



# Dalmeny Public School

## Tuesday 17 October 2017

### School Calendar

#### October

Wed 18 Kindy Calmsley Hill City Farm Exc.

Thurs 19 Year 4 Canberra Day Trip  
Year 1 Belgenny Farm Excursion  
(1 Blue, 1 Red and 1/2 Yellow)

Fri 20 Year 2 Swim Scheme Concludes

Fri 20 PSSA Summer Comp. Begins

Tues 24 Sports & Group Photo Day  
Public Speaking Regional Finals

Thurs 26 Kurrajong Cup (As Road Complex)

Tues 31 P&C Meeting

#### November

Wed 1 Year 1 Belgenny Farm Excursion

Thurs 2 Support Unit Excursion  
2018 Kindy Info Night

Wed 8 Year 5 Camp (Returning Friday)  
2018 Support Unit Kindy  
Orientation

Thurs 9 Kindy Orientation 2018

Fri 10 School Remembrance Day Service

### School Contact Details

Principal: Mr Clayton Reddie

Deputy Principals:

Ms Heather Alé

Mrs Selena Gandy

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# Newsletter

## Educating Tomorrow's Leaders

### PRINCIPAL'S REPORT

Dear Parents

Welcome to the first newsletter of Term 4. It is hard to believe that we are entering our final term of the 2017 school year. To quote someone wiser than me: Where did the time go?

#### Road Safety

Some of you may have seen on Channel 7 news last night that a six year old boy was hit by a car as he left Prairievale PS yesterday afternoon. I watched this report with keen interest as my wife is the Principal of Prairievale PS and she needed to manage a very serious incident that could have ended in tragedy.

Thankfully, besides a nasty concussion, the little boy will be OK even though he hit the bonnet of the car and bounced up onto the windscreen before landing on the road.

The young driver of the car was extremely shaken (he needed his family to pick him up as he was too anxious to drive following the incident) even though the accident was not his fault at all.

Interestingly, the accident occurred even though the student was crossing the road with his mother.

The incident comes as a timely reminder to all of us about the dangers of moving our children in and out of school each day. Again, I ask parents to drive carefully, park legally and, most importantly, teach your children to use the pedestrian crossing—it may save their life one day.

#### Sports Presentation Assembly

We have made the decision this year to present our major sports awards at an

assembly separate to our other academic and citizenship awards. As our school has grown, we are presenting more and more awards and we are finding the timeline is very tight in terms of fitting it all in to the allotted session.

For your diaries, the new sports assembly is being held on Monday 4 December, beginning at 11:30am and our traditional presentation assemblies are being held on Monday 11 December.

More information about these events will be sent home in the coming weeks.

#### WLFPA

Last week I had the pleasure of attending all three nights of the 2017 Western Liverpool Festival of the Performing Arts. Our students were very busy in dance groups, in the choir and as comperes on the evenings.

As usual, the standard of the Dalmeny performances was outstanding and I would like to congratulate the students and their parents who assisted with hair, make-up, costumes and transport to and from the venue. I also extend this thank you to our



**Next P&C Meeting: Tuesday, 31 October 2017 (7:00pm - Library)**

amazing staff who led these groups with such great commitment and skill.

The festival involves 14 schools across Western Liverpool, and I would also like to congratulate Mrs Crossley who coordinated the festival this year. She was ably supported by other members of the Dalmeny team and I appreciate their work on behalf of all of the participating schools.

More photos of our performers will be included in future newsletters as space permits.

**Mr Clayton Reedie**

**Principal**

**clayton.reedie@det.nsw.edu.au**

### Attendance

Student attendance continues to be an ongoing concern for staff and our Home School Liaison Officer so I feel the start of the school term is a fitting time to provide a reminder about the processes that need to be followed when your children are absent.

### Whole Day Absences

It is a legal requirement that all absences are explained. Parents can submit a notification through the Skoolbag app, phone the school office or provide a written note to the class teacher. The school will write to parents who fail to provide such an explanation.

In the instance where children are absent for three (3) days your child's class teacher will call you to request an explanation. Staff are

doing this at my request to ensure we adhere to policy and this information is recorded on our computer system.

Where a child is experiencing a significant number of absences the school may request a medical certificate be provided for all absences, the student may be placed on an attendance monitoring program and in extreme cases a formal attendance monitoring program may be initiated by the Home School Liaison Officer.

### Late Arrivals & Early Departures

Where possible arriving late and leaving early should be avoided. Interruptions to your child's learning and the class program can hinder both academic and social progress.

Any parents who has attempted to access our school office at 9am in the morning can attest to the significant number of late arrivals we experience. Office staff spend close to twenty minutes of a morning processing late students. This impact on their workload but also on the amount of time your children are missing learning. Please work with us to minimise these disruptions.

### Demountable Repairs

In the coming weeks we will have a number of demountable classrooms experiencing repairs to their walls and roof. This will mean an interruption to the learning areas and as a result classes will move into the multi-purpose room. Class

teachers will communicate these changes to the classes impacted. For our larger school community it will mean some areas of access and possibly footpaths will be fenced off or vehicles and machinery may be in the playground. We would ask all community members to adhere to safety guidelines and follow any changes to routine that may result. The aim is to repair all buildings as quickly as possible and with minimal disruption.

### Sport and group photos

A note has gone home this week with information relating to Sport and Group photo day. These photos will take place on Tuesday 24 October. A whole group year 6

## KINDERGARTEN ORIENTATION

Thursday 2 November	5pm-6pm Parent Information Evening
Thursday 9 November	Kindergarten Orientation 9:15 – 10:30
Thursday 16 November	Kindergarten Orientation 9:15 – 10:30
Thursday 23 November	Kindergarten Orientation 9:15 – 10:30
Thursday 30 November	Kindergarten Orientation 9:15 – 10:30

## SCHOOL ASSEMBLY ROSTER 2017

Yr 1 & 2 @ 2.10pm Friday (Even Weeks)		Kinder@ 2.10pm Friday (Odd Weeks)	
DATE	CLASS HOST	DATE	CLASS HOST
20 Oct	SRC	27 Oct	K Green
3 Nov	2 Green	10 Nov	K Purple
17 Nov	1 Green	24 Nov	K White
1 Dec	K/1 Black	8 Dec	K/1 Black
Yr 5 & 6 @ 2.10pm Thursday (Even Weeks)		Yr 3 & 4 @ 2.10pm Thursday (Odd Weeks)	
DATE	CLASS HOST	DATE	CLASS HOST
19 Oct	5 Red	26 Oct	4 Blue
2 Nov	5 Blue	9 Nov	3 Red
16 Nov	Support Unit	23 Nov	4 Orange
30 Nov	No Assembly		

## PSSA ROUND 4 - FRIDAY, 20 October 2017

**Morning session: 9.15am - 12 noon (\$7 Bus Fare)**

<u>SPORT</u>	<u>VENUE</u>
AFL	Ash Road Sporting Complex, Prestons
Cricket "Red"	Peter Miller Reserve, Prestons
Cricket "Blue"	Amalfi Park, Lurnea
Newcombeball	Homestead Park, Chipping Norton
Oztag	Woodward Park, Liverpool
Boys T-ball/Softball	Jacque Osmond Reserve, Warwick Farm
Girls T-ball/Softball	Jacque Osmond Reserve, Warwick Farm

photo will also be taken.

**Selena Gandy**  
**Deputy Principal**

### **Intention to Apply for Year 7 Entry to a Selective High School 2019**

Applications opened online on 10 October 2017 for parents or carers of Year 5 students who wish their children to be considered for placement in Year 7 at a selective high school in 2019. Please note the following information:

- All applications must be made online;
- Late applications will not be accepted;
- The Selective High School Placement Test will be held on 15 March 2018.

Please note applications on the website close 13 November 2017. Detailed instructions on how to apply online are available in a printed application and detailed information booklet: [www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement)

If you would like an information booklet, please contact the office. Please note selective placement is not appropriate for all students. If you wish to discuss the appropriateness for your child, please contact the school.

### **Kindergarten 2018**

We are taking enrolments for Kindergarten 2018 and look forward to welcoming our Kindergarten students and their families next term as a part of our Kindergarten Orientation Program. Please come to the school to collect an enrolment form and information package. We will be sending out information to families through the post at the end of this term detailing our Kindergarten Orientation Program. Key dates can be found on the table on the previous page.

**Heather Ale**  
**Deputy Principal**

### **Sport and Group Photos**

These photos will be taken on Tuesday, 24 October 2017. All 2017 PSSA teams, zone sporting representatives and knockout teams will have group photos taken. The following groups will also be photographed on the day:

- School Captains and Vice Captains
- K-2 SRC
- 3-6 SRC
- K-2 Choir
- 3-6 Choir
- Liverpool Festival Choir Group

- Library Monitors
- School Chess Club
- Stage 1 Dance Group
- Stage 2 Dance Group
- Stage 3 Dance Group
- Cultural Dance Group
- Debating
- School Band

A separate note with organisation for this day was sent home yesterday.

### **School Sport Socks Are In!**

The school sport socks have arrived and are ready to be purchased. The P&C will be handling the sales and distribution of socks.

To purchase a pair of socks, complete the order slip on the next page and place it together with your payment of \$10 in the P&C box in the school office. Members of the P&C will then organise delivery of the socks to your child's class.

The school is aware that some families have purchased navy football socks this year whilst a sock supplier was being finalised. For the remainder of 2017, navy socks may be worn to PSSA but from 2018 the school expects all students to wear the appropriate sport socks to participate in a PSSA team.

### **School Assemblies**

Student and school achievements are recognised and classes have the opportunity to perform for their peers at our regular school assemblies. Parents and community members are most welcome to attend. Please refer to the "School Assembly Roster".

### **Upcoming Excursion/Event Info**

Payments can be made using either a Visa or MasterCard credit or debit card. Go to the schools website:

[www.dalmeny-p.schools.nsw.edu.au](http://www.dalmeny-p.schools.nsw.edu.au)

Select **\$Make a payment** and follow the prompts.

### **Kindy Calmsley Hill City Farm Excursion**

**Date:** Wednesday, 18 October 2017

**Where:** Calmsley Hill City Farm, Abbotsbury

**Time:** Buses will leave at 9.15am and return to school by 2.45pm.

**Info:** Students may wear farm clothing and must have a school hat to wear. Recess, lunch and drinks for the day packed in a small backpack.

**Cost:** Payment has now been finalised.

### **Year 4 Canberra Day Trip**

**Date:** Thursday, 19 October 2017

**Where:** Questacon and National Dinosaur Museum, Canberra

**Time:** Buses will leave at 6.30am and return to school by 6.30pm.

**Info:** Students are to wear full school uniform, a school hat and comfortable walking shoes. Students are to bring their morning recess, lunch, afternoon tea, snacks and adequate drinks for the day packed in a small backpack.

**Cost:** Payment has now been finalised.

### **Year 1 Belgenny Farm Excursion**

**Date:** Thursday, 19 October (1 Blue, 1 Red and 1/2 Yellow)

Wednesday, 1 November (1 Purple and 1 Green)

**Where:** Belgenny Farm, Camden South

**Time:** Buses will leave at 9.00am and return to school by 3.00pm.

**Info:** Students may wear farm clothing and must have a school hat to wear. Recess, lunch and drinks for the day packed in a small backpack.

**Cost:** Payments have now been finalised.

### **Year 5 Camp**

**Dates:** 8 and 9 November 2017

**Where:** YMCA Camp Yarramundi

**Info:** Students will have the opportunity to participate in experiences including, abseiling, bushcraft, flying fox, high ropes course, archery, canoeing/ kayaking and many more.

**Payment:** Total cost: \$188.00. Please make full payment by 20 October 2017 and return the medical form.

### **Year 2 Bike Ed Excursion**

**Date:** Tuesday, 21 November (2 White and 2 Purple)

**Where:** Bike Education Centre, Campbelltown

**Time:** Buses will leave school at 9.15am and will return to school by 2.45pm.

**Info:** Full school uniform, school hat and enclosed shoes to be worn. Recess, lunch and drinks for the day packed in a small backpack.

**Cost:** Payment has now closed.



**DALMENY PUBLIC SCHOOL P&C ASSOCIATION**

c/- Dalmeny PS, Cnr San Marino & Dalmeny Drive, PRESTONS  
PHONE: 9826-9033  
FAX: 9826-7433

**Dalmeny Public School  
Sport Sock Order Form**

Size	Quantity @ \$10 each
9-2	
2-7	
7-9	
Total	

Student Name : \_\_\_\_\_

Class : \_\_\_\_\_

Parent Signature : \_\_\_\_\_ Date : \_\_\_\_\_

Please place your completed order form together with correct payment in the P&C box in the school office. The socks will be delivered to your child's class by a member of the P&C.



# Mark Your Calendar

**» UPCOMING EVENTS**

Do you, your parents or even your grandparents remember a time when families got together of an evening to enjoy each other's company and amuse ourselves with old fashioned, traditional family games?

On the eve before summer begins we would like all families to celebrate and come together for our Whole School Event.

**Keep Thursday, 30 November 2017 free between 4pm and 7pm as our Dalmeny families enjoy a fun-filled evening of traditional games.**

**Stay tuned to our newsletters and SkoolBag App. for updates on this incredible Summer's Eve event.**

# Public Speaking News

## Early Stage 1



## Stage 1



In Week 9 of Term 3 the Public Speaking Stage Finals were held. We saw Mrs Sue come back to adjudicate the finals . Congratulations to the winners of each stage;

ES1- 1st Hasan, 2nd Jedi, 3rd Kourtni and Highly Commended Rosario.

S1- 1st Ella E, 2nd Jessie, 3rd Amelia and Highly Commended Chloe.

S2- 1st Emma , 2nd Elijah, 3rd Arav and Highly Commended Kai.

S3- 1st Isaac A, 2nd Krish and 3rd Adam.

We wish Hasan, Ella, Emma and Isaac good luck in the local finals on 24th October.

## Stage 2



## Stage 3







# Your School Canteen News

Week 1  
Term 4

## New NSW Container Deposit Scheme

Starting from 1st December, you will be able to collect 10 cents for each of your cans, bottles, popper drinks and more

The NSW Container Deposit Scheme is very similar to the one used in South Australia which gives you money for every container you take to a deposit depot

From 1st November, the NSW Government will charge manufacturers around 15 cents per drink. This will be then charged to shops

So start keeping your cans, bottles, Poppers and Up n Go's to earn some pocket money!

NEW

## School Canteen Menu

The new School Canteen Menu will start in Week 5 this year on Monday 6th November

In the next few weeks, your child will bring home a new, green coloured, glossy menu

There are lots of new yummy menu items and a few more Meal Deals

We also have a new \$4 Tuesday Lunch Deal

We will also put the new menu on the schools website for you to download



## At Your School Canteen

"Trolls" Container to hold your Pencils or Lunch!

Starting Week Three (Monday 23rd October).

Just go to the canteen and collect your Free Trolls Container

Free when you order any Meal Deal

\* While Stocks Last



Australian Taekwondo Group



0413 146 301

**BULLY PROOF YOUR KIDS & BUILD THEIR CONFIDENCE**

**NO CONTRACT, NO JOINING FEE, \*FREE UNIFORM & FIRST LESSON FREE**

\*Conditions apply

**LEARN MARTIAL ARTS!**

Classes for Beginners, Advanced & Competitions



MONDAY CLASS	TUESDAY CLASS	TUESDAY CLASS
<b>LOCATION:</b> DALMENY PUBLIC SCHOOL CNR DALMENY DR & SAN MARINO DR, PRESTONS Classes held in school hall  <b>BEGINNERS: 6:05 - 6:45PM</b> <b>BEGINNERS/INTERMEDIATE: 6:45 - 7:25PM</b> <b>ADVANCED: 7:25 - 8:05PM</b>	<b>LOCATION:</b> CHIPPING NORTON PUBLIC SCHOOL CENTRAL AVE, CHIPPING NORTON- Classes held in school hall  <b>BEGINNERS/INTERMEDIATE</b> <b>Class 1: 5:15 - 6:00PM</b> <b>Class 2: 6:00 - 6:45PM</b>	<b>LOCATION:</b> MOOREBANK COMMUNITY CENTRE CNR NUWARRA RD & MADDECKS AVE, MOOREBANK ENTER VIA MAIN LIBRARY ENTRANCE Classes held in hall  <b>BEGINNERS/INTERMEDIATE: 7:00 - 8:00PM</b>
WEDNESDAY CLASS	THURSDAY CLASS	SATURDAY CLASS
<b>LOCATION:</b> HINCHINBROOK COMMUNITY CENTRE CNR WHITFORD RD & PARTRIDGE AVE, HINCHINBROOK Classes held in hall  <b>BEGINNERS: 6:15 - 7:00PM</b> <b>BEGINNERS/INTERMEDIATE: 7:00 - 7:45PM</b>	<b>LOCATION:</b> PRESTONS PUBLIC SCHOOL CNR KURRAJONG RD & BOX DR, PRESTONS (ENTER VIA BOX RD) Classes held in school hall  <b>BEGINNERS: 6:05 - 6:45PM</b> <b>BEGINNERS/INTERMEDIATE: 6:45 - 7:25PM</b> <b>ADVANCED: 7:25 - 8:05PM</b>	<b>LOCATION:</b> DALMENY PUBLIC SCHOOL CNR DALMENY DR & SAN MARINO DR, PRESTONS Classes held in school hall  <b>BEGINNERS/INTERMEDIATE: 9:45 - 10:30AM</b>

CALL 0413 146 301 FOR MORE INFO

**oztaekwondo.com.au**





# healthy canteens menu

STARTS MONDAY, 6 NOVEMBER 2017

## Fresh Is Best

### SANDWICHES WHITE, WHOLEMEAL, GLUTEN FREE

Vegemite or Jam or Honey <i>EH</i>	\$1.50
Cheese <i>EH</i>	\$1.70
Ham <i>E</i>	\$2.20
Egg or Egg & Lettuce <i>EH</i>	\$2.50
Ham & Cheese <i>E</i>	\$2.70
Salad <i>EH</i>	\$2.70
Chicken <i>EH</i>	\$2.90
Tuna <i>EH</i>	\$2.90
Ham & Salad <i>E</i>	\$3.00
Ham, Cheese & Tomato <i>E</i>	\$3.00
Chicken & Cheese <i>EH</i>	\$3.20
Chicken, Lettuce & Mayo <i>EH</i>	\$3.30
Ham, Cheese & Salad <i>E</i>	\$3.30
Chicken, Cheese & Tomato <i>EH</i>	\$3.50
Chicken & Salad <i>EH</i>	\$3.70
Tuna & Salad <i>EH</i>	\$3.70
Gluten Free Bread Add	\$1.00

### WRAPS

Cheese Rocket Malted Cheese <i>EH</i>	\$2.00
Chicken Pizza Rocket Cheese, Sauce <i>EH</i>	\$3.00
Ham Pizza Rocket Cheese, Sauce <i>E</i>	\$3.00
Salad <i>EH</i>	\$3.70
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
Caesar Lettuce, Bacon, Egg, Cheese, Croutons <i>E</i>	\$3.80
Ham & Salad <i>E</i>	\$4.00
Ham, Cheese & Salad <i>E</i>	\$4.50
Chicken, Lettuce & Mayo <i>EH</i>	\$4.50
Sweet Chilli Chicken <i>EH</i>	\$4.50
Sweet Chilli Chicken Tenders, Lettuce, Mayo	
Chicken Salad <i>EH</i>	\$4.50
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
Chicken Caesar <i>E</i>	\$4.90
Chicken, Lettuce, Bacon, Egg, Cheese, Croutons	

### SUSHI ROLLS

Tuna Corn <i>E</i>	\$3.40
Teriyaki Vegetarian <i>E</i>	\$3.40

### SALAD BOWLS

Garden <i>EH</i>	\$3.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Caesar <i>E</i>	\$3.90
Lettuce, Bacon, Egg, Cheese, Croutons, Caesar	
Sweet Chilli Chicken Tenders <i>EH</i>	\$4.80
Lettuce, Tomato, Sweet Chilli Mayo	
Ham <i>E</i>	\$4.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Tuna <i>EH</i>	\$4.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Chicken <i>EH</i>	\$4.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Chicken Caesar <i>E</i>	\$4.90
Chicken, Lettuce, Bacon, Egg, Cheese, Croutons, Caesar	
Extras Egg, Cheese <i>EH</i>	\$1.00

\* The Canteen uses Real, Natural, 100% Breast Chicken for all of our Sandwiches, Wraps and Salads

### PASTA - RICE - NOODLES - NACHOS

Macaroni & Cheese <i>EH</i>	\$4.00
Butter Chicken With Steamed Rice <i>EH</i>	\$4.00
Lasagna Beef <i>EH</i>	\$4.00
Pasta Bolognese Spiral pasta <i>EH</i>	\$4.00
Chinese Chicken Fried Rice <i>EH</i>	\$4.20
Honey Soy Chicken With Steamed Rice <i>EH</i>	\$4.20
Stir Fry Noodles With Beef & Vegetables <i>EH</i>	\$4.20
Nachos With A Beef & Cheese Sauce <i>EH</i>	\$4.50

### PIES & SAUSAGE ROLLS

Party Pie Low Fat <i>OH</i>	\$1.20
Sausage Roll Low Fat <i>OH</i>	\$3.00
Meat Pie Low Fat <i>OH</i>	\$3.50
Potato Pie Low Fat <i>OH</i>	\$4.20

### HOT FAVOURITES

Chicken Breast Nugget Premium <i>OH</i>	\$0.70
Fish Finger <i>OH</i>	\$0.80
Mini Spring Roll Vegetarian <i>SDR</i>	\$0.80
Hash Brown <i>OH</i>	\$1.00
Corn Cob <i>E</i>	\$1.20
Chicken Wing Hot & Spicy <i>EH</i>	\$1.20
Sweet Chilli Chicken Tender <i>OH</i>	\$1.70
Garlic Bread <i>OH</i>	\$2.00
Cheese & Bacon Roll <i>O</i>	\$2.40
Potato Wedges <i>OH</i>	\$2.50
Hot Dog With Tomato Sauce <i>OH</i>	\$3.00
Cup Noodles* Chicken - Beef - Oriental <i>OH</i>	\$3.00
Pizza Bacon & Cheese or Ham & Pineapple <i>O</i>	\$3.20
Cheese Pizza Homemade with Pizza Sauce <i>EH</i>	\$3.50

## Hot Food

### BURGERS & ROLLS

Sweet Chilli Tender Chicken, Cheese, BBQ <i>OH</i>	\$3.50
Chicken Breast Fillet, Lettuce, Mayo <i>EH</i>	\$4.20
Cheeseburger Beef, Cheese, Tomato Sauce <i>EH</i>	\$4.20
Aussie Beef Tomato, Lettuce, BBQ Sauce <i>EH</i>	\$4.20
Fish Fillet Lettuce, Mayonnaise <i>E</i>	\$4.20
Vegetarian Lettuce, Mayonnaise <i>E</i>	\$4.20
Chicken & Cheese Breast Fillet, BBQ Sauce <i>EH</i>	\$4.70

### EXTRAS

30c:	Tomato, Beetroot, Cucumber, Carrot
40c:	Sauce Portion - BBQ or Tomato
50c:	Cheese

\* Cup of Noodles are not put in lunch baskets.\*  
Your child must collect noodles from the canteen

(E) EVERYDAY FOODS (O) OCCASIONAL FOODS (SDR) SPECIAL DIETARY REQUIREMENT (H) HALAL

# MEAL DEALS

Choose One Main Item  
Choose One Drink  
Choose One Fruit or Popcorn



### AVAILABLE EVERYDAY - CHOOSE 1

	Garden Salad Lettuce, Tomato, Cucumber, Beetroot, Carrot	\$5.2
	Ham & Salad Sandwich	\$5.2
	Ham, Cheese & Tomato Sandwich	\$5.2
	Chicken Breast Nuggets x 4	\$5.2
	Hot Dog With Tomato or BBQ Sauce	\$5.2
	Sausage Roll	\$5.4
	Pizza Homemade Cheese Pizza or Cheese & Bacon Pizza	\$5.4
	Sweet Chilli Chicken Tenders x 2	\$5.4
	Vegetarian Spring Rolls x 4	\$5.4
	Salad Wrap Lettuce, Tomato, Cucumber, Beetroot, Carrot	\$5.4
	Sweet Chilli Chicken Tender Roll Cheese & BBQ Sauce	\$5.5
	Meat Pie	\$5.5
	Sushi Roll Tuna or Teriyaki Veg	\$5.5
	Chicken Breast Nuggets x 6	\$6.0
	Pasta - Rice - Noodles - Nachos One \$4 Item From Section	\$6.0
	Any Salad Bowl One Item From The Section	\$6.5
	Any Burger or Wrap One Item From The Section	\$6.5



Bottle Water 600ml or  
Just Juice Popper or  
Flavoured Milk (Add 50c)



Apple  
Banana  
Mandarin  
Popcorn



If your fruit is unavailable, it will be replaced with another fruit

**\$4**  
Tuesday  
Only

### SUPER TUESDAY DEAL

#### Choose One Sandwich

Honey	Jam
Vegemite	Cheese
Ham	Egg

#### Or Something Hot

Chicken Nuggets x 3	Garlic Bread
Sweet Chilli Tender	



Bottle Water  
or  
Popper



Popcorn





# Crunch & Sip \$2.30

Only Available Before 9am



Bottle Water 600ml  
Plus Choose One Of

- Apple
- Banana



## FRESH FRUITS

Apple E	\$ 1.00	Watermelon Bowl Regular E	\$ 1.80	Frozen Orange Wedges E	\$ 0.30
Mandarin E	\$ 1.00	Watermelon & Grapes Bowl Regular E	\$ 2.00	Frozen Grapes Bowl Regular E	\$ 2.20
Banana E	\$ 1.00	Fruit Salad Bowl Large E	\$ 4.00	Grapes in a Bowl Regular E	\$ 2.20

## Fresh Fruit

## COLD

Milky Max Custard Low Fat Chocolate E/H	\$ 1.70
Corn Flakes E/H	\$ 2.20
Coco Pops E/H	\$ 2.20
Nutri Grain E/H	\$ 2.20
Up N Go 250ml Chocolate, Vanilla E/H	\$ 2.80
Plain Milk 300ml E/H	\$ 1.70
Oak Milk 300ml Chocolate, Strawberry E/H	\$ 2.40

## FRESH

Apple E	\$ 1.00
Banana E	\$ 1.00
Mandarin E	\$ 1.00
Watermelon Bowl E	\$ 1.80
Watermelon & Grapes Bowl E	\$ 2.00
Grapes in a Bowl E	\$ 2.20
Fruit Salad Bowl Large E	\$ 4.00

## Breakfast

### HOT

Toast Assorted Spreads E/H	\$ 1.00
Hash Brown O/H	\$ 1.00
Fruit Toast E	\$ 1.00
Cheese Rocket Wrap E/H	\$ 2.00
Cheese & Bacon Roll O	\$ 2.40
Hot Chocolate E/H	\$ 1.60

## DAIRY & FRUIT

Whole Fruit Pieces E	\$ 1.00
Jelly Bowl Add Fruit 50c E	\$ 1.30
Milky Max Custard Low Fat Chocolate E/H	\$ 1.70
Yoghurt Low Fat Vanilla E/H	\$ 2.70
Watermelon Bowl Regular E	\$ 1.80
Grapes in a Bowl Regular E	\$ 2.20
Fruit Salad Bowl Large E	\$ 4.00

## QUICK BITES

Want Wants Rice Crackers O	\$ 0.30
Popcorn E/H	\$ 1.00
Brownie O	\$ 1.00
Messy Monkeys Cheese or Burger E/H GF	\$ 1.50
Jumpys Chicken O	\$ 1.50
Chips 25gms Honey Soy, Sea Salt O/H	\$ 1.70
Gluten Free Salt & Vinegar SDR/H GF	
Banana Bread O/H	\$ 3.00

## Snacks

### OVER THE COUNTER ONLY

Pizza Buns Homemade Sauce & Cheese E/H	\$ 1.50
Crunchy Cup Carrot Sticks & Hummus E/H	\$ 1.50
Cheese Pack Cheese & Jatz Crackers E/H	\$ 1.50
Calcium Pack E/H	\$ 3.00
Cheese & Jatz Crackers + Plain Milk 300ml	
Variety Pack E/H	\$ 2.50
Carrot, Cheese, Jatz Crackers, Hummus Dip	

## ICE COLD TREATS

Frozen Juice Cup E	\$ 1.00
Apple, Orange, Apple Blackcurrent	
Fruity Ice O	\$ 0.50
Sour Snap Apart O	\$ 1.00
Zooper Dooper O	\$ 1.00
Icy Pole O	\$ 1.50
Billsong Chocolate or Rainbow O	\$ 2.00
Frozen Milkshake Made in The Canteen O	\$ 3.00

## DRINKS

Plain Milk 300ml E/H	\$ 1.70
Oak Flavoured Milk 300ml E/H	\$ 2.40
Chocolate, Strawberry	
Quench 350ml Blue or Raspberry O/H	\$ 2.50
Up N Go 250ml Chocolate, Vanilla E/H	\$ 2.80
Iced Tea 500ml Peach O	\$ 3.30
Aloe Vera 500ml Grape E	\$ 3.30
Hot Chocolate E/H	\$ 1.60

## Cold & Drinks

Popper 100% Juice 200ml E/H	\$ 1.80
Apple, Orange, Apple Blackcurrent	
Water 600ml E	\$ 2.00
Fruit Shoot 300ml Pop Top E	\$ 2.00
Apple Blackcurrent, Summer Fruits	
Apple or Orange Juice 350ml 100% E/H	\$ 2.80

\*\* With your lunch order "Ice Cold Treats" should be collected from the canteen after the eating period \*\*

## VEGETARIAN

Mini Spring Rolls SDR	\$ 0.80
Corn Cob E	\$ 1.20
Garlic Bread Loaf SDR/H	\$ 2.00
Cup of Noodles Oriental SDR/H	\$ 3.00
Sushi Roll Teriyaki Vegetable E	\$ 3.40
Cheese Pizza With Pizza Sauce E/H	\$ 3.50
Nacho Dippers Tomato Salsa, Cheese SDR/H	\$ 5.00
Macaroni & Cheese E/H	\$ 4.00
Lasagna Vegetable E	\$ 4.00
Vegetarian Burger Lettuce, Mayonnaise E	\$ 4.20

## GLUTEN FREE - MAIN MEALS

Chicken Nuggets SDR/H	\$ 0.80
Garden Salad E	\$ 3.80
Lasagna Beef E/H	\$ 4.80
Lasagna Vegetable E/H	\$ 4.80
Macaroni & Cheese E/H	\$ 4.80
Sausage Beef Roll SDR	\$ 4.60
Meat Pie SDR	\$ 4.90
Nacho Dippers Tomato Salsa, Cheese SDR/H	\$ 5.00
* The Below Items Do Not Contain Gluten, but are made in a facility that processes products containing gluten	
Hash Brown* SDR/H	\$ 1.00
Nachos* With A Beef & Cheese Sauce E/H	\$ 4.50

## Gluten Free & Vegetarian

### GLUTEN FREE - SNACKS

Messy Monkeys Wholegrain Chip Bites 20gms E/H	\$ 1.50
Cheese or Burger Flavour	
Smiths Chips 27gms Salt & Vinegar SDR	\$ 1.70
Piranha Rice Snaps SDR/H	\$ 2.20

GLUTEN FREE Please write GLUTEN FREE on your lunch bag  
Gluten Free items are more expensive than regular items. In many cases, we are selling these at only slightly above cost price.

More Gluten Free items are on the menu.

VEGETARIAN Please write VEGETARIAN on your lunch bag  
More Vegetarian items are on the menu.



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