



## Term 1 Week 6

6th March, 2020

### March

#### Monday 9th

Year 5 Bushwalk

#### Tuesday 10th

P&F Meeting

#### Friday 13th

Cross Country

#### Sunday 15th

Parish Mass—Year 6

#### Tuesday 17th

2.20pm K-6 Assembly  
Year 2

#### Friday 20th

National Day of Action  
against Bullying and  
Violence (NDA).

#### Thursday 26th

Year 6 Physio Visit

#### Friday 27th

Fun Run

### April

#### Wednesday 1st

4L C.A.R.E.S excursion

#### Thursday 2nd

Year 3 Science Excursion

4L C.A.R.E.S excursion

10am School Tour

Kindergarten 2021

#### Sunday 4th

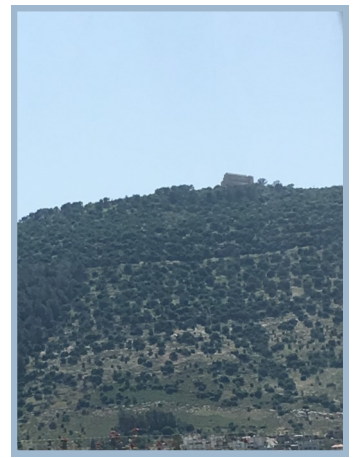
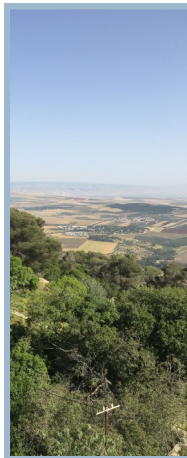
Palm Sunday

A reading from the holy Gospel according to Matthew

*His face shone like the sun.*

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'



### Reflection:

Peter, James and John had an encounter with Jesus as they had never seen him before and it filled them with joy and wonder.

The elements of this experience were:

- they were alone with Jesus on a high mountain;
- his face and clothes shone with light;
- he was with Moses and Elijah, embodying the Law and the Prophets;
- they heard the voice of the Father say 'This is my beloved Son, listen to him'.

Pope Francis tells us that we too can experience the wonder of a personal encounter with Jesus, and it will transform our lives, filling us with a joy we cannot help but share.

Peter, James and John had their special encounter with Jesus when they took time out from their daily concerns. Take some extra time this week, not to say prayers, but to stop and ponder the people who reflect the light of God's goodness to you, then find an opportunity to talk to someone about that experience.

# School News

## National Day of Action against Bullying and Violence (NDA)

On Friday 20th March Our Lady of Lourdes will join with other Australian schools to celebrate National Day of Action against Bullying and Violence (NDA). The NDA 2020 marks the 10 year anniversary of Australia's key anti-bullying event for schools. The theme for 2020 is Take Action Together. The students participated in extra activities and lessons about this very important issue.



## Photo Day change of date

This year photo day will take place on **Thursday, 30th April, week 1 Term 2**. This date has changed from Term Calendar. Envelopes will be sent home closer to the date. Please note that no money or envelopes should be sent into the office before photo day, all envelopes should be directly be handed to the photographers. Each envelope is personalised with students name and unique ordering code. If a student loses their envelopes, their opportunity to order online will be lost. They will need to collect a spare envelope and hand this in on photo day. No change will be given on the day, therefore it is vital that parents hand in the envelopes that have the correct money enclosed. Each child needs his/her own envelope if ordering. Credit card orders are strictly online. Family envelopes can be collected from the office.



## Year 6 Family/Parish Mass

Our next Family/Parish Mass will be celebrated next Sunday, 15th March, at 9.30am. All families, especially Year 6, are welcome. Mass will be followed by morning tea in the Parish House.



## Why pray with your kids?



A new prayer resource will be sent home this week to all of our Kindergarten families. This resource has been provided to us by the Catholic Education Diocese of Parramatta for all Kindergarten families. We encourage you to use this book to pray with your children.

## Smart Watches

We ask that parents ensure that smart watches are left at home and not brought to school as they are becoming an issues in the class room. Children who wear them are playing on them and this is disrupting their learning. We have even had some children receiving messages during the school day. We ask the parents please be aware that all contact with children during the school day must come through the office. The school is not responsible for lost or damaged smart watches.

## Kindergarten 2021 Enrolments

Our Lady of Lourdes Primary School is now taking Kindergarten enrolments for 2021. Please download the enrolment form from the school website [www.ololbhills.catholic.edu.au](http://www.ololbhills.catholic.edu.au), complete the forms and return them to the school office with all the required documentation including originals. Please note that we cannot accept a Driver's Licence as proof of residence. A utility bill is the preference. Families will be interviewed in May by a member of the leadership team.

New families may have a tour of our school on:

- \* Thursday, April 2nd, 2020 at 10.00am
- \* Tuesday, April 28th, 2020 at 10.00am



Please email the school office on: [ololbhills.parra.catholic.edu.au](mailto:ololbhills.parra.catholic.edu.au) advising us of your preferred session date.

## School Fees

Families should have received their first School Fee Instalment Invoice this week, if not please contact the office as soon as possible. Flexible Payment Plan (Bpay or Bpoint) is offered with your first instalment. For those families that do not accept Flexible Payment Plan, your first instalment is due on 18th March, 2020.



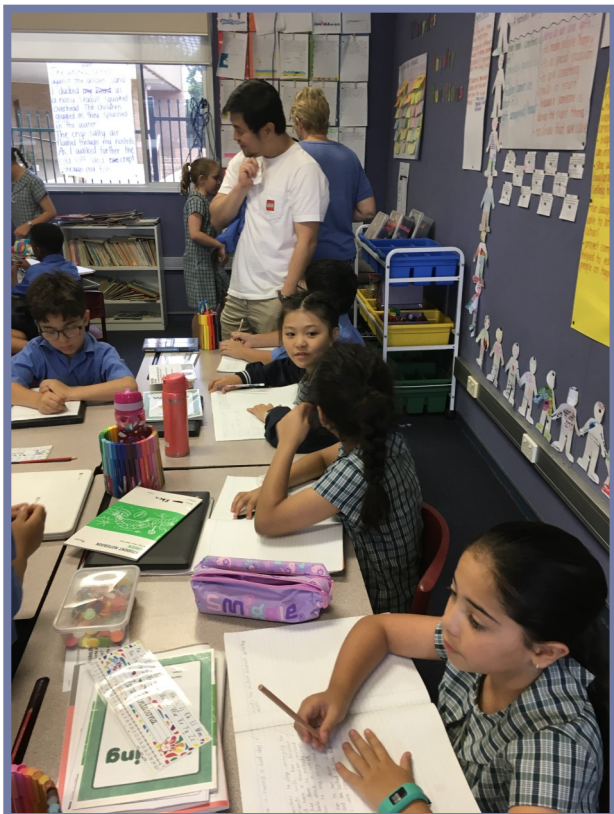


## Student Residential Address and Other Information

Every year, the Australian government collects data on Student Residential and Other information. The collection is routinely used to inform Commonwealth school education policy, and to help ensure that Commonwealth funding arrangements for non-government schools are based on need, and are fair and transparent. Please see attachment for further information.

## Catholic Schools week

Thank you to all the parents who were able to join us for catholic schools week. We hope you enjoyed viewing the wonderful learning in each classroom.



## Social Skills

**Respect - feeling good about yourself and others**

- ◆ ◆ Valuing self / being yourself



**Mathematics in the home - see Attachment for more ideas.**



## **Gilroy Catholic College Enrolments for Year 7 2021**

Applications close Friday 27 March 2020. First Round Offers will be sent out Monday 6 April 2020

*Families who wish to enrol for Year 7 2021 and currently have a student attending Gilroy will need to complete an application form.*

Application Packages are available from the College office or you can download the forms from the College website: [gilroy.catholic.edu.au](http://gilroy.catholic.edu.au) - click on How to Enrol

For all enquiries contact the College office on 8853 8200 or the Registrar Mary McBain [mmcbain@parra.catholic.edu.au](mailto:mmcbain@parra.catholic.edu.au)

## **CATHOLIC SCHOOLS WEEK - Celebrating 200 years of Catholic Education**

This week we celebrated Catholic Schools Week. A special time in the year when we celebrate and give thanks for Catholic Schools, especially our own school, Our Lady of Lourdes. This year we celebrated the bicentenary of Australia's first Catholic school which started in Parramatta in 1820.

On Tuesday many parents and grandparents joined us in prayer during our school Liturgy and then visited the classrooms to join in our morning's learning.

During our Liturgy the grades shared why OLOL is a special school.

Our Lady of Lourdes is a great school that provides us with many opportunities to grow and develop. Our motto - To know, To Love, To serve - leads us to Christ. We have many opportunities to showcase our talents, band, drama, sporting events and public speaking to name just a few.

Our leadership skills are developed through programs such as Buddies and Peer Support. The Social Justice team work together to promote how we can help those in the broader community through fundraisers or by raising awareness of those in need and in doing this we continue to spread the Good News of Jesus.

OLOL is special because it has books to borrow.

Our school Our Lady of Lourdes is special because we learn about Jesus and how he is a good friend. The best thing about our school is that we have a canteen and we have kind teachers. We also get to play with our friends and do Art. At our school we get to be ourselves and have fun.

Our Lady of Lourdes is special because we always feel included and a part of a special community. We are able to become learners who have a growth mindset and work collaboratively with our peers and teachers. We feel that our school supports and inspires us to achieve our goals and dreams. At Our Lady of Lourdes we are confident, driven and capable learners who are eager to be challenged in all aspects of our learning.

I love OLOL because it's a community that my family and I are part of. I love our school because the people show love and respect to each other and our teachers make us smile with happiness.

Our Lady of Lourdes is full of kind people who care for each other. In Year 2, We are able to learn new things from our fantastic teachers and work with our friends. We cooperate and listen to each other.

Our Lady of Lourdes is special to Year 5 because we have been able to make a lot of new friends while at school, which has helped us to communicate, collaborate and cooperate with each other.

Here at Our Lady of Lourdes we have nice teachers that educate us, guide us, encourage us, support us and help us to do the right thing while shaping our future.

At this school we are learning to overcome challenges and build up a growth mindset. People are always willing to help out if one of our peers is stuck.

At our school we do lots of learning about our faith, the Catholic values and learning to follow in Jesus' footsteps. We learn to accept people for who they are, which makes everyone feel welcomed at our school.



## P & F News

### P&F Meeting

Term 1 P&F Meeting to be held Tuesday the 10th March 7.15pm for a 7.30pm start.

### LOLO Fun Run

The LOLO Fun Run form should have come home with each child this week. The information and instructions for Fun Run 2020 is attached to the sponsorship form. This form will need to be returned by **25th March** to the Childs classroom teacher with raised sponsorship money from each child. There is \$30 REBEL sport vouchers given to the top 10 Fundraising students.

Interested in helping on the day? If you are available on 27th March we are looking for parent helpers on the day. Please email [lololbhp@gmail.com](mailto:lololbhp@gmail.com) to let us know if you're available!"

Goodluck and have fun !

Regards  
OLOLO P&F Team.



## Parish News

### Jesuit Refugee Service

As an initiative of the Pastoral Group of Our Lady of Lourdes, we are once again collecting personal hygiene items such as toiletries, toothbrushes, sanitary pads, nappies and other items that may be useful to those who have come as refugees and asylum seekers, to make their home in Australia.

We ask you put one or two personal items in your shopping trolley each week that can be donated to those less fortunate in our community. You may prefer to put a couple of items together to make a small Pamper Pack.

### Arrupe Foodbank– Week 3

The foodbank is currently in desperate need of non-perishable items. Each week during Lent we are asking for a donation of a different food to donate to JRS Foodbank.



**Week 1: Basmati Rice**

**Week 2: Tuna in Oil**

**Week 3: Cooking Oil**

**Week 4: Tinned Tomatoes**

**Week 5: Long Life Milk**

**Week 6: Pasta or Spaghetti**

There will be a box at the back of the church and the goods collected will be donated to the Jesuit Refugee Service Parramatta. For more information on this Social Justice Service see the website: [www.jrs.org.au](http://www.jrs.org.au)

## Did you know

Your child's best learning time is the start of the school day  
just a little bit late doesn't seem much but

He/she just missing,	That equals ..	Which is ...	and over 13 years of schooling that's ...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour 40mins per week	Over 2.5 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 and a half years
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years



**Nehansa ...** On the 2nd of March the school representative council got the privilege to go to National Young Leaders Day. During our time there we got to listen to many inspirational educators. John Coutis was my personal favourite. He taught us a valuable lesson about reaching for the stars and being resilient even when times get tough. His speech about gaining confidence within ourselves and helping others to become young leaders of today was one of the major assets that would help us become better leaders for our school.



**Lara Alam...** Young leaders day was extremely inspiring and it encouraged me to be a better leader, not just at school but everywhere. The speakers included Erin Molan, Rove McManus, Bianca Chatfield and John Coutis. They were all unique in the way they presented their speech, but they all had a similar message... Be yourself, be responsible, set goals, be persistent, keep getting back up when you fall, and most of all, be the best leader you can be.

## Halogen Young leaders Day 2020

On Monday 2nd March the Student Representative Council attended the annual Young Leaders Day at the International Convention Centre in Darling Harbour.



**Matilda DeCelis ...** National Young Leaders Day 2020 was an incredible experience and one I will never forget! We had four amazing speakers talk to us about their journeys of being leaders and they really inspired me to be not just a good leader, but a great one. Not only was National Young Leaders Day an inspirational and educational day, but it was also extremely fun! We were even lucky enough to meet Rove McManus and Bianca Chatfield. One of my favourite parts of the day was definitely listening to all the speakers, especially Bianca and John Coutis. Both their stories were seriously inspirational and educational. My number one favourite part of the day was meeting the netball legend Bianca Chatfield! She really inspired me to be a better leader, netball player and person in general.







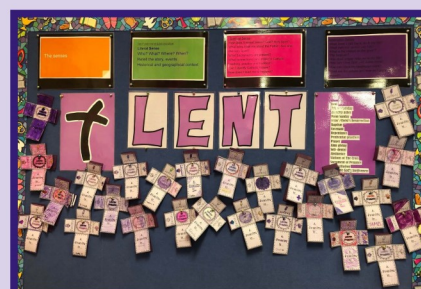
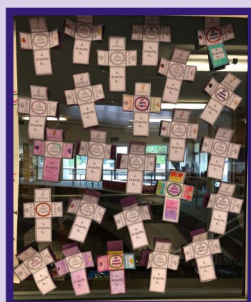
## Religious Education in Year 5 LENT



*Year 5 are currently exploring the Lenten unit  
'An Invitation to Believe'  
(Jn 9:1-41)*



*Year 5 conducted a 'trust walk' activity in which each student took a turn at being blindfolded and led about by another, so that each of us was guided and kept safe even though we could not see.*



*In a similar way, we look to God for guidance in our faith life, especially in times of difficulty. When we allow ourselves to be open to Jesus, the light of God shines through us and guides our way.*

*Just as the man born blind received sight, so we receive Jesus' light:  
"While I am in the world, I am the light of the world." (Jn 9:5)*



## 2020 Mathematics in the home #2

Ways to respond to your child's mathematical thinking at home:

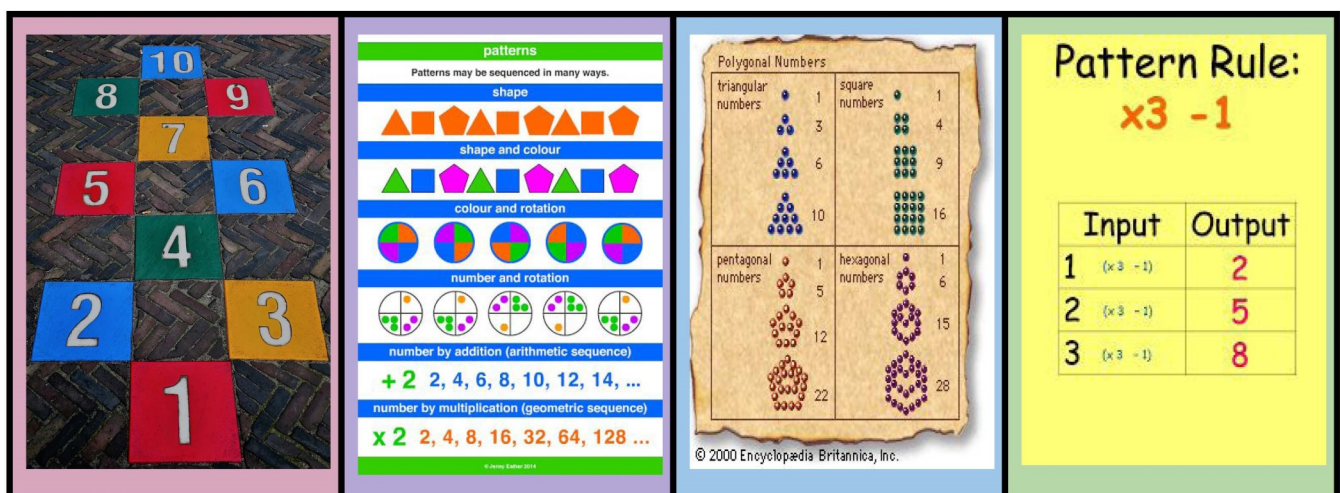
### GENERALISING

- How can you describe what is the same?
- What is the rule?
- What is the pattern here?
- How can you describe the pattern?
- What happens in general?
- Is that ..... (pattern)....always going to work?
- Are there other examples that fit the rule?
- How could you explain the rule to someone else?

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: <https://www.resolve.edu.au/>





## For parents/guardians of students:

### 2020 Student Residential Address and Other Information collection notice

This notice is from the Australian Government Department of Education, Skills and Employment (the department), to advise you that the department has requested that your child's school provide a 'statement of addresses', in accordance with the *Australian Education Regulation 2013* (Cth) (Regulation).

A *statement of addresses* contains the following information about each student at the school:

- Student residential address (**not student names**)
- Student level of education (i.e. whether the student is a primary or secondary student)
- Student boarding school status (i.e. whether the student is boarding or a day student)
- Names and residential addresses of students' parent(s) and/or guardian(s)

Schools generate a record number for each student for the purposes of this collection, which is also provided to the department.

#### Purpose of the collection

This collection is routinely used to inform Commonwealth school education policy, and to help ensure that Commonwealth funding arrangements for non-government schools are based on need, and are fair and transparent.

The information collected in the *statement of addresses* will be used to inform school funding calculations. It is combined with data held by the Australian Bureau of Statistics (ABS) to calculate the estimated capacity of a school community to contribute to the schools' operating costs (capacity to contribute). Australian Government funding to non-government schools takes this estimated capacity to contribute into account.

On 20 September 2018 the Government announced that it will implement a new, improved capacity to contribute methodology used in the calculation of the Commonwealth's needs-based funding arrangements for non-government schools. Known as the direct measure of income (DMI), the proposed new methodology is based on the median income of parents or guardians of students at a non-government school. This is in contrast to the current area based measure which is a point in time analysis based on average circumstances in 2011 of the area in which students at the school lived. This change follows a review of the existing methodology by the National School Resourcing Board. Further information about the review and the Government's response can be found on the department's website: <https://www.education.gov.au/review-socio-economic-status-ses-score-methodology>.

#### Use and disclosure of personal information

Your personal information is protected by law, including the *Privacy Act 1988* (Cth). Any use and disclosure of your personal information relating to the *statement of addresses* will occur in accordance with the Regulation.

Your personal information may be used by the department, or disclosed to the ABS, for the purposes of reviewing capacity to contribute methodology, calculating capacity to contribute and Commonwealth school education policy development (including school funding), or where it is otherwise required or authorised by law.

Your personal information will be provided to the ABS for capacity to contribute calculations and analysis as part of the Multi-Agency Data Integration Project (MADIP). Departmental staff will use the ABS' secure DataLab to undertake analysis and calculate capacity to contribute scores for schools using de-identified data (i.e. data that has had identifiable information such as name and address removed). The linked information will not be used for other purposes. Further information on the MADIP can be found here:

[http://www.abs.gov.au/websitedbs/D3310114.nsf/4a256353001af3ed4b2562bb00121564/9099c77cb979d558ca258198001b27a0/\\$FILE/MADIP%20iPIA\\_2018.pdf](http://www.abs.gov.au/websitedbs/D3310114.nsf/4a256353001af3ed4b2562bb00121564/9099c77cb979d558ca258198001b27a0/$FILE/MADIP%20iPIA_2018.pdf).

The department may, from time to time, carry out audits of school submissions. In the event of an audit, contracted auditors may seek to compare a school's *statement of addresses* with student enrolment information held by the school. These contractors will not use the information for any other purpose.

The department may also be required to disclose your personal information to its service providers for the purposes of the provision of information and communications technology (ICT) support services to the department.

### **What do you need to do?**

You are not required to do anything. Your school is responsible for providing the requested details to the department, however, you may wish to ensure that your school has the most up-to-date and correct details for your family.

### **Contacts for further information**

Your school can provide additional information about the process of the address collection.

If you have any further questions regarding the collection, you can contact the department by:

- Email: [seshelpdesk@dese.gov.au](mailto:seshelpdesk@dese.gov.au)
- Phone (free call): SES helpdesk on 1800 677 027 (Option 4)

The department's privacy policy is available on the department's website at [www.dese.gov.au](http://www.dese.gov.au). The privacy policy contains information about:

- how individuals can access and seek correction of the personal information held by the department;
- how complaints about breaches of the *Privacy Act 1988* (Cth) can be made; and
- how the department will deal with these complaints.





Our Lady of  
Lourdes Primary

## **Parents and Friends Association Meeting – Term 1**

Tuesday 10<sup>th</sup> March, 2020

7:15pm for a 7:30pm start

### **Agenda**

- Welcome Prayer
- Apologies
- Confirmation/Acceptance of previous minutes
- Business arising from previous minutes
- Correspondence In/Out
- President's Report
- Treasurer's Report
- Principal and Assistant Principal Report
- Past P&F Events
- Upcoming P&F Events
- General Business

# SCHOOL CANTEEN

## OUR LADY OF LOURDES PRIMARY SCHOOL



### ~ BURGERS & ROLLS ~

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

### ~ MIXED BAR ~

Beef Nachos (O) (H)	\$5.50
Corn Chips, seasoned beef, lettuce, cheese, tomato, sour cream & avocado	
Naked Vegetarian Nachos (O)	\$5.50
Corn Chips, seasoned beans, lettuce, cheese, tomato, sour cream & avocado	
Butter Chicken & Rice (E) (H)	Sm \$4.00 Lge \$6.00
Chicken breast sautéed in a butter chicken sauce & served with steamed rice	

### EXTRAS

Tomato, cheese, onion	\$0.60
Shredded Cheese	\$0.60
Sauce Portions (Tomato or Bbq)	\$0.40

### ~ COLD DRINKS ~

Harvey Juice 250ml (E)	\$2.60
Orange, apple, orange & mango	
Water	
Spring Water 600ml (E)	\$2.00
~MILK~	
Plain Milk (E)	\$2.00
Oak Lite - 250ml (E)	\$2.60
Chocolate or Strawberry	

### HOME MADE PIZZA - (E) (H)

Cheese	\$4.50
Vegetarian	\$4.50
Bbq Chicken	\$4.50
Ham & Cheese	\$4.50

### ~HOT BAR~

Chicken Nuggets (O) (H)	\$0.80
Chicken Nuggets x 4 (O) (H)	\$3.00
Chicken Nuggets x 6 (O) (H)	\$4.20
Hot Dog w/Sauce (O) (H)	\$4.00
Hot Cheese Roll (E)	\$3.00
Cup Noodles (O)	\$3.00
(Beef or Chicken)	

### ~ FROZEN TREATS ~

Quech 99% Fruit Stick 70ml (E)	\$1.00
Frozen Watermelon (E)	\$2.00
Frozen Orange (E)	\$2.00
Monny (E)	\$1.50
(Lemon Ice, Red Berry Blast)	

### ~ SNACKS ~

Sliced Watermelon (E)	\$1.50
Yoghurt & Fruit Cup (E)	\$3.50
Fruit Salad (E)	\$3.50
Cheese & Rice Crackers (E)	\$2.50
Fruit (Seasonal) (E)	\$1.00
Warm Banana & Custard (E)	\$2.50

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

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

MTB are NSW Healthy School Canteen  
Approved Operators

### FOOD CODING

E	Everyday / O Occasionally
GF	Gluten Free
H	Halal

## MONDAY 2 FRIDAY ONLY

### MONDAY

Oven Baked Wedges (O) (H)	\$5.00
Served with sour cream & sweet chilli	

### WEDNESDAY

Spaghetti Bolognese (E) (H)	\$4.00 Small / \$6.00 Large
homemade Bolognese sauce tossed with spaghetti	

### FRIDAY

Macaroni Cheese (O)	\$4.00 Small / \$6.00 Large
pasta baked with cream, cheese, parsley & herbs	

### TUESDAY

Chicken Schnitzel, Mash & Gravy (O) (H)	\$4.00 Small / \$6.00 Large
homemade schnitzel with mashed potato & gravy	

### THURSDAY

Beef Burrito (E) (H)	\$6.00
Lettuce, Shredded cheese, tomato & sour cream	

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



**\$1.50**

600ml



# SCHOOL CANTEEN

## OUR LADY OF LOURDES PRIMARY SCHOOL



~ 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	
Gluten Free Sliced	\$1.50
White Roll	\$0.80
Extras	
Cucumber, beetroot, tomato or lettuce (G)	\$0.60
Ham (O)	\$1.00
Avocado (G)	\$1.00
Boiled Egg (G)	\$0.80
Hummus (G)	\$0.80
Lunch Bag	\$0.20
Spoon or Fork (without a lunch order)	\$0.10
Sauce (Tomato, Bbq, Mayo, Sweet Chilli)	\$0.40

~ SUPER SALAD BAR ~	
Greek Salad (E) (GF)	\$5.00
Tomato, cucumber, Spanish onion, pitted olives & feta	
Chicken Caesar (E)	\$5.00
Grilled Chicken Breast, Cos lettuce, croutons, egg, Caesar dressing	
Ham Salad (E)	\$5.00
Lettuce, tomato, cucumber, beetroot, carrot, Italian dressing	
Garden Salad (E)	\$4.80
Lettuce, tomatoes, cucumber, carrot, beetroot w/Italian dressing	
Health Pack (E)	\$5.00
Tasty Cheese fingers, carrot sticks, rice crackers, hummus & Tzakiki Dip	
Tuna Salad (E)	\$5.00
Lettuce, tomato, cucumber, beetroot, carrot, Italian dressing	

### ~ WRAP BAR ~ (E)

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

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

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

### ~ BREAKFAST ~

Egg, cheese & avocado Roll	\$3.00
Hash Brown (O)	\$1.20
Bacon & Egg Roll (O)	\$3.00

### Toasted Sandwiches (E)

Cheese 1/2	\$1.00
Toasted Lebanese Bread (E)	
Cheese 1/2	\$1.00

### Fruit (E)

Fruit available daily from	\$1.00
Yoghurt & Fruit (E)	\$3.50
Vanilla Yoghurt (E)	\$3.00
Fresh Fruit Salad Cup (E) (GF)	\$2.50
Sliced Watermelon (E)	\$1.50

### ~ SWEET TREATS ~

Warm Banana & Custard (E)	\$2.20
Pikelets w/ Jam (3) (E)	\$2.20
Custard & Fruit (E)	\$2.50
Homemade Muffins (O) 80gr (Banana or Blueberries)	\$2.00

Look out for our  
Weekly  
Specials!

## 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!

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