

## Volunteers Needed

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The Tuckshop can not operate with out our wonderful volunteer pool of TUCKSHOP CHAMPIONS. Please join us for some fun in the kitchen! Simply call us or email the tuckshop to find out more.....

Our preferred ordering system is Flexischools.

[www.flexischools.com.au](http://www.flexischools.com.au)

Click "register now" to create your account. Top up your balance online and then you can start ordering.

**Paper bag system also available.** Write your child's name, class and what they would like to order on the outside and place the money inside, please don't staple or sticky tape bags. Keeping 1st & 2nd break separate.

## Tuckshop Convener

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Renee

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Phone: 0411 523 969  
E-mail:  
[www.renee.schafer@bne.catholic.edu.au](mailto:www.renee.schafer@bne.catholic.edu.au)

Tuckshop Operates On:  
Thursday & Friday  
All Day - 1st & 2nd Breaks.

**SUSHI PRE-ORDER**  
Orders cut off 1:30pm the Thursday prior. If using paper bags, send the order in on Thursday clearly marked "Sushi Friday"

### SMART CHOICES

Green \*Have Plenty  
Amber \*Select Carefully  
Red \*Occasionally

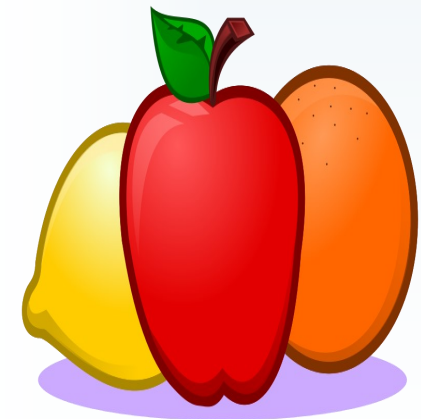
**No Variations will be made to the menu.**

# Tuckshop Menu

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St Rita's Primary School

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## Sandwiches/Wraps

Ham & Cheese*	\$4.00
Ham or Chicken*	\$4.00
Ham or Chicken & Salad	\$5.00
Chicken, Lettuce & Aioli*	\$4.50
Egg & Lettuce*	\$3.00
Vegemite*	\$2.00

## Toasties

Cheese*	\$3.50
Ham or Chicken & Cheese...*	\$4.50

## Salad & Fruits - In Cont.\*\*

Chooses French or Caesar Dressing	
Salad	\$2.00
Ham, Chicken or Egg Salad	\$3.50
Fruit Salad	\$2.00
With Vanilla Yoghurt*	\$2.50
Watermelon.....200ml	\$1.00

All salads are lettuce, tomato, carrot, beetroot & cucumber.

## Drinks

Milk*.....250ml	\$2.00
(Choc, Straw & Vanilla)	
Fruit Juice*.....250ml	\$1.50
(apple,tropical,apple & blackcurrent )	
Crazy Lemon*.....200ml	\$2.00
Chill Iced Tea*.....250ml	\$2.00
(Raspberry, Lemon & Peach )	
Water*.....600ml	\$1.40

## Hot Food

Cheeseburger*	\$4.50
(Beef Pattie, Cheese, Pickles & Tomato Sauce)	
Hawaiian Chicken Burger*	\$4.50
(Chicken Breast, Lettuce & Aioli, Pineapple opt.)	
Chicken Tender Wrap*	\$4.00
(w/ lettuce and Aioli)	
Lasagne*	\$3.50
Macaroni and Cheese*	\$3.50
(homemade)	
Corn on the Cob*	\$0.80
(With Butter)	
Garlic Bread*	\$1.50
Mini Meat Pie*	\$1.20
Sausage Roll*	\$2.60
Chicken Nuggets* (6)	\$3.00
Tomato, BBQ Sauce, Mayo*	\$0.30

## \*\*Taco Thursdays Only\*\*

2 x Mini Soft Shell Bogs, Mince,  
Lettuce, Cheese, Tomato & Sour Cream.

**\$4.00**

## \*\*Sushi Fridays\*\*

PRE-ORDER for FRIDAY ONLY

All Sushi	\$3.00
Soy Sauce	\$0.30
Vegetable Tempura	
Chicken and Avo	
Teriyaki Chicken	
California	
Avocado	
Tuna or Tuna & Avo	

## Snacks

Vita-Wheat*(2) (vegemite or cheese)	\$0.50
Snack Pack* (carrot, cucumber & celery sticks w/ Tzaziki or Salsa Dip)	\$2.00
Hard Boiled Egg* (not in shell)	\$0.60
Slinky Apple (Red/Green)*	\$1.00
Frozen Fruit* (Varies between Grapes, Mango & Blueberry)	\$1.00
Muffins* (Raspberry or Blueberry)	\$1.40
Banana Bread*	\$2.20
Anzac Cookie (Homemade)	\$0.80
Pikelets*.....homemade x2 (may contain traces of fruit)	\$0.60
Popcorn*.....(Plain)	\$1.50
Red Rock Chips* (Sea Salt, Honey Soy Chicken)	\$2.00
Messy Monkey Chips* (Burger or Cheese)	\$1.00

## Ice Creams

Frozen Greek Yoghurt* (Straw/Vanilla, Choc/Vanilla & Watermelon/ Mango)	\$2.50
Rainbow Paddle Pop*	\$1.50
Ice Cream Cones* (Term 1 & 4 Only)	\$0.60
Lemonade Twist*	\$1.10
Quelch*	\$0.50
Mini Callippo*	\$1.00
Slushy 99% Fruit Juice*	
- Small - 100ml	\$1.00
- Big - 200ml	\$1.50
Zing*	\$0.30

# TUCKSHOP VOLUNTEERS NEEDED

If you've been looking for a way to meet other mums and dads at school, or seeing the excitement from your children when you help out around the school, we have the perfect opportunity!

Tuckshop is looking for volunteers who are willing to give approx.3 hours a month (or more if you want) to help prepare food and serve the students during break times.

Whether you are a mum, dad, grandma or grandpa, all are welcome. If you would like to volunteer with friends please just let me know and we can make it happen. Please complete the form below, send it to the office and I will send you the details.

Ideally, we would like 2 people for Thursday 1<sup>st</sup> Break and 1 for 2<sup>nd</sup> Break, Friday 3 people for 1<sup>st</sup> Break and min. 1 person for 2<sup>nd</sup> Break.

2<sup>ND</sup> Break starts at 12:00pm

NAME.....

MOBILE.....

OLDEST CHILD NAME.....CLASS.....

PLEASE TICK AVAILABILITY

DAY	WEEKLY	F/NIGHTLY	MONTHLY
Thursday 1 <sup>st</sup>			
Thursday 2 <sup>nd</sup>			
Friday 1 <sup>st</sup>			
Friday 2 <sup>nd</sup>			

Thank you for your willingness to help, without our friendly volunteers there would be no tuckshop for our children. If you have any questions or queries please do not hesitate to contact our Tuckshop Convenor

Renee Schafer on 0411 523 969 or

email; [renee.schafer@bne.catholic.edu.au](mailto:renee.schafer@bne.catholic.edu.au)