	\$3.00

ADD CHEESE OR SALAD \$1.00

TOASTED AVAILABLE ADD ...\$0.50

HOMEMADE SAUSAGE ROLL	\$4.00
PORTION TOMATO SAUCE	\$0.40

SALAD /DRESSING

GARDEN SALAD	\$6.00
Lettuce, Tomato, Cucumber, Carrot	

ADD CHEESE, EGG, HAM	
CHICKEN TUNA	\$2.00

FOR A FULL LIST OF MENU ITEMS
PLEASE CHECK FLEXISCHOOLS

**Now open 4 days
Tuesday to Friday**

SNACKS

POPCORN.....	\$1.00
GRAINWAVES.....	\$1.00
HOMEMADE BAKING.....	\$2.00
GLUTEN FREE MUFFIN.....	\$2.50
PRETZELS.....	\$1.00

YOGHURT.....\$1.50

Fruit

APPLE SLINKY.....\$1.50

DRINKS

MILK IN A CUP.....,\$1.00

WATER 600M.....	\$1.50
APPLE OR ORANGE JUICE.....	\$2,50
CHOCOLATE MILK.....	\$2.50
FROZEN JUICE	\$1.00

**WE OFFER A FRESH , HEALTHY
NUTRITIOUS MENU MAKING
EVRYTHING ON THE DAY**

MOGC Make Outstandingly Good Choices