Our Lady of Lourdes Primary

5 Canyon Road,

Telephone: 8841 3700 Email: ololbhills@parra.catholic.edu.au

Term 4 Week 4

8th November, 2019

2019 Dates to Remember

November

Monday 11th 11am Remembrance Day

<u>Tuesday 12th</u> 2.20pm K-6 Assembly

Thursday 14th 9 30-11am Kinder Orientation Gymnastics Competition

<u>Friday 15th</u> AFL After school clinic

<u>Sunday 17th</u> 9.30am Year 3 Family/ Parish Mass

Monday 18th Kinder 2020 Screening

Tuesday 19th Kinder 2020 Screening Year 6 Harry Potter Day

<u>Wednesday 20th</u> Baulkham Hills Pre-School

Thursday 21st Kinder 2020 Screening 4-5pm First Communion Practice

Friday 22nd AFL After school clinic 4-5pm First Communion Practice

<u>Saturday 23rd</u> First Holy Communion

<u>Sunday 24th</u> First Holy Communion

The Gospel Reading for this Sunday is from Luke 20:27. 34-38

He is not a God of the dead but of the living. Some Sadducees – those who say that there is no resurrection – approached Jesus and they put a question to him. Jesus replied, 'The children of this world take wives and husbands, but those who are judged worthy of a place in the other world and in the resurrection from the dead do not marry because they can no longer die, for they are the same as the angels, and being children of the resurrection they are sons of God. And Moses himself implies that the dead rise again, in the passage about the bush where he calls the Lord the God of Abraham, the God of Isaac and the God of Jacob. Now he is



God, not of the dead, but of the living; for to him all men are in fact alive.'

(Ref: Liturgyhelp.com)

Remembrance Day, 11th November

Monday, 11th November Remembrance Day, the day where we remember the signing of the Armistice which ended the First World War (1914 -1918). Each year, Australians observe one minute silence at 11 am on 11th November, in memory of those who died or suffered in all wars and armed conflicts. Red poppies REMEMBRANCE DAY are worn on blazers, shirts, jumpers and other items of clothing on Remembrance Day to remember those who died during a



Left We Forget

war. Poppies were among the first plants that came from the battlefields of northern France and Belgium during World War I. Some people believed the popular myth that poppies were rich in their redness because they blossomed from grounds that were covered with soldiers' blood.

At 11am on Monday, we will gather as a school community to remember all the men and women who fought so bravely, those who suffered and those who have died. The students will lay flowers and poppies as a symbol of remembrance during our ceremony. We pray for justice, freedom and peace and for the wisdom and strength to build a better world.

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

UNSW ICAS Assessments (International Competition and Assessment for Schools

Recently, some of our students took part in UNSW ICAS Assessments. Congratulations to all who participated. Some outstanding results were:

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Certificate of Merit Year 3

Ashleigh Fallins Maeve Nolan

Year 4 Charli Thackeray

Charif Thackeray

Year 5 Lara Alam Charlie Bennett Jaden De Guzman

Spelling Bee

Certificate of Merit

Year 3 Selena Chiha Riya Franklin

Year 4

Nicholas McNally

Year 5 Zack Gava

Year 6Milana Pivcevic

Certificate of Credit

Year 3

Aaron Chevalier

Year 4

Peter Alam Jacob Draybi Amelia Johnston Annabella Navarro

Thea Rajan Emilia Rebaza

Year 5
Jasper King
Souria Pathak

Year 6

James Campbell Elise Sturdy

Certificate of Credit

Year 3
Aaron Chevalier
Cooper D'Souza

Amber Haywood Sarah Kenna Murdoch Lau Alina Onis Sophie Patel

Year 4

Thomas Drazenovic

Maia Evans Xavier Hurst James McGirr Allegra Petersen Thea Rajan Ruby Scheepers Natasha Tween

Year 5 Lara Alam

Matilda De Celis Jaden De Guzman Shanaya Don Peter Isabella Hardy

Darcy McCormack Noah Ranola **Year 6**

Abigail Giandinoto Orlando Lau

Eliarne McCorkell Lauren McGirr James McNally Elise Sturdy Jessica Truong **Certificate of Distinction**

Year 4

Rhesa Fernandes

Year 5

Fadi Edwards Alexander Haga Alastair Mathew

Year 6

Isacc Chevalier Matthew Schiller

Certificate of Distinction

Year 3

Natalie Gooding Adam Haga Braith Sharbean

Year 4

Rhesa Fernandes

Year 5 Halyn Kim Elliot Lines

Nehansa Udunuwara

Year 6

Claire Hwang Matthew Schiller **Science**

Certificate of Merit Certificate of Credit Certificate of Distinction Certificate of High Distinction

Year 3 Year 3 Year 3
Annabelle Starkey Aaron Chevalier Sarah Kenna

Amelia Johnston Alina Onis Braith Sharbean

Year 4 Year 4

Kanghyun Lee Rhesa Fernandes

Ruby Scheepers

Year 5 Year 5 Year 5

Emma Kouros Matthew Wybrow

Lara Alam Zack Gava Lachlan Compton Jasper King Alexander Haga

Alexander Haga Joaquina John Britto James McNally

Year 6 Year 6 Year 6

James Campbell Matthew Schiller Isacc Chevalier

Orlando Lau Elise Sturdy

Head Lice

There has been a report of head lice at the school. Please check your child for signs of lice or nits (small white eggs on the hair shaft). If necessary, consult the pharmacist about a suitable product.

Library Volunteers

Dear Parents, the library would love to have parent volunteers for stocktake and general reorganisation of library recourse. From the 25thNovember, any time available would be greatly appreciated. Please contact Elizabeth via email



School Travel Advice

For trip planning visit www.transportnsw.info or call 131 500.

For current Hillsbus school and route services visit www.cdcbus.com.au or call 02 8889 7000.

Conditions of Carriage: Students must have a valid Opal card and must tap on and off every trip. Further details about the SSTS are available at: www.transportnsw.info

Key: L> Bus turns left; R> Bus turns right

OUR LADY OF LOURDES B'HAM HILLS

Bell Times Effective 18/11/2019

Morning: 08:55 Afternoon: 15:10

		MORNING BUSES
Route	Time	Bus Route
		Nil

	AFTERNOON BUSES				
Route	Time	Bus Route			
600	15:19	EX WINDSOR RD (OPPOSITE SCHOOL) TO CASTLE HILL via Route 600			
2551	110.000000	EX WINDSOR RD TO WINSTON HILLS & WEST BAULKHAM HILLS via Windsor Rd, R> Churchill, L> Voltaire, R> Lanhams, R> Nestor, L> Caroline Chisholm, R> Langdon, R> Gooden, R> Tamboura North, L> Myallie, L> Cropley, L> Seven Hills Rd, L> Baulkham Hills Rd, R> Marina, L> Seven Hills Rd, R> Merindah to Kangara			
601		EXWINDSOR RD (OPPOSITE SCHOOL) TO ROUSE HILL via Route 601			
600	15:25	EXWINDSOR RD TO PARRAMATTA via Route 600			

Religious Education in the Classroom Year 6 Term 4

Term 4 is a very busy time for Year Six. The first Sharing Our Story unit studied is 'Living and Sharing in the Mission of Jesus'. In this unit, the students develop an understanding and appreciation of mission, and the call to mission throughout the world. So far, the students have studied, 'The Judgement' (Mt 25:34-40) and 'The Commissioning of the Disciples' (Mt 28:16-20). The children will then research people who, through their words and actions, are committed to the mission of Jesus. Year 6 will then look at how they can further develop and implement practical ways to continue the mission of Jesus in our school, the community and globally.



Advent/Christmas is the next unit to be studied. With the students preparing to celebrate the completion of their Primary school education, this unit provides the opportunity for students to reflect on their own growth and development, and their hopes and anxieties in commencing Secondary school. Reading Matthew (1:1-17), will allow Year Six to study the genealogy of Jesus. The family tree of Jesus Christ will be identified and the children will reflect on how the love of God has been with them throughout their Primary school years. Finally, the students will research, construct and sequence the symbols of the Jesse Tree. This will allow them to reflect on the symbolism and significance of the celebration of Christmas.

P&FNews



One sleep to go!!!! Reminder – the fete is tomorrow! 10am start

We have been working hard and are so excited that the day has finally arrived. Here's a few things to tell you about so you can be prepared...

- Cake donations can be delivered to Angle at the top of the open leaning centre either this afternoon at drop off or in the morning when you arrive.
- Only cash sales on the day. ATM onsite.
- Ride bands can be collected from the ride bands stall in the top playground.
- Showbags can be collected at the Showbag and Novelty Stall in front of the office.
- Raffle will be drawn at 1pm so you don't have long left to buy your tickets. Click
 on this link now so you don't miss out https://www.rafflelink.com.au/2019-raffle
- Reminder to all generous volunteers who have scheduled themselves to assist.
 Thank you for being part of this day and making it happen for everyone. Please arrive 5 mins before your scheduled time to allow for hand over instructions.
- The program for the day is attached so you can see what is happening on the main stage and what prizes are on offer for the Chocolate Wheel.
- Fete map is also attached so you can see where things will be on the day.
- Pick a Code Win a Jumbuck Plus 4 Burner BBQ! Tickets will be on sale from 10am to 2pm when the winner will be drawn live on stage. There are only 100 codes available so get in quick to win this great new BBQ with a bonus \$100 surprise inside! Total value \$450.
- We will be there rain or shine so bring your sunscreen and get ready to enjoy a big day out with our awesome school community.

Lastly, thank you to all the coordinators for your pre-fete efforts. They have not gone unnoticed and are greatly appreciated. Thank you very much.

Now let's get this party started – see you all there tomorrow!

Kate and Katrina

OLOL FETE 2019 SILENT AUCTION









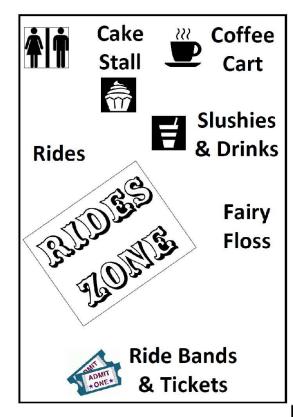




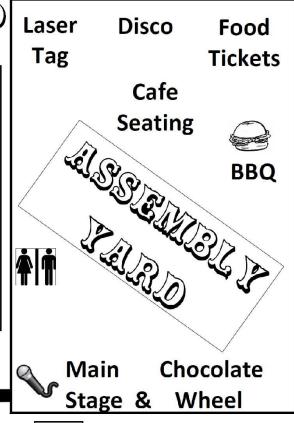




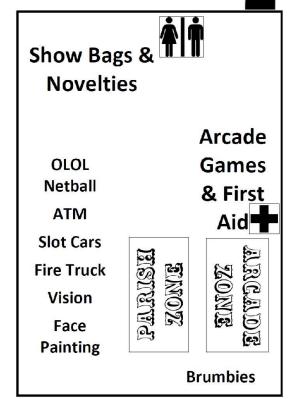
OLOL FETE 2019



Silent Auction and Raffle



Craft



ENTRY



7



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

Mathematics in the home #15

Ways to help your child learn mathematical ideas at home:

Fancy footwork

- Order shoe boxes according to shoe sizes eg 6 $\frac{1}{2}$, 7, 7 $\frac{1}{2}$, 8, 8 $\frac{1}{2}$ etc
- Order pairs of shoes in increasing or decreasing size
- Trace around family members' feet, cut out and arrange in increasing or decreasing size order.
- Discuss and compare differences in sizes of feet eg "Sam's foot is larger than Greg's foot but smaller than mum's foot."
- Trace foot each birthday and compare to the previous years' outlines.
- Measure, discuss and compare growth in foot size over time eg "My foot is 2cm longer than it was on my last birthday."

Other ways to help your child include:

Use everyday opportunities to make mathematics visible

- Remember your child's learning may look different to yours.
- There can be a number of ways to solve a mathematical problem.
- Don't say "That's wrong", say "How did you get your answer?"
- Encourage your child to talk through their thinking
- Allow your child time to think don't rush in and give them the answer wait and listen.









Reference: Early Mathematical Experiences (2017) Dr Paul Swan



College office during business hours

Monday to Friday 8am to 4pm. Applications close on Friday 27 March 2020.

For all enquiries regarding enrolment please contact the Enrolment Registrar, Mary McBain either by phone 8853 8200 or email gilroy@parra.catholic.edu.au



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.



Parents Representative Council SUPPORT | CELEBRATE | EDUCATE



CYBER SAFETY CHALLENGING TODAY'S YOUTH

Our Speaker will help parents understand the modern day challenges facing our young people within the digital world. Everything that they write, post and send can be traced and will remain there forever. Learn how parents can protect their kids from online risks. Sexts, Texts and Selfies are a concern for any parent. Learn how to give your child the skills, knowledge and strategies to use the internet in a safe, smart and responsible way.



Cyber safety, Sexts, Texts, Selfies, Pornography, Bulling and Online Predators.





Our guest speaker for the evening is:

School Liaison Officer NSW Police

Register FREE now: www.prc.catholic.edu.au

SEATS ARE STRICKLY LIMITIED TO 100 SO REGISTER EARLY!!



Monday, 18th November 2019

Doors open: 6:30pm for 7:00pm (2 hours) (PRC General Meeting - will be held prior to guest speaker Institute of Mission (downstairs meeting room)



Flushcombe Rd & Marion St, Blacktown NSW 2148

Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!

www.prc.catholic.edu.au

preparra

preparra



THANK YOU TO OUR 2019 SPONSOR

Floral Expressions

For details on the School fundraising program
Call Charles Lukasik on 02 9683 1116





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



vicepresident.juniors@hillsrugby.com.au



www.hillsrugby.com.a



SCHOOL GANTEEN

OUR LADY OF LOURDES PRIMARY SCHOOL



\$3.00

Scrambled eggs on Toast (1) (E) \$1.50 ~ BREAKFAST ~

Egg & Cheese Roll (E) Bacon & Egg Roll (O)

Hash Brown (O)

ssing

\$1.00

Toasted Sandwiches (E)

Cheese 1/2

\$2.00

Toast (2) (E) Jam or Honey

mus & Tzakiki Dip

outs

Fruit (E)

Raisin Toast (2) (E)

~ SANDWICH BAR ~		~ SUPER SALAD BAR ~	BAR ~	
Vegemite, Jam or Honey (E)	\$2.50	Greek Salad (E) (GF)	\$5.00	
Margarine spread		Tomato, cucumber, Spanish onion, pitted olives & feta	nnion, pitted of	ives & feta
Chicken (E)	\$4.20	Chicken Caesar (E)	\$5.00	
Grilled Chicken, Lettuce & mayo		Grilled Chicken, Cos lettuce, croutons, egg, Caesar dres	routons, egg, (Caesar dre.
Cheese Tomato (E)	\$3.50	Chicken Buster (E)	\$5.00	
Cheese & tomato		Grilled chicken, tabouli & hummus	snuu	
Ham (E)	\$3.80	Garden Salad (E)	\$4.80	
Cheese & tomato		Lettuce, tomatoes, cucumber, carrot, capsicum & spro	, carrot, capsic	um & spro
Tuna (E)	\$3.80	Health Pack (E)	\$5.00	
Mayo, cucumber, Spanish onion, sweet chilli	糧	Tasty Cheese fingers, carrot sticks, rice crackers, humn	ticks, rice crac	kers, humr
Cheese (E)	\$2.80			
Sliced tasty cheese		* All Salads are Served with Lebanese Bread	Lebanese Brea	p
Salad (E)	\$3.60			
Lettuce, carrot, tomato, cucumber, beetroot, onion	oot, onion			
Egg (E)	\$3.80			
Mayo & lettuce		~ WRAP BAR ~ (E)		
Curried Egg (E)	\$3.80	Served in Lebanese Bread	%	Full
Mayo, curry & lettuce		Grilled Chicken & Salad	\$3.00	\$5.80
		Ham & Salad	\$3.00	\$5.80
Breads (G) White or wholemeal		Tuna & Salad	\$3.00	\$5.80
Gluten Free Sliced	\$1.50			
White Roll	\$0.60	~ TURKISH BREADS/FOCACCIAS (E) - \$7.00	CCIAS (E) - \$	7.00

Served in Lebanese Bread	%	E
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

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

CELEBRATE YOUR BIRTHDAY AT SCHOOL!

\$1.00 \$1.00

> Boiled Egg (G) Hummus (G)

Avocado (G)

Ham (0)

\$0.60

Cucumber, tomato or lettuce (G)

\$0.20

Spoon or Fork (without a lunch order)

Lunch Bag

Sauce Portions

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

MTB are NSW Healthy School Canteen

Approved Operators

www.melstastybites.com

Everyday / O Occasionally

Gluten Free

п 9

FOOD CODING

Look out for our	Weekly				
\$2.50	W	h	\$2.20	\$2.20	
Fruit available daily from Fresh Fruit Salad Cup (E) (GF)		~SWEET TREATS ~	Warm Banana & Custard (E) Pikelets w/ Jam (3) (E)	Custard & Fresh Fruit (E) Homemade Muffins (O) 80gr	(Banana or Blueberries)
			Se		

CRUNCH & SIP before 9am . \$2.00





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



(Thursday Only) (Tuesday Only)

Corn Chips, seasoned beef, lettuce, cheese, tomato, sour cream & avocado Steamed Nice, seasoned beans, lettuce, cheese, tomato, sour cream & avocado Naked Vegetarian Nachos (E) \$5.50 Naked Vegetarian Nachos (E) \$5.50 Naked Nachos (E) \$5.50 Naked Nachos (E) \$5.50 Nachon Chicken Snit, Mash & Gravy (O) 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 Cheese \$4.50 Cheese Ad-50 Rouelch 99% Fruit Stick 70ml (E) \$1.00 Wegetarian \$4.50 Rouelch 99% Fruit Sticks (E) \$1.50 Nony (E) \$1.50 Hot Dog w/Sauce (O) \$4.50 Beef Saussage Roll (O) 120gr \$3.50 Reaf Chicken) Served with sour cream & sweet chilli Noghurt & Fruit (E) \$3.50 Reaf or Chicken) Served with sour cream & sweet chilli Noghurt & Fruit (E) \$3.50 Cheese & Rice Crackers (E) \$2.50 Red Rock Roades (O) \$3.00 Cheese & Rice Crackers (E) \$2.50 Red Rock Roades (O) \$2.00 Served with sour cream & sweet chilli Noghurt & Fruit (Seasonal) (E) \$2.50 Red Rock Roale (O) \$2.00 Served With sour cream & sweet chilli Noghurt & Fruit (E) \$3.50 Cheese & Rice Crackers (E) \$2.50 Red Rock Roade (E) \$2.00 Grain Waves 22gr (Sr Crm) (O) \$2.00 Grain Waves 22gr (Sr Crm) (O) \$2.00	OUR LADY OF LOU "BURGERS & ROLLS " SAME STATEMENT OF LOUR STATEM	OUTIOES PRIMA "MEXICAN BAR" \$5.50		Seef Barbos (2) Seef Barbos (2) Seef Barbos (3) Seef Barbos (3) See See See See See See See See See Se	~PASTA, RICI	S MO	ORE ~
Naked Vegetarian Nachos (E) \$5.50 Naked Vegetarian Nachos (E) \$5.50 Steemed Ravioli Napolitano (E) Steemed Reas, sour cream & avocado Rice, beef or Chicken, lettuce, cheese, tomato, sour cream & avocado Fully Loaded Wedges (O) \$5.50 Baked Wedges (O) \$5.50 Baked wedges covered with beef or Chicken, cheese, sour cream & avocado Frozen TREATS* Cheese \$4.50 Wegetarian \$4.50 Wegetarian \$4.50 HOME MADE PIZZA - (E) \$5.50 Baked Chicken Nuggets (O) \$4.50 Hot Dog w/Sauce (O) \$4.50 Reaf Gausage Roll (O) 120gr \$3.80 Oven Baked Wedges (O) \$3.50 Reef sausage Roll (E) 120gr \$3.80 Cheese & Rice Crackers (E) \$3.50 Reef or Chicken) Fruit Seasonal) (E) \$2.50 Hot Cheese Roll (E) \$3.50 Reef or Chicken) Reef or Chicken Reef Reef Reef Reef Reef Reef Reef Re	sp.vo Warinated chicken breast , lettuce & Aioli mayo	beer Nacrius (U) Corn Chips, seasoned beef, lettu	soc, cheese, tomato,	our cream & avocado	Curry Chicken & Rice		ml \$4.00 Lge \$6.00
Naked Nachos (E) \$5.50 Macaroni Cheese (O) Rice, beef or Chicken, lettuce, cheese, tomato, sour cream & avocado Spaghetti & Sauce Nachos (O) Fully Loaded Wedges (O) \$5.50 Baked wedges covered with beef or Chicken, cheese, sour cream & avocado ** FROZEN TREATS** Cheese \$4.50 Quelch 99% Fruit Stick 70ml (E) \$1.50 Vegetarian \$4.50 Frozen Fruit Stick 70ml (E) \$1.50 Bbq Chicken \$4.50 Frozen Fruit Stick (E) \$1.50 *HOT BAR** ** Hot Dog w/Sauce (O) \$0.70 ** Hot Dog w/Sauce (O) \$4.00 Beef Sausage Roll (O) 120gr \$3.00 ** SIlced Watermelon (E) \$1.50 ** Goven Baked Wedges (O) \$4.00 ** SIlced Watermelon (E) \$1.50 ** Goven Baked Wedges (O) \$4.00 ** SINACKS** ** Sinced Watermelon (E) \$1.50 ** Gover With sour cream & sweet chilling ** Fruit Salad (E) ** Sinced Watermelon (E) \$1.50 ** Gover With sour cream & sweet chilling ** Fruit (Sees Salal (E) ** Sinced Watermelon (E) ** Sinced Watermelon (E) ** Sinced Watermelon (E) ** Sinced Watermelon (E) ** Sinced Watermelo	\$5.00	Naked Vegetarian Nachos (E) Steamed Rice, seasoned beans,	\$5.50 lettuce, cheese, tom	rto, sour cream & avocado	Beef Ravioli Napolitai Chicken Snit, Mash &	no (E) S Gravy (O) S	ml \$4.00 Lge \$6.00 ml \$4.00 Lge \$6.00
Fully Loaded Wedges (O) \$5.50 Baked wedges covered with beef or Chicken, cheese, sour cream & avocado HOME MADE PIZZA – (E) **RROZEN TREATS** Cheese \$4.50	\$5.00	Naked Nachos (E) Rice, beef or Chicken, lettuce, o	\$5.50 heese tomato sour	ream & avocado	Macaroni Cheese (O)	chos (O)	ml \$4.00 Lge \$6.00
HOME MADE PIZZA – (E) ++OME MADE PIZZA – (E) cheese vegetarian vegetarian vegetarian by 4.50 vegetarian v	\$5.00	Fully Loaded Wedges (O)	\$5.50				
HOME MADE PIZZA – (E) Cheese Cheese \$4.50 Quelch 99% Fruit Stick 70ml (E) \$1.00 Vegetarian \$4.50 Frozen Fruit Sticks (E) \$1.50 Frozen Grange Qtr (E) \$0.50 Mony (E) St.50 Hot Dog w/Sauce (O) St.00 Beef Sausage Roll (O) 120gr \$3.80 Served with sour cream & sweet chilli Mamee Oup Noodles (O) \$3.00 Fruit Seasonal) (E) \$2.50 Hot Cheese Roll (E) \$3.00 Grain Waves 22gr (Sea Salt) (O) \$2.00 Grain Waves 22gr (Sr Crm) (O) \$2.00	Homemade beef patty, fried onion, beetroot, tomato & letture (Choice of sauce)	Baked wedges covered with be	ef or Chicken, cheese	sour cream & avocado			
HOME MADE PIZZA — (E)						۵	E ASE IISE E
Cheese \$4.50 Quelch 99% Fruit Stick 70ml (E) \$1.00 Vegetarian \$4.50 Frozen Fruit Stick 70ml (E) \$1.50 Bbq Chicken \$4.50 Frozen Orange Qtr (E) \$0.50 Mony (E) Mony (E) \$1.50 Abd Dag w/Sauce (O) \$4.00 *50.70 Beef Sausage Roll (O) 120gr \$3.80 *SNACKS ** Oven Baked Wedges (O) \$4.50 Sliced Watermelon (E) \$1.50 Served with sour cream & sweet chill Yoghurt & Fruit (E) \$3.50 Mamee Chicken) \$3.00 Cheese & Rice Crackers (E) \$2.50 Hot Cheese Roll (E) \$3.00 Fruit (Seasonal) (E) \$2.00 Red Rock 28gr (Sea Salt) (O) \$2.00 Grain Waves 22gr (Sr Crm) (O) \$2.00		HOME MADE PIZZA – (E)		~ FROZEN TREATS~)	- 1	באסר מסר
Vegetarian \$4.50 Frozen Fruit Sticks (E) \$1.50 Bbq Chicken \$4.50 Frozen Orange Qtr (E) \$0.50 "HOT BAR" Lemon Ice, Red Berry Blast \$1.50 Baked Chicken Nuggets (O) \$4.00 SNACKS ~ Hot Dog w/Sauce (O) \$4.00 SNACKS ~ Beef Sausage Roll (O) 12.0gr \$3.80 SNACKS ~ Oven Baked Wedges (O) \$4.50 Sliced Watermelon (E) \$1.50 Served with sour craam & sweet chill Yoghut & Fruit (E) \$3.50 Fruit Salad (E) \$3.50 Mamee Cup Noodles (O) \$3.00 Fruit Salad (E) \$2.50 Fruit Cheese Roll (E) \$2.50 Hot Cheese Roll (E) \$3.00 Fruit (Seasonal) (E) \$2.00 GF Hot Cheese Roll (E) \$3.00 Fruit (Seasonal) (E) \$2.00		Cheese	\$4.50	Quelch 99% Fruit Stick 70ml (E)	\$1.00	ō	LINE FOR L
Page Chicken \$4.50 Frozen Orange Qtr (E) \$0.50		Vegetarian	\$4.50	Frozen Fruit Sticks (E)	\$1.50		
## And Tabar ## ## ## ## ## ## ## ## ## ## ## ## ##	\$0.60	Bbq Chicken	\$4.50	Frozen Orange Qtr (E)	\$0.50		www.flexisc
#Hot Dag w/Sauce (0) \$0.70 Hot Dag w/Sauce (0) \$4.00 Beef Sausage Roll (0) 120gr \$3.80 Siliced Watermelon (E) \$1.50 Served with sour cream & sweet chilli Yoghurt & Fruit (E) \$3.50 Mamee Cup Noodles (0) \$3.00 [Beef or Chicken) Fruit Salad (E) \$3.50 Hot Cheese Roll (E) \$3.00 Grain Waves 22gr (Sea Salt) (0) \$2.00 Grain Waves 22gr (Sr Cm) (0) \$2.00	\$0.60			Mony (E)	\$1.50		
Baked Chicken Nuggets (O) \$0.70 Hot Dog w/Sauce (O) \$4.00 Beef Sausage Roll (O) 120gr \$3.80 ~SNACKS ~ Oven Baked Wedges (O) \$4.50 Sliced Watermelon (E) \$1.50 Served with sour cream & sweet chilling Yoghurt & Fruit (E) \$3.50 Mamee Oup Noodles (O) \$3.00 Fruit Salad (E) \$3.50 (Beef or Chicken) Fruit (Seasonal) (E) \$1.00 GI Hot Cheese Roll (E) \$3.00 Fruit (Seasonal) (E) \$2.50 E Red Rock 28gr (Sea Salt) (O) \$2.00 Grain Waves 22gr (Sr Cm) (O) \$2.00	\$0.50	~HOT BAR~		(Lemon Ice, Red Berry Blast)			
Hot Dog w/Sauce (O) \$4.00 Beef Sausage Roll (O) 120gr \$3.80 ~ SNACKS ~ Oven Baked Wedges (O) \$4.50 Sliced Watermelon (E) \$1.50 Served with sour cream & sweet chilli Yoghurt & Fruit (E) \$3.50 Mamee Cup Noodles (O) \$3.00 Fruit Salad (E) \$3.50 (Beef or Chicken) Cheese & Rice Crackers (E) \$2.50 Hot Cheese Roll (E) \$3.00 Fruit (Seasonal) (E) \$1.00 Grain Waves 22gr (Sea Salt) (O) \$2.00		Baked Chicken Nuggets (O)	\$0.70)		
Beef Sausage Roll (O) 120gr \$3.80 ~ SNACKS ~ Oven Baked Wedges (O) \$4.50 \$liced Watermelon (E) \$1.50 Served with sour cream & sweet chilling that sour cream & sweet sour (E) \$3.50 \$3.50 (Beef or Chicken) Cheese & Rice Crackers (E) \$2.50 E Hot Cheese Roll (E) \$3.00 Fruit (Seasonal) (E) \$1.00 GI Red Rock 28gr (Sea Salt) {0} \$2.00 Grain Waves 22gr (Sr Crm) (O) \$2.00		Hot Dog w/Sauce (O)	\$4.00			L	
Oven Baked Wedges (O) \$4.50 Sliced Watermelon {E} \$1.50 Served with sour cream & sweet chill? Yoghurt & Fruit {E} \$3.50 Mamee Cup Noodles (O) \$3.00 Fruit Salad {E} \$3.50 (Beef or Chicken) Cheese & Rice Crackers {E} \$2.50 E Hot Cheese Roll {E} \$3.00 Fruit {Seasonal} {E} \$1.00 Grain Waves 22gr {Sr Crm} {O} \$2.00	\$2.60	Beef Sausage Roll (O) 120gr	\$3.80	~ SNACKS ~		2	ITB are NSW Healt
Served with sour cream & sweet chill? Yoghurt & Fruit (E) \$3.50 Mamee Cup Noodles (O) \$3.00 Fruit Salad (E) \$3.50 {Beef or Chicken} \$2.50 E E Hot Cheese Roll (E) \$3.00 Fruit (Seasonal) (E) \$1.00 GF G Grain Waves 22gr (Sr Crm) (O) \$2.00 Grain Waves 22gr (Sr Crm) (O) \$2.00 Grain Waves 22gr (Sr Crm) (O) \$2.00		Oven Baked Wedges (O)	\$4.50	Sliced Watermelon (E)	\$1.50		Approved
Mamee Cup Noodles (O) \$3.00 Fruit Salad (E) \$3.50 {Beef or Chicken} Cheese & Rice Crackers (E) \$2.50 E Ever Hot Cheese Roll (E) \$3.00 Fruit (Seasonal) (E) \$1.00 GF Gluth Red Rock 28gr (Sea Salt) (O) \$2.00 Grain Waves 22gr (Sr Crm) (O) \$2.00		Served with sour cream & swee	t chilli	Yoghurt & Fruit (E)	\$3.50		
{Beef or Chicken} Cheese & Rice Crackers (E) \$2.50 E Ever Hot Cheese Roll (E) \$3.00 Fruit (Seasonal) (E) \$1.00 GF Gluth Red Rock 28gr (Sea Salt) (O) \$2.00 Grain Waves 22gr (Sr Crm) (O) \$2.00	\$2.00	Mamee Cup Noodles (O)	\$3.00	Fruit Salad (E)	\$3.50		FOOD
Hot Cheese Roll (E) \$3.00 Fruit (Seasonal) (E) \$1.00 GF GF Grain Waves 22gr (Sr Crm) (O) \$2.00	\$2.60	(Beef or Chicken)		Cheese & Rice Crackers (E)	\$2.50	L	O / webwest
Red Rock 28gr (Sea Salt) (O) \$2.00 Grain Waves 22gr (Sr Crm) (O) \$2.00	Blackcurrant, Raspberry, Grape, Orange Passio, Watermelon	Hot Cheese Roll (E)	\$3.00	Fruit (Seasonal) (E)	\$1.00	, <u>R</u>	Gluten Free
Grain Waves 22gr (Sr Crm) (O)				Red Rock 28gr (Sea Salt) (O)	\$2.00	5	-
	\$2.60			Grain Waves 22gr (Sr Crm) (O)	\$2.00		

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
9		

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

Chicken (Lettuce, Shredded Cheese, tomato & sour cream)

Beef (Lettuce, Shredded cheese, tomato & sour cream

Burrito (E) TUESDAY

Layers of Homemade Bolognese sauce & pasta and cheese

Lasagna (E) MONDAY

HOME-MADE WEEKLY SPECIALS

Steamed rice tossed with fresh vegetables & soy sauce

Homemade Bolognese sauce tossed with spaghetti

Spaghetti Bolognese (E)

WEDNESDAY

Vegetarian Fried Rice (E)

THURSDAY



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