



Our Lady of Lourdes Primary

5 Canyon Road,
Baulkham Hills South
Telephone: 8841 3700

Email: ololbhills@parra.catholic.edu.au
www.ololbhills.parra.catholic.edu.au

Term 4 Week 1

18th October, 2019

2019 Dates to Remember

October

Saturday 19th

6pm Enrolment mass for
First Holy Communion

Sunday 20th

9.30am Enrolment mass for
First Holy Communion

Monday 21st

11.40am to 12.30pm
Year 6 Science Exhibition

Tuesday 22nd

Kindy to Year 2
PBL Introduction

Wednesday 23rd

7pm Parent Information
Evening Kindergarten 2020

Friday 25th

Year 3 Excursion to Lane
Cove National Park

Monday 28th

Kindy—6 Musica Viva

Tuesday 29th

7pm Year 5 & 6 Personal
Development Parent
Evening

Wednesday 30th

Year 5 & 6 Basketball Gala
Day

Thursday 31st

9.30-11am
Kindy 2020 Orientation
11.45am
Band Demonstration Yr 2-5

November

Sunday 17th

9.30am Family/Parish Mass

This Sunday is the 29th in Ordinary Time- Year C

The Gospel reading for this Sunday is from Luke 18: 1-8

Jesus told his disciples a parable about the need to pray continually and never lose heart. 'There was a judge in a certain town' he said 'who had neither fear of God nor respect for man. In the same town there was a widow who kept on coming to him and saying, "I want justice from you against my enemy!" For a long time he refused, but at last he said to himself, "Maybe I have neither fear of God nor respect for man, but since she keeps pestering me I must give this widow her just rights, or she will persist in coming and worry me to death."'

And the Lord said, 'You notice what the unjust judge has to say? Now will not God see justice done to his chosen who cry to him day and night even when he delays to help them? I promise you, he will see justice done to them, and done speedily. But when the Son of Man comes, will he find any faith on earth?'

(Ref: Liturgyhelp.com)



Enrolment For First Holy Communion

Enrolment Masses for First Holy Communion will be held on Saturday the 19th October at 6:00pm and Sunday 20th October at 9:30am.

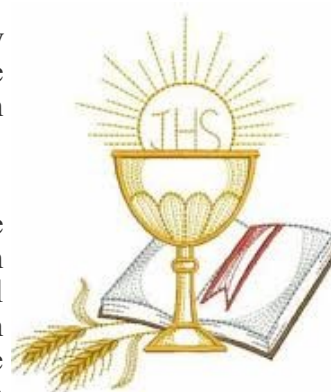
The Sacrament of First Eucharist

The Sacrament of First Eucharist will be celebrated at Our Lady of Lourdes Church over two weekends. The first celebration will be on Saturday 23rd November at 6:00pm and Sunday 24th November at 9:30am. The second celebration will be on Saturday 30th November at 6:00pm and Sunday 1st December at 9:30am.

Congratulations to all students, especially Year 3, who will receive the Eucharist for the first time. Please keep these students and their families in your prayers.

Year 3 Family/Parish Mass

Our Family/Parish Mass for Term 4 will be celebrated on Sunday, 17th November, at 9:30am. All families, especially Year 3, are welcome. Mass will be followed by morning tea in the Parish House.



School News

Welcome Back

Welcome back to school to all our families. We hope you had an enjoyable break.



Golden Jubilee

Thank you to all families who were able to attend the Parish Golden Jubilee last weekend. It was wonderful to see so many families present at the masses and lunch. Thank you also to the students who took part in the Mass.

Holiday Work

During the holidays we had a new bottom playground Colourbond fence installed to replace the damaged one.

Hair

We ask that parents please remember our school uniform policy regarding hair styles. Hair should be neat without any cosmetic colouring. Multi layered haircuts and undercuts are also not acceptable.

World Teacher's Day

The teachers would like to thank the P&F and in particular Mrs Keli for organising a beautiful lunch for World Teacher's Day last Monday. The lunch was very much appreciated as were the gifts the teachers received.

Year 6 Science Exhibition

Monday, 21st October at 11.40a.m to 12.30pm in the Open Learning Area.

In Science and Technology last term, Year 6 completed the unit, 'Matter Madness', which is from the strand, 'Material World'. Throughout this unit of work the students identified and observed properties of solids, liquids and gases. They also experimented and viewed the changes made to materials and reported these changes as reversible or irreversible. The students will present and explain their findings during the '**Science Exhibition**' next Monday, 21st October. **Parents are welcome to attend.**

School Fees

Families with overdue school fees accounts, could you please finalise your account as soon as possible.

Photographs taken at school

From time to time photographs may be taken of your child when they are at school. These photos may be used in the school newsletter and the school website. They also may be used by the Catholic Education Parramatta Diocese in publication or website. Please be aware if you do not wish your child's photo to be taken or published please notify the school office in writing. Please be aware when taking photos at school only photograph your own child.

Lost property

Parents please ensure all items of clothing are clearly labeled with your child's name, we have a number of items in lost property. Please see the office to collect.

Sports Jacket: sizes 4, 6 and 10. School jacket: size 8 and a boy's tie.

Congratulations

Congratulations to the Chiha family on the birth of a baby boy. A brother for Ava (KO), Emily (2P) and Selena(3Y)



Plastic Bottle Tops

At OLOL we will be collecting plastic bottle tops to help the environment and children in need across under-serviced countries. Plastic bottle tops are the second biggest polluter in our oceans and rivers. Unfortunately, they create micro plastic that pollute our beaches and are eaten by marine animals, birds and fish.

Envision Hands, is a project that collects plastic recyclable waste destined for landfills and turn it into filament for 3D printers, then making hands for kids. Along with making hand for kids, they also use bottle tops and recycle them into : mobility aids, portable disability ramps, disability aids, STEM training tools and aged care gadgets.



So how can we help ? Instead of throwing out your plastics bottle tops, you can bring them into school and put them into the box located in the library, were they will be sent off to *Envision Hands*. You can either bring in the bottle tops from home or when you buy a drink at the canteen.

Thank you so much for supporting this cause.
Charley Tacey and the Social Justice Committee

Sports News

Missing Jerseys

There are many of our white sport jerseys missing! If your child has represented the school this year in any sporting events and has not returned their white Our Lady of Lourdes jersey, could you please return it to Miss Scott as soon as possible.

Touch Football Gala Day

On the last day of Term 3, 45 students from Year 5 and 6 attended the Touch Football Gala Day at Penrith Touch Fields.

All students gave it a go, showed excellent sportsmanship and supported the members of their team.

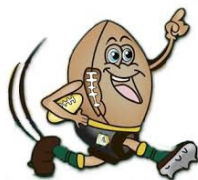
A big congratulations to the Year 6 Boys who were undefeated on the day! Thank you to the following parents who gave up their time to coach the teams on the day.

- Mr Puletua
- Mr Polley
- Mr Mathews
- Mr Hassarati



Congratulations to:

- *Ella D'Souza (1H), Mayra Tripathi (1H), Lucy Polley (1D), Kiara Haywood (1H), Elizabeth Badaoui (1H), Jayda Isherwood (2G) and Abigail Petersen (1D)* who have been selected in the Under 8's Parramatta District Touch Football team to play in the State Championships being held in Wagga Wagga in February 2020. Well done girls on a wonderful achievement.

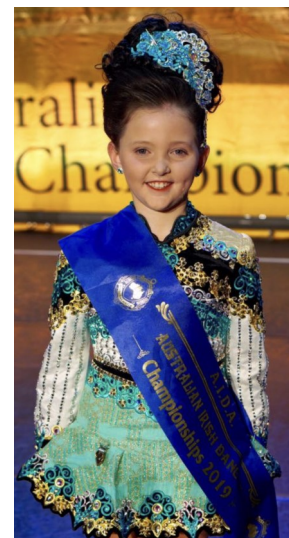


- *Alina Onis (3Y)* who competed at the National Clubs Carnival on the Gold Coast during the last week of September in Rhythmic Gymnastics. Alina achieved an excellent result, walking away with 3 first place gold medals.
- *Sheena King (3S)* who recently competed at the 2019 Australian Irish Dancing Championships in Canberra. Sheena was delighted to be awarded sub minor 7 Years National Australian Champion 2019.

Alina



Sheena



P & F News

Staff Lunch

In appreciation of the wonderful work of all the staff at OLOL the P&F provided lunch on the first day of this term. We acknowledge all that you do for our children and families. We are grateful for everything and we thank you all. A special mention must go to Sara Keli (KO mum) for organising the food and gifts and making the staff feel special.



Fete News

ONLY 22 SLEEPS LEFT!!!

November 9 here we come!



Big THANK YOU to all the parents who came along to our Fete meeting last night. We are well on the way now but we are still desperately looking for someone to run the slushie stall and the ever popular disco (music will be provided of course).

Please contact us at ololbhevents@gmail.com or call Kate 0413 986 046 or Katrina

0414 963 420 if you are able to run either of these on the day.

Show bag sales have now closed but due to unforeseen circumstances the Pops and Fizz Bag and the Boys Rock bags are no longer in stock. We have selected a similar replacement bag. If you have ordered one of these bags then please read the attachment below for further details. Remember if you have missed out on buying a show bag online there will be some available for purchase on the day.

Second hand children's books will be collected next week only, so please refer to the flyer below for drop off days and times.

Unlimited ride bands will be for sale prior to the fete. Keep your eyes peeled for details of how you can pre-purchase one to save money. This will all be done via the Flexischools app (as were the showbags) once it is set up and ready to go on sale. There will be a cut off date so make sure you don't miss out.

A fete favourite – the raffle is almost ready to be unleashed! This year we will be trialling an online raffle system. Prize list and purchasing details to come soon.

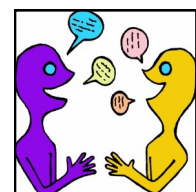
We will be putting out a request for parent helpers to volunteer their time on the day in 2 hour slots of your choice. As you can appreciate it takes a lot of work to put on a big community event like this so we need every family to pitch in to help make this an enjoyable day for everyone. Once our online roster system is set up and ready to go we will send it out to everyone. Please think ahead how you can contribute on the day to make this a spectacular OLOL event!

Thanks so much, Kate, Katrina and our P&F

Social Skills





Care and Compassion - Being Positive

- ◆ Speaking pleasantly and quietly
- ◆ Being interested/asking questions
- ◆ Listening with your ears, eyes, body and heart





Donations of good condition children's book are being sought for the second hand bookstall at the Fete.

 Monday (21/10) 8:30am-9:00am
 Wednesday (23/10) 8:30am-9:00am
 Thursday (24/10) 8:30am-9:00am
 or
 Friday (25/10) 2:30-3:30pm



FETE SHOWBAG ORDERS 2019

Unfortunately, due to unforeseen circumstances, the following showbags have changed:

Pops & Fizz has changed to the Buster Showbag

Buster Showbag contents:

- 2 x 20g Busters Bubblegum
- 15g Meteor Candy
- 25g Chewy Hazard Fruit Shock
- 30g Sour Noodles Bubblegum
- 60g Giant Carnival Lollipop
- 5 x 6.5g Fruit Punch Chews
- 35g Chew Mallow
- 30g Busters Tangy Candy Double Punch
- 4 x 5g Sour Brain Bubblegum,
- 30g Sour Bombs Fruity Candy
- 16g Busters Tangy Candy.

Boys Rock has changed to Totally Boy Showbag

Totally Boy contents

- Flip Bug Wall Walkers
- Slat Glasses
- Wham Paddle Ball
- Sticky Snapper Hand
- Dart Set
- Chinese YoYo
- Inflatable Baseball Bat
- Micro Flyer

Contents may vary slightly

For those that have ordered these bags if you would prefer a refund please email ololbhevents@gmail.com with the name you placed the order under no later than **Friday 25 October**, otherwise these replacement showbags will be available for collection on Fete day.

Parish News

Golden Jubilee

Our Golden Jubilee was a special time of grace, great joy and renewal. The Mass with Bishop Vincent and all our celebrations last weekend were absolutely wonderful. On behalf of Fr Wim and the amazing Coordinating Committee my deep gratitude and thanks to everyone involved in our Golden Jubilee celebration.

Special thanks To Fr Wim, Fr Zvonimir and Deacon Roque for all they do for our community. I wish to especially recognise and extend a huge thank you to the tireless OLOL Coordinating Group including Norma Noonan, Christine Hardy, Jim Keating, Lourdes Subijano, Anthony Pope, Tony Bracken, John Walker, Sarah Ampil, Frangee Ampil, Raphael Min, Steve Haskins and Louise Ryall. Also we are so very grateful to our generous donors and benefactors, and to all the many, many wonderful volunteers assisting in and with everything. To everyone ... THANK YOU.

May God's blessings touch each of you for all you give to our very special OLOL Community.

God bless always,

Bernie Ryall, Coordinator



Congratulations to the winners of the *Golden Jubilee Raffle*

| | |
|---------------------|--|
| First Prize | Haywood Family, 3 Nights Silkyoak Cottage, Pokolbin plus \$1,000 cash. |
| Second Prize | Rosa Heo, Apple iPhones. |
| Third Prize | Ann Odello, Hand Made Queen Bed Quilt. |
| Fourth Prize | Rachel Noonan, Sydney Swans Premium Tickets. |
| Fifth Prize | Scarlett Zuk, 1 Night at Holiday Inn Parramatta. |
| Sixth Prize | Jacob Draybi, Waterford Vase. |

For Youth in the Parish of Baulkham Hills:

Y5-8: This Friday the 1st of November, come to the Downey Room from 7-8:30pm for a night of food, games, and activities, as we break open the theme of faith. We look forward to seeing you there!

Y9-12: This Friday the 25th of October, from 7-9pm, we will be meeting at Code Red at 3/175 James Ruse Dr, Rosehill. Come along for some Laser Tag and fellowship! Cost is \$25/pp, we look forward to seeing you there.

Youth Mass: From 6-7pm each Sunday at St. Michael's, we want to bring ministries together to provide an engaging experience of liturgy for youth. To do this we need more young people for ministries such as welcoming, offertory, reading and collection, for more information please contact the Youth Minister (details below).

If you have any questions or concerns please contact the Youth Minister Paul Fam, on 0407 773 174, or send an email through to youth@parishofbaulkhamhills.org.au

Marriage Enrichment Weekend-presented by World Wide Marriage Encounter will be held on November 8th at Mount Carmel, Varroville. Contact wwme.org.au or Adrian & Janet Sullivan 0400 963 011

Memorial Mass

FOR THOSE BEREAVED BY SUICIDE

CATHOLICCARE WESTERN SYDNEY
AND BLUE MOUNTAINS TOGETHER WITH THE
DIOCESE OF PARRAMATTA INVITE THOSE
BEREAVED BY SUICIDE, TO A CELEBRATION OF
MASS TO HONOUR LOVED ONES WHO HAVE
TAKEN THEIR LIVES

MASS WILL BE CELEBRATED ON TUESDAY 19TH NOVEMBER
LIGHT SUPPER PROVIDED AFTER MASS

PLEASE ARRIVE AT 6:45PM FOR 7PM MASS
VENUE: ST OLIVER PLUNKETT
CATHOLIC CHURCH,
35 WIGRAM ST, HARRIS PARK

RSVP BY THURSDAY 14TH NOVEMBER FOR CATERING PURPOSES
☎ (02) 8843 2575 // ✉ soloparentservices@ccss.org.au

*“Come to me, all you who are weary
And burdened, and I will give you rest.”*

– MATTHEW 11:28






Our Lady of Lourdes Baulkham Hills Term 4 Planner 2019

| Wk | Monday | Tuesday | Wednesday | Thursday | Friday | Sat/Sun |
|----|---------------------------------------|--|--|---|---|---|
| 1 | 14/10 SDD - RE Spirituality | 15/10 Year 5 Planetarium | 16/10 | 17/10 Yr. 5 Bathurst Excursion | 18/10 Yr. 5 Bathurst Excursion | 19-20/10 |
| 2 | 21/10 Year 6 Science Exhibition | 22/10 Kindy, Yr 1, Yr 2 PBL Introduction | 23/10 Kinder 2020 Information Evening | 24/10 Reconciliation 10:15 3S | 25/10 | 26-27/10 |
| 3 | 28/10 Musica Viva | 29/10 Yrs. 5&6 Personal Development Parent Evening 7pm | 30/10 Year 5&6 Basketball Gala Day | 31/10 Kindy 2020 Orientation 9:30-11:00 Reconciliation 3Y 10:15 Priest Visit Yr 6 Band Demo 11:45am Yrs 2-5 | 1/11 All Saints Day AFL After School Clinics | 2-3/11 All Souls' Day |
| 4 | 4/11 | 5/11 Melbourne Cup | 6/11 | 7/11 9:30am Mass Yr 2 Reconciliation 10:15 4G Priest Visit Yr 5 | 8/11 AFL After School Clinics | 9-10/11 SCHOOL FETE |
| 5 | 11/11 Remembrance Day | 12/11 K-6 Assembly Yr 2 2:20pm | 13/11 | 14/11 Kinder 2020 Orientation 9:30-11:00am Gymnastics Competition 9:30 Parish Mass Yr 5 Reconciliation 10:15 4L Priest Visit Yr 4 | 15/11 AFL After School Clinics | 16-17/11 Year 3 Family/Parish Mass |
| 6 | 18/11 Kinder 2020 Screening | 19/11 Kinder 2020 Screening Yr 6 Harry Potter Day | 20/11 Baulkham Hills Pre-school Visit | 21/11 Kinder 2020 Screening 9:30 Parish Mass Kinder & Yr 1 Reconciliation 10:15 6P Priest Visit Yr 3 | 22/11 AFL After School Clinics | 23-24/11 Feast of Christ the King First Communion |


| | | | | | | |
|----|---|--|------------------------------------|---|-------------------------|--|
| 7 | 25/11 | 26/11 Yr 6 Spelling Bee P&F AGM Meeting 7:30pm | 27/11 | 28/11 9:30 Parish Mass Yr 3 Reconciliation 10:15 6M Priest Visit Yr 2 | 29/11 | 30/11 -1/12 First Sunday of Advent First Communion |
| 8 | 2/12 Swimming Program K-4 Week 1 | 3/12 | 4/12 Gilroy Orientation Yr 6 | 5/12 9:30 Parish Mass Yr 6 Reconciliation 10:15 5C Priest Visit Yr 1 | 6/12 | 7-8/12 Second Sunday of Advent |
| 9 | 9/12 Swimming Program K-4 Week 2 | 10/12 | 11/12 | 12/12 9:30 Parish Mass Yr 4 Reconciliation 10:15 5M Priest Visit Kindy Year 6 Graduation Mass 7pm | 13/12 Year 6 Fun Day | 14-15/12 Third Sunday of Advent |
| 10 | 16/12 Andrew Chinn Christmas Concert 6pm | 17/12 End of Year Mass Principal & Citizenship Awards 9:30am | 18/12 Last Day for Students | 19/12 SDD | 20/12 SDD | 22-23/12 Fourth Sunday of Advent |



College Tour

Thursday 24 October, 11am
Bookings online
www.msb.nsw.edu.au

Become a
Bennies
girl



Mount St Benedict College

449C Pennant Hills Rd, Pennant Hills www.msb.nsw.edu.au

*Please note: Families with a daughter in Year 5 should apply now for Year 7, 2021.
Registration for Waiting List forms should be lodged by the end of Year 4.*

~ SANDWICH BAR ~

| | |
|--|--------|
| Vegemite, Jam or Honey (E) | \$2.50 |
| Margarine spread | |
| Chicken (E) | \$4.20 |
| Grilled Chicken, Lettuce & mayo | |
| Cheese Tomato (E) | \$3.50 |
| Cheese & tomato | |
| Ham (E) | \$3.80 |
| Cheese & tomato | |
| Tuna (E) | \$3.80 |
| Mayo, cucumber, Spanish onion, sweet chilli | |
| Cheese (E) | \$2.80 |
| Sliced tasty cheese | |
| Salad (E) | \$3.60 |
| Lettuce, carrot, tomato, cucumber, beetroot, onion | |
| Egg (E) | \$3.80 |
| Mayo & lettuce | |
| Curried Egg (E) | \$3.80 |
| Mayo, curry & lettuce | |
| Breads (G) White or wholemeal | \$1.50 |
| Gluten Free Sliced | \$0.60 |
| White Roll | |

| | |
|---------------------------------|--------|
| Extras | |
| Cucumber, tomato or lettuce (G) | \$0.60 |
| Ham (O) | \$0.70 |
| Avocado (G) | \$1.00 |
| Boiled Egg (G) | \$1.00 |
| Hummus (G) | \$1.00 |

| | |
|---------------------------------------|--------|
| Lunch Bag | \$0.20 |
| Spoon or Fork (without a lunch order) | \$0.10 |
| Sauce Portions | \$0.30 |

MTB are NSW Healthy School Canteen
Approved Operators

FOOD CODING

E Everyday / O Occasionally
GF Gluten Free

~ SUPER SALAD BAR ~

| | |
|---|--------|
| Greek Salad (E) (GF) | \$5.00 |
| Tomato, cucumber, Spanish onion, pitted olives & feta | |
| Chicken Caesar (E) | \$5.00 |
| Grilled Chicken, Cos lettuce, croutons, egg, Caesar dressing | |
| Chicken Buster (E) | \$5.00 |
| Grilled chicken, tabouli & hummus | |
| Garden Salad (E) | \$4.80 |
| Lettuce, tomatoes, cucumber, carrot, capsicum & sprouts | |
| Health Pack (E) | \$5.00 |
| Tasty Cheese fingers, carrot sticks, rice crackers, hummus & Tzatziki Dip | |

* All Salads are Served with Lebanese Bread

~ WRAP BAR ~ (E)

| | | |
|--------------------------|--------|--------|
| Served in Lebanese Bread | 1/2 | Full |
| Grilled Chicken & Salad | \$3.00 | \$5.80 |
| Ham & Salad | \$3.00 | \$5.80 |
| Tuna & Salad | \$3.00 | \$5.80 |

~ TURKISH BREADS/FOCACCIAS (E) - \$7.00

Chicken – Grilled Chicken breast, roasted capsicum, pesto & tasty cheese
Mediterranean – Ham, artichokes, roasted capsicum, olives & feta cheese
Vegetarian – Eggplant, sun-dried tomatoes, roasted capsicum, olives & feta cheese

~ BREAKFAST ~

| | |
|---------------------------------|--------|
| Scrambled eggs on Toast (1) (E) | \$1.50 |
| Egg & Cheese Roll (E) | \$2.50 |
| Bacon & Egg Roll (O) | \$3.00 |
| Hash Brown (O) | \$1.20 |

| | |
|------------------------|--------|
| Toasted Sandwiches (E) | |
| Cheese 1/2 | \$1.00 |

| | |
|----------------------------|--------|
| Raisin Toast (2) (E) | \$2.00 |
| Toast (2) (E) Jam or Honey | \$2.00 |

| | |
|--------------------------------|-------------|
| Fruit (E) | |
| Fruit available daily | from \$1.00 |
| Fresh Fruit Salad Cup (E) (GF) | \$2.50 |

Look out for our
Weekly
Specials!

~SWEET TREATS ~

| | |
|--|--------|
| Warm Banana & Custard (E) | \$2.20 |
| Pikelets w/ Jam (3) (E) | \$2.20 |
| Custard & Fresh Fruit (E) | \$2.20 |
| Homemade Muffins (O) 80gr (Banana or Blueberries) | \$2.00 |

CELEBRATE YOUR BIRTHDAY AT SCHOOL!

Order your Quelch Ice block
Bucket on our MTB website or ask
one of our friendly staff at our
MTB Canteens!

www.melstastybites.com

CRUNCH & SIP

before 9am - **\$2.00**



Bottle of Water 600ml plus a choice of a Apple, Banana or Orange



~ BURGERS & ROLLS ~

| | |
|--|--------|
| Grilled Chicken Burger (E) | \$5.00 |
| Marinated chicken breast, lettuce & Aioli mayo | |
| Veggie Burger (E) | \$5.00 |
| Veggie pattie, lettuce and tomato | |
| Chicken Pattie (O) | \$5.00 |
| Breast Fillet Pattie, lettuce & mayo | |
| Big Beef (E) | \$5.00 |
| Homemade beef patty, fried onion, beetroot, tomato & lettuce (Choice of sauce) | |

~ MEXICAN BAR ~

| | |
|---|--------|
| Beef Nachos (O) | \$5.50 |
| Corn Chips, seasoned beef, lettuce, cheese, tomato, sour cream & avocado | |
| Naked Vegetarian Nachos (E) | \$5.50 |
| Steamed Rice, seasoned beans, lettuce, cheese, tomato, sour cream & avocado | |
| Naked Nachos (E) | \$5.50 |
| Rice, beef or Chicken, lettuce, cheese, tomato, sour cream & avocado | |
| Fully Loaded Wedges (O) | \$5.50 |
| Baked wedges covered with beef or Chicken, cheese, sour cream & avocado | |

HOME MADE PIZZA - (E)

| | |
|-------------|--------|
| Cheese | \$4.50 |
| Vegetarian | \$4.50 |
| Bbq Chicken | \$4.50 |

~HOT BAR~

| | |
|---------------------------------------|--------|
| Baked Chicken Nuggets (O) | \$0.70 |
| Hot Dog w/Sauce (O) | \$4.00 |
| Beef Sausage Roll (O) 120gr | \$3.80 |
| Oven Baked Wedges (O) | \$4.50 |
| Served with sour cream & sweet chilli | |
| Mamee Cup Noodles (O) | \$3.00 |
| (Beef or Chicken) | |
| Hot Cheese Roll (E) | \$3.00 |

~ COLD DRINKS ~

| | |
|---|--------|
| Harvey Juice 250ml (E) | \$2.60 |
| Orange, apple, orange & mango | |
| Water | |
| Spring Water 600ml (E) | \$2.00 |
| Chilli J (E) | \$2.60 |
| Blackcurrant, Raspberry, Grape, Orange Passio, Watermelon | |
| ~MILK~ | |
| Oak Lite - 250ml (E) | \$2.60 |
| Chocolate or Strawberry | |

~ FROZEN TREATS ~

| | |
|--------------------------------|--------|
| Quech 99% Fruit Stick 70ml (E) | \$1.00 |
| Frozen Fruit Sticks (E) | \$1.50 |
| Frozen Orange Qtr (E) | \$0.50 |
| Mony (E) | \$1.50 |
| (Lemon Ice, Red Berry Blast) | |

~ SNACKS ~

| | |
|-------------------------------|--------|
| Sliced Watermelon (E) | \$1.50 |
| Yoghurt & Fruit (E) | \$3.50 |
| Fruit Salad (E) | \$3.50 |
| Cheese & Rice Crackers (E) | \$2.50 |
| Fruit (Seasonal) (E) | \$1.00 |
| Red Rock 28gr (Sea Salt) (O) | \$2.00 |
| Grain Waves 22gr (Sr Crm) (O) | \$2.00 |

~PASTA, RICE & MORE~

| | | |
|--------------------------------|------------|------------|
| Butter Chicken & Rice (E) | Sml \$4.00 | Lge \$6.00 |
| Curry Chicken & Rice (E) | Sml \$4.00 | Lge \$6.00 |
| Beef Ravioli Napolitano (E) | Sml \$4.00 | Lge \$6.00 |
| Chicken Snit, Mash & Gravy (O) | Sml \$4.00 | Lge \$6.00 |
| (Tuesday Only) | | |
| Macaroni Cheese (O) | Sml \$4.00 | Lge \$6.00 |
| (Thursday Only) | | |
| Spaghetti & Sauce Nachos (O) | Sml \$4.00 | Lge \$6.00 |

**PLEASE USE FLEXI SCHOOLS
ONLINE FOR LUNCH ORDERS!**

www.flexischools.com.au

MTB are NSW Healthy School Canteen
Approved Operators

FOOD CODING

| | |
|----|---------------------------|
| E | Everyday / O Occasionally |
| GF | Gluten Free |

HOME-MADE WEEKLY SPECIALS

MONDAY

| | |
|---|--------|
| Lasagna (E) | \$6.00 |
| Layers of Homemade Bolognese sauce & pasta and cheese | |

WEDNESDAY

| | |
|--|--------|
| Spaghetti Bolognese (E) | \$6.00 |
| Homemade Bolognese sauce tossed with spaghetti | |

TUESDAY

| | |
|---|--------|
| Burrito (E) | \$6.00 |
| Beef (Lettuce, Shredded cheese, tomato & sour cream) | |
| Chicken (Lettuce, Shredded Cheese, tomato & sour cream) | |

THURSDAY

| | |
|---|--------|
| Vegetarian Fried Rice (E) | \$5.00 |
| Steamed rice tossed with fresh vegetables & soy sauce | |

**COMBO DEAL – WHEN YOU SPEND
\$4.00 OR MORE**



\$1.50

600ml

**ADD A 600ML WATER FOR AN EXTRA \$1.00 WHEN
PURCHASING A WEEKLY SPECIAL ONLY!**