



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 3

1st November, 2019

2019 Dates to Remember

November

Saturday 2nd

9.30am All Souls Day Mass

Friday 8th

AFL After school clinic

Saturday 9th

School FETE

Monday 11th

Remembrance Day

Tuesday 12th

2.20pm K-6 Assembly

Thursday 14th

9.30-11am

Kinder Orientation

Gymnastics Competition

Friday 15th

AFL After school clinic

Sunday 17th

9.30am Year 3 Family/
Parish Mass

Monday 18th

Kinder 2020 Screening

Tuesday 19th

Kinder 2020 Screening

Year 6 Harry Potter Day

Wednesday 20th

Baulkham Hills Pre-School
Visit

Thursday 21st

Kinder 2020 Screening

The Gospel Reading for this Sunday is from Luke 19: 1-9

The Son of Man came to seek and to find that which was lost.

Jesus entered Jericho and was going through the town when a man whose name was Zacchaeus made his appearance; he was one of the senior tax collectors and a wealthy man. He was anxious to see what kind of man Jesus was, but he was too short and could not see him for the crowd; so he ran ahead and



climbed a sycamore tree to catch a glimpse of Jesus who was to pass that way. When Jesus reached the spot he looked up and spoke to him: 'Zacchaeus, come down. Hurry, because I must stay at your house today.' And he hurried down and welcomed him joyfully. They all complained when they saw what was happening. 'He has gone to stay at a sinner's house' they said. But Zacchaeus stood his ground and said to the Lord, 'Look, sir, I am going to give half my property to the poor, and if I have cheated anybody I will pay him back four times the amount.' And Jesus said to him, 'Today salvation has come to this house, because this man too is a son of Abraham; for the Son of Man has come to seek out and save what was lost.'

(Ref: Liturgyhelp.com)

All Souls

Saturday 2nd November we celebrate a significant day in the Church's year, 'The Commemoration of ALL the Faithful Departed' (All Souls' Day). Mass will be celebrated at Our Lady of Lourdes Church at 9:30am on Saturday 2nd November.



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

School Fees

All school fees for 2019 should be now be complete unless you are on an extended payment plan. Thank you to all the families who have finalised their accounts.



Sympathy

Our thoughts and prayers are with the Baranowski family on the passing of Antonia Baranowski (6P) great grandfather.

Canteen

Could the families that have been issued an outstanding account slip from the canteen, please finalise payment.

Social Skills

Care and Compassion - Being Positive

- ♦ Positive comment / giving and getting feedback



Sports News

Representative Sport 2020

2020 Parramatta Diocesan Team Sport Trials are OPEN

ALL 2020 Team Sport Trials are OPEN, however, the Summer Sports of BASKETBALL & TENNIS registrations close for these sports only on Monday 11th November as these trials will be held in November 2019.

All other sports trials will be held in Term One & Two in 2020.

Any Primary students enrolled in Year 5 and 6 in 2020 are invited to participate in the Parramatta Diocesan Team Sport Trials.

It is important to note that these trials are generally for those children who display an above-average ability and/or have representative experience in their chosen sport. While teams are open in age it is strongly recommended that only children of a representative standard in Years 5 & 6 in 2020 be invited to attend.

Parramatta Diocesan trials will be held in the following sports: AFL, Basketball, Cricket, Hockey, Football, Hockey, Netball, Rugby League (11yrs & Opens), Rugby Union, Softball, Tennis & Touch football. The sports of Diving & Golf will be held at the MacKillop level.

To be eligible for selection for these trials an Online Team Registration Form must be completed that can be accessed below.

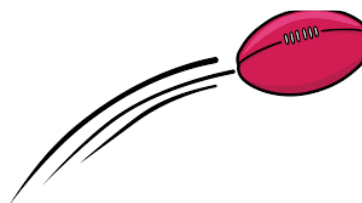
This online form is an EXPRESSION OF INTEREST for the 2020 Parramatta Diocesan Primary Sport Team trials. Parents may complete this form to attend a selection trial. One form is to be completed per child, per individual sport. Each sport has its own criteria, therefore, it is imperative that the correct form is completed.

Please note that your online registration is an EXPRESSION OF INTEREST ONLY and MUST be approved by the child's school. In order for the child to attend the nominated trial or event, this may come down to the discretion of the school as to who is selected to attend the trial. In some sports, only 2 students per school can be nominated. All fields and especially "Representative Experience" MUST be completed. Under no circumstances will a child be eligible to trial if the Online Registration Form has not been completed and approved by the school by the closing date.

In-school AFL Clinics

Last Friday, Zac and Millie from the Auskick Program came to our school to run 30 minute AFL clinics with students in K-6. Students practised some drills and played fun games.

Our Afterschool Auskick Program will commence this week at Yattenden Oval and will continue for the next 4 weeks.



Basketball Gala Day

On Wednesday 30th October, four teams from Year 5 and 6 travelled to Penrith to participate in the Basketball Gala Day.

All teams did exceptionally well both on the court and off the court. We had many schools comment on the excellent behaviour of our students.

A big congratulations to the Year 5 Girls team who were the winners of their pool after an overall point count.

Thank you to the following parents who volunteered to help with either coaching or scoring on the day. We treasure our parent helpers as without them these days would not be able to go ahead.

Mr Barnes

Mr Skinner

Mrs Tacey

Mrs Barnes

Mrs Skinner

Mrs Soriano

Mr Puletua



P & F News



ONLY 1 week to go!!!
November 9 is Fete Day!

Unlimited ride bands pre-sale at a reduced pre-fete price of \$20 ending Tuesday 5th November. Simply go to your flexischools account to buy yours today. See the attached flyer for further details. Ride bands will be available to purchase on the day for \$25 per band or \$5 for single rides.

Parent Roster we are looking for many volunteers to staff the arcade games on the day of the FETE. Please click the following link <https://signup.com/go/EXWeZti> to sign up. Without volunteers these games can not go ahead.

FETE raffle. Simply click the link <https://www.rafflelink.com.au/2019-raffle> to purchase as many tickets as you would like. See the attached flyer for the full list of prizes on offer.

Cake Stall We are calling all bakers and cooks of delicious goodies to contribute to our ever popular cake stall on the day. Boxes can be collected from the office. For full details see the attached flyer.

Gazebos Required We are looking to borrow a few more gazebos for the day of the fete to cover some of our games and stalls. If you have one that we can borrow on the day can you please contact us asap at ololbhevents@gmail.com. We are looking for 3m x 3m tents and 3m x 6m tents.

Please contact us at ololbhevents@gmail.com or call Kate 0413 986 046 or Katrina 0414 963 420 if you have any questions

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

Parish News

For Youth in the Parish of Baulkham Hills;

Y5-8: This Friday the 8th 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 hope. We look forward to seeing you there!

Y9-12: This Friday the 15th of November, from 7-9pm, we will be meeting at the Old Church from 7-9pm, breaking open the second part of our series – purpose. We will break open this theme how unchanging love should direct our purpose! 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



Musica Viva -Wyniss

On the 28th of October, a traditional singing group named Wyniss, visited Our Lady Of Lourdes. Wyniss is a group of Torres Strait Islander performers from Moore Island. Wyniss taught everyone about some of their instruments and how they are made, as well as playing many activities and games in which we all had fun. For our final activity we used some string to make Wami figures.

One of the dances was called Zeg, where they re-enacted fireflies, using paper fireflies or Zamiacks. Some students also had the opportunity to spin a Wana, which is a spinning top that made a rainbow according to the composer, Uncle Dujing.

We thoroughly enjoyed Wyniss coming to our school and teaching us about their culture. We also thank you for coming all the way from the Torres Strait Islands to teach the students of Our Lady of Lourdes significant performances that are important to the Aborigines and Torres Strait Islanders past, present and future.

Year 6



.....Moore Island

Wami Spear Figure.....



.....Warup

Spinning Top...



Year 3's Excursion to Lane Cove National Park

On Friday the 25th October, Year Three went on an excursion to Lane Cove National Park to explore and learn about the bush. We went on a very long bushwalk. Throughout it we had lots of mini classes to do activities and discuss things that we had seen along the way. We each received a journal to do some artwork and to write about things as we were walking. As we continued the walk, we heard some birds chirping and we even got to see some up close. Under a rock a few of my classmates found a water skink and we each recorded it in our journals. Because it was unseasonably hot, a few of us found a way to cool down by using the bubbler, at the end of the walk, as a small sprinkler. Overall, Year Three had a great day and I think some of us would love to go back again soon, but next time with our families.

By Annabelle Starkey

Today was our excursion to Lane Cove National Park. Our guides were Phil and Julie -Anne. We got our own journal and we were able to keep it. In our journals we did a water painting of a leaf and we wrote down what animals we saw and how many. Later everybody wrote about what we could see, hear and feel. We also used crayons to do leaf rubbings on a page in our journals.

By Isabelle Tannous

During the excursion I had the most fun I've ever had, even though it was really hot. We saw lots of animals like bush turkeys, ravens, ibis, spiders, butterflies and bees. We could hear birds, wind, and crunching and crumbling beneath our feet.

By Chantelle Soto

I learnt that national parks protect fauna, flora and historical sites. It was also interesting to hear that sandstone is formed over millions of years. There were peppermint, lemon and lime scented trees that give delight to your nose. There were also magpies, lorikeets, kookaburras and so much more.

By Sebastian Pacheco



Year 3's Excursion to Lane Cove National Park

During our Geography excursion to Lane Cove National Park , I learnt many exciting things. I discovered that mangroves are the only plants that can survive in the salty sea water. I enjoyed learning about the way sounds in our environment can be turned into soundscapes. While bushwalking, I saw many wonderful things like a pufferfish and many crabs. I learnt to recognise a female bird call and a male bird call. My favourite activities were listening to the Indigenous story as well as painting a leaf with watercolour. It was an amazing experience.

By Alina Onis

Year Three went on an excursion to Lane Cove National Park on Friday the 25th of October 2019. Our guides were Phil and Julie - Anne. We had so much fun walking through the National Park and observing all the different types of trees, rocks and unique lookouts. The two kilometre walk we did was FANTASTIC! I loved how we were able to explore the different features of a national park and touch the mangrove trees. I am sure all of Year Three had so much fun.

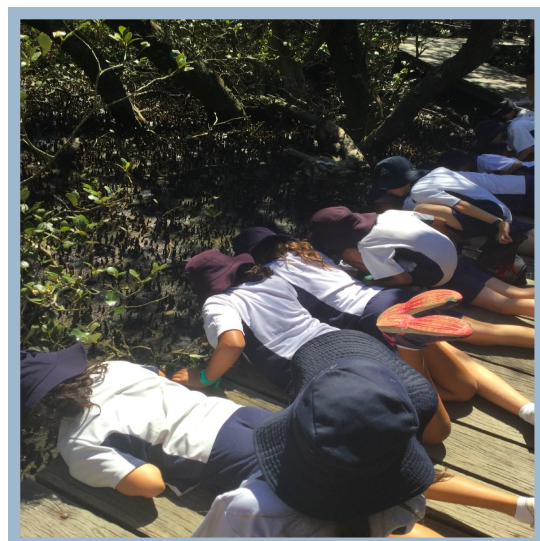
By Selena Chiha

Year Three's excursion to Lane Cove National Park was an eventful excursion. I learnt that Aborigines used an old tree seed as a tool to remove all worries and negative thoughts once rolled in your hands. I also liked the salty smell of the Mangrove Tree Forest. The two kilometre bushwalk through the forest was AMAZING. Although it was hot, the stops in between were worthwhile as we had a nice scenic view. I saw many birds and learnt about many new species. Overall it was a calming and peaceful excursion.

By Tyler Angeles

We learnt about many ways we can protect Lane Cove National Park. Our guide provided fun activities for Year Three to do with nature while we were on our walk.

By Lauren O'Donnell



OUR LADY OF LOURDES SCHOOL BAND JOIN THE BAND!

Is your child interested in joining the school band?
The school band is now taking enrolments for 2020 and
is open to all students who are currently in years 2-5. No
prior experience needed!

In Term 4 students will see a demonstration concert at school
that highlights the different instruments available for tuition. They
will receive a green school band Expression of Interest note
providing introductory information.

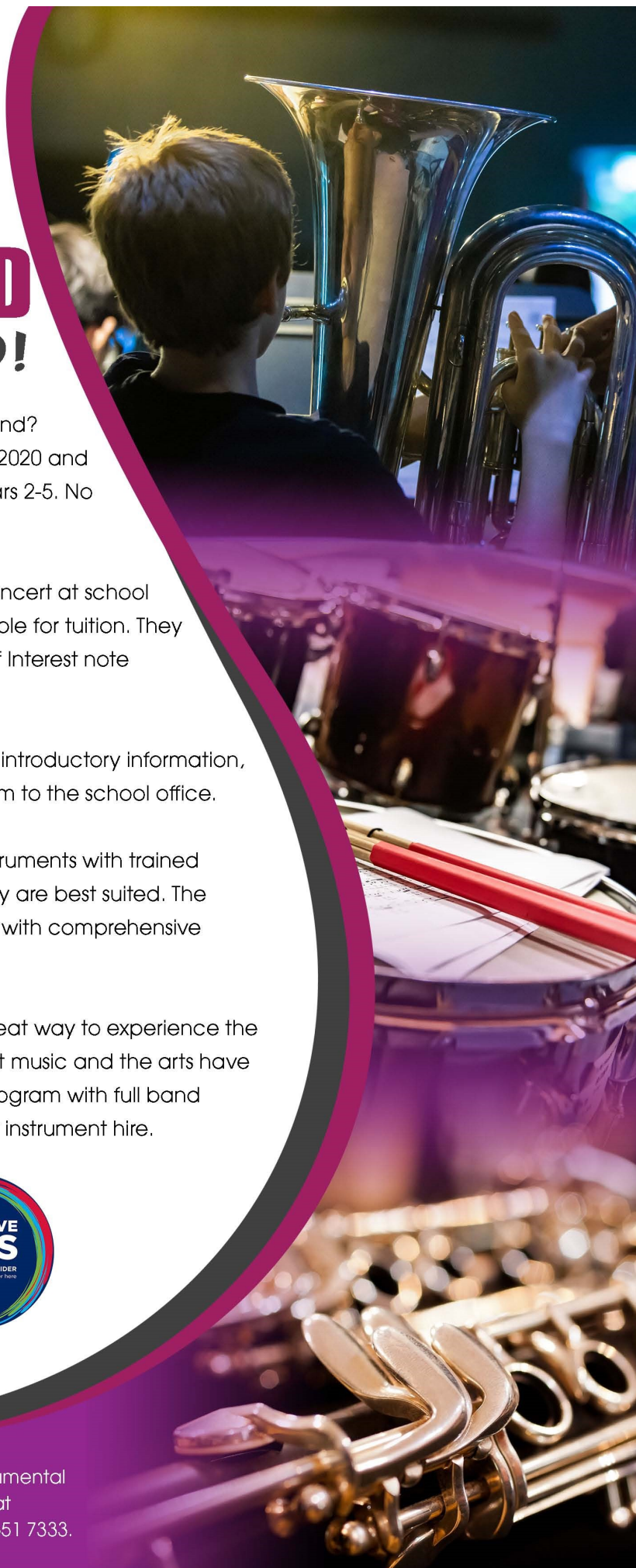
What do you need to do? Carefully read the introductory information,
then return the green Expression of Interest form to the school office.

Your child will then be able try a variety of instruments with trained
tutors, to help find the instrument to which they are best suited. The
results of this instrument trial will be sent home with comprehensive
enrolment information.

Learning an instrument in an ensemble is a great way to experience the
social, educational and personal benefits that music and the arts have
to offer! TSA provides a quality instrumental program with full band
rehearsals, great value tuition and rent-to-buy instrument hire.



For more information on your school's instrumental
band program, please contact TSA at
enrolments@teachingservices.com.au or 9651 7333.



School Band Program

Dear Parents,

Today your child attended a demonstration concert at school showcasing the instruments available for students to learn in 2020. If you would like more information on the school band program, please return the *Expression Of Interest* below within **5 days** to your school office.

Students who have returned this form will have the opportunity to meet with a TSA teacher at school to try various instruments. Following the instrument trial, an Enrolment Pack will be sent home with your child. This will contain detailed information about the school band program, along with information about instrument choice and suitability.

Below is a brief outline of the band program. More information can also be found at www.teachingservices.com.au.



How does the band program work?

Students attend both:

- **Band rehearsal** (all students together in a band) - generally takes place before or after school for 30-60 minutes once a week.
- **Group tuition** (small group or individual lesson) - at school, usually on the same day as rehearsal, and is timetabled with the approval of the school. *Group tuition* has an average of 5 students per group and is encouraged as an easy, social way to begin learning a musical instrument.

Home *practise* is essential, at least 3 or 4 times every week for between 15-20 minutes each practise.

What are the costs?

Rehearsal & Tuition Fees

- Group lessons + Band rehearsal fee = \$195 per term
- OR
- Private lesson fee \$395 per term + Band rehearsal fee \$95 per term = \$490 per term

Instrument

- Purchase - expect to pay at least \$600 for a quality new wind/brass instrument
- Hire - TSA runs a rent-to-buy scheme starting at \$43 per month

Other costs include a tutor book (\$20) & music stand (\$25) and TSA resource levy (\$10 per term). Some schools also charge a facility hire levy (\$10-\$30 per term). Some instruments will need items such as cork grease/valve oil (under \$10), or reeds (max \$52)



Please return this slip to your school office within 5 days to ensure your child is called for instrument testing.



Expression of Interest



Student Name: _____ School _____

Names of Parents/Guardians: _____ Class (2019) _____

Phone: Mobile _____ Home _____

Email Address: _____

Please print clearly and carefully to help us correctly enter your details – email is our primary method of contact

Signature: _____ Date: / /

Office Use Only:

Instrument test result _____



All Day Ride Bands Pre-Sale \$20

**Enjoy unlimited rides at our fete on
Saturday, 9 November 2019**

On the day, ride bands are \$25 each
or \$5 for a single ride

**The pre-sale is available
Friday, 25 October to Tuesday, 5 November
via the Flexischools App**

There will be five rides on the day:
Giant Slide, Large Inflatable, Simulator Cinema,
The Storm, and Tea Cups.

For further information,
please contact Sandra Hopwood 0458 088 099
hopwood.sandra@gmail.com

If you LOVE baking, **WE NEED YOU!!!**



Help us fill our ever-popular cake stall. We'll accept anything scrumptious.

Need ideas ?

Cakes – Biscuits – Slices – Toffees – Fudge – Preserves – Muffins

Please avoid anything that needs refrigeration, eg, fresh cream.

Cake boxes will be available from the school office on Monday 28th October 2019.

Please include a list of ingredients.

Goodies can be dropped off at the school Friday 8th November 2019 or on the morning of the fete.

Feel free to contact Angie Lee on 0421 340 539 or email angemlee@hotmail.com if you have any questions.

Looking forward to receiving lots of yummy treats and a big **THANK YOU** in advance for all donations.



OLOL FETE RAFFLE

The raffle is ready to launch !

This year OLOL Raffle is going LIVE ONLINE

This new and exciting platform will be a great opportunity for our OLOL community to expand to extended family members that live further away or even overseas. You will be able to share and send the unique link via email with a few super simple steps.

Funds raised will be used by our school towards new equipment for classrooms for our children to have an awesome educational experience. So please share this raffle with friends and family both here and abroad, so that we can raise much needed funds!

<https://www.rafflelink.com.au/2019-raffle>

Just click on the link, select how many tickets you'd like to purchase, fill in your details and hit purchase tickets. It's that fast and easy to be in the running to win.

Thanks to generous donations from our school and local community the raffle prize pool is valued over \$4000!! One of the following prizes could be yours for just \$2 a ticket !!!

1st Prize

Tech zone to keep everyone entertained!!!

This mighty package includes:

- Apple watch series 5 valued at \$700
- Bose wireless speaker valued at \$300
- Genuine Apple AirPods valued at \$250
- Google Home Smart Speaker valued at \$150

2nd Prize

Vision Personal Training Baulkham Hills - 9 weeks results program

Get fit for summer with this all inclusive package. It includes: Goal setting session including Bioscan, 2 PT sessions, 2 shopping tours, 2 seminars, 2 personalised nutrition planning sessions. Access to groups and studio

Valid for 6 months

3rd Prize

Family entertainment package, to have fun with family and friends

This package includes vouchers for an NBC Bowling group event, Questacon family pass, Taronga Zoo family annual pass, Events Cinema tickets.

4th Prize

Winston Hills Mall

\$300 worth of vouchers that you can use at any store at Winston Hills Mall.

Check the vouchers for T&C's

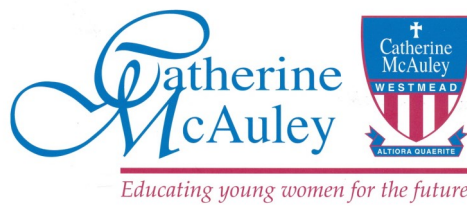
5th Prize

A night at the theatre \$120

2 tickets and a program to Les Miserables at Riverside Theatre

To purchase tickets go to :

<https://www.rafflelink.com.au/2019-raffle>



Catherine McAuley Westmead Enrolments for Year 7 2021

Catherine McAuley Westmead is now accepting enrolments for Year 7 2021. The closing date for Year 7 2021 applications 1st round offers is Friday, 27th March 2020.

Parents and their daughters have the opportunity to tour the school campus at one of our upcoming school tours specifically for Year 7 2021 applicants, but open to any year group.

**Tuesday 12th November and Thursday 5th December 2019
9.15 – 11am**

These mornings will provide parents and students with the opportunity to tour our school on a normal school day. You will be able to view our school grounds and facilities, go into classrooms and meet our students and teachers. Enrolment packs will be available on the day.

Contact our School Reception on 9849 9100 to book a place on a school tour.

Please note that following these tours there will be no other school tours held until our Open Afternoon in early March 2020 (date still to be confirmed).



Get into Rugby

With Hills Rugby's High School Preparation Program

Are you Rugby Ready for High School?

Let Hills Junior Rugby help you get there by joining its 'High School Rugby Readiness' Program, commencing with a free Come and Try Rugby Clinic. The structured Program will introduce you to the Laws of the Game, as well as the basic and fundamental skills needed to play. All in preparation for then participating in the Sydney Junior Rugby Union Sunday Competition from late March 2020.

Bring a mate, and have some fun!

Come and Try Rugby Day

When: Saturday 30th NOV - 4-6PM

Where: Gooden Reserve Baulkham Hills

Register: www.hillsrugby.com.au

Contact - Jason Saffy 0403451827



www.facebook.com/hillsrugby/



[@hillsjuniorrugby](https://www.instagram.com/hillsjuniorrugby)



vicepresident.juniors@hillsrugby.com.au



www.hillsrugby.com.au



~ 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

CRUNCH & SIP

before 9am - **\$2.00**



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

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



~ 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	

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

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



\$1.50
600ml