



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 5

15th November, 2019

2019 Dates to Remember

November

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

4-5pm First Holy
Communion Practice

Friday 22nd

4-5pm First Holy
Communion Practice

Saturday 23rd

6pm First Holy Communion

Sunday 24th

9.30am First Holy
Communion

Tuesday 26th

Year 6 Spelling Bee

7.30pm P&F AGM Meeting

Saturday 30th

6pm First Holy Communion

December

Sunday 1st

First Sunday of Advent

9.30am First Holy
Communion

Monday 2nd

Swimming program K-4,
Week 1

The Gospel Reading for this Sunday is from Luke 21:5-19

Your endurance will win you your life.

When some were talking about the Temple, remarking how it was adorned with fine stonework and votive offerings, Jesus said, 'All these things you are staring at now – the time will come when not a single stone will be left on another: everything will be destroyed.' And they put to him this question: 'Master,' they said, 'when will this happen, then, and what sign will there be that this is about to take place?'



'Take care not to be deceived,' he said, 'because many will come using my name and saying, "I am he" and, "The time is near at hand." Refuse to join them. And when you hear of wars and revolutions, do not be frightened, for this is something that must happen but the end is not soon.' Then he said to them, 'Nation will fight against nation, and kingdom against kingdom. There will be great earthquakes and plagues and famines here and there; there will be fearful sights and great signs from heaven.'

'But before all this happens, men will seize you and persecute you; they will hand you over to the synagogues and to imprisonment, and bring you before kings and governors because of my name – and that will be your opportunity to bear witness. Keep this carefully in mind: you are not to prepare your defence, because I myself shall give you an eloquence and a wisdom that none of your opponents will be able to resist or contradict. You will be betrayed even by parents and brothers, relations and friends; and some of you will be put to death. You will be hated by all men on account of my name, but not a hair of your head will be lost. Your endurance will win you your lives.'

(Ref: Liturgyhelp.com)

Year 3 Family/Parish Mass

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

The Sacrament of First Eucharist

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

Rehearsals for this special day will take place on Thursday, 21st November and Friday, 22nd November in the church commencing at 4:00pm until 5:00pm.

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



School News

Year 6 Graduation Mass

All parents, relatives and friends are invited to the Year 6 Graduation Mass on Thursday 12th December, commencing at 7pm. This will be followed by a light supper on the top level of the open learning centre. The Year 6 students are to wear their summer uniform and meet outside the church at 6.45pm.

End of Year Mass

Our final School Mass for the year will be celebrated on Tuesday, 17th December commencing at 9.30am. The 2020 school leaders will be commissioned and the Principal and Citizenship awards will be distributed. Maths Olympiad certificates and awards will also be presented. All parents, relatives and friends are invited to attend.



Library Volunteers

Dear Parents, the library would love to have parent volunteers for stocktake and general reorganisation of library resources. Volunteers are needed from 25th November. Your help will be greatly appreciated. Please contact Elizabeth via email.

Fete

Our Fete last Saturday was a great success. We had wonderful weather and I am sure everyone who attended had a great time. Thank you to all our amazing volunteers and stall holders. Your support was very much appreciated. Thank you also to the generous families for all your donations.

A special thank you to Katrina Gooding and Kate Rose for the hours of preparation in the lead up to the Fete. Your organisation and effort made the day special for all our families. Thank you



Christmas Concert - Monday 16th December

On Monday, the 16th December, we will gather to celebrate Christmas at Our lady Of Lourdes. Parents, relatives and friends are invited to join in the celebration which will begin with a performance by our school band at 6pm in the piazza.

This year, Andrew Chinn, Australian religious songwriter and singer, will be visiting our school to lead an Advent/Christmas Concert with our children. Andrew's songs, such as "These Hands", "Rainbow", "An African Blessing" and "Rise Up!" are used in classrooms and liturgies around Australia, New Zealand, USA and Canada.



Date's To Remember

| | |
|--|--|
| Year 6 Graduation Mass  | Thursday 12th December 7pm |
| Christmas concert K-6 (Andrew Chinn) | Monday 16 th December 6pm  |
| End of Year Mass and Awards | Tuesday 17 th December 9.30am |
| Last Day of Term for students | Wednesday 18 th December |
| MAI Assessments | Tuesday 28 th & Wednesday 29 th January, 2020 |
| First Day for students | Thursday 30 th January 2020 Year 1 to 6 , 8.55am Kindergarten, 9.30am |

UNSW ICAS Assessments (International Competition and Assessment for Schools)

Congratulation to the students who took part in the UNSW Assessment, some outstanding results.

Mathematics

Certificate of Merit

Year 3

Nathan Jeong
Sophie Patel
Noah Puletua

Year 5

Izna Khandelwal
Souria Pathak
Alexander Haga
Tahlia Moodley
Stella Puletua

Year 6

Elise Sturdy
John Sergi

Certificate Credit

Year 3

Murdoch Lau
Braith Sharbean
Annabella Starkey
Tyler Angeles
Riya Franklin

Year 4

Jacob Draybi
Jasmine Fernandez
Xavier Hurst
Noah Jeong
Thea Rajan
Amelia Johnston
Nicolas McNally
Ruby Scheepers

Year 5

Jaden De Guzman
Euan Filipino
Benjamin Krastev
Matthew Wybrow
Hayln Kim
Jasper King
Jack McMillan
Noah Ranola

Year 6

Keira Culnane
Orlando Lau
Samuel Polley
Georgia Thompson
Jessica Truong
James Mc Nally
Milana Pivcevic

English

Year 3

Amber Haywood
Selena Chiha

Year 5

Charlie Bennett

Year 6

Elise Sturdy
Mia Langdon

Year 3

Sarah Kenna
Murdoch Lau
Joanna John Britto
Sophie Patel
Elba Rintu

Year 4

Thea Rajan
Ruby Scheepers

Year 5

Shanaya Don Peter
Emma Kouros
Souria Pathak
Nehansa Udunuwara
Lara Alam
Alastair Mathew

Year 6

Lauren McGirr
Isaac Chevalier
Claire Hwang
Emma McMillan
Matthew Schiller

Certificate of Distinction

Year 3

Sarah Kenna
Aaron Chevalier
Natalie Gooding
Alina Onis

Year 5

Nehansa Udunuwara
Zack Gava
Elliot Lines

Year 6

James Campbell
Noah Coorey
Isaac Chevalier
Matthew Schiller

Certificate of High Distinction

Year 4

Rhesa Fernandes

Year 3

Alina Onis

Year 4

Rhesa Fernandes

Year 5

Halyn Kim

Assembly Awards Term 4 2019

Congratulations to the students who received a merit award at assembly this week.

| Class | Student Names | Class | Student Names |
|-----------|--|-----------|--|
| KO | Jamison Connell Fadi Nasrallah Sebastian Boyagi Ava Chiha Sophia Alberto Charlotte Hryniuk | KS | Sophia Lee Evie Bollom Xavier Martignago Daniel Makdessi |
| 1D | James Gibbons Aiden Huo Eliana Magro Josephine Navarro | 1H | Maiya Ehlers Tatum Kriesch Sophia Panagos Clarence Supandi |
| 2G | Piper Copping Chloe Hopwood Tiana Habib Xavier Khoury | 2P | Jonathan Au-Yeung Vittoria Lamb Sophie Merheb Christopher Wen |
| 3S | Cailum Saab Elijah Zackey Isabelle Tannous Scarlett Zuk | 3Y | Nathan Wybrow Adam Haga Elijah Luu |
| 4G | Madison Bardella Hendrix Badaoui Henry O'Brien William Thompson Julian Haddad Sophie Norris | 4L | Thomas Drazenovic Madeleine Fogg Sybella Hanna Louie Noonan Luca Tamas |
| 5C | Amelia Enosi-Tuipulotu Isabella Hardy Emma Kouros | 5M | Olivia Higgins Maya Phegan Alastair Matthew Mariah Wynn- Chaco'n |
| 6M | Georgia Toon Abbie Pickard Bridgette Ryan Zachary Galic | 6P | Joshua Howard Siena Dewhurst Maelys Pace George Jahjah Milana Pivcevic |



P & F News

The Annual General Meeting of the OLOL Parents and Friends Association will be held on Tuesday, 26th November at 7.30pm.

Attached are the following documents:

- Term 4 Meeting Agenda
- AGM Notification
- AGM Nomination Form + Parameters for Voting

Social Skills

Responsibility through play - Peaceful playground people

- ◆ Being a good winner
- ◆ Being a good loser



Sports News

State Athletics Carnival

Congratulations to the following students who competed at the State Athletics Carnival this week.

Joshua Cetinic - U11 Long Jump - Silver Medal

William Cetinic - Junior Long Jump

Aaron Chevalier - Junior Discus

Isaac Chevalier - Senior Discus

Nicholas McNally - Junior 800m

Joshua Cetinic, Ben Hyde, Samuel Polley, Rafael Rebaza - Senior Relay

We are very proud of your achievements in Athletics this year.



Parish News

For Youth in the Parish of Baulkham Hills;

Y5-8: This Friday the 22nd of November, come to the Downey Room from 7-8:30pm for a night of food, games, and activities, as we break open the theme of Faith. We look forward to seeing you there!

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

Religious Education in the classroom in Year 5

Term 4 Week 5

The Mission of Jesus




In Year 5 we have been learning about the Mission of Jesus - to help others come to know God, to serve others in need, to act selflessly by putting others before ourselves.

The Beginning of Jesus' Ministry Luke 4:16-22

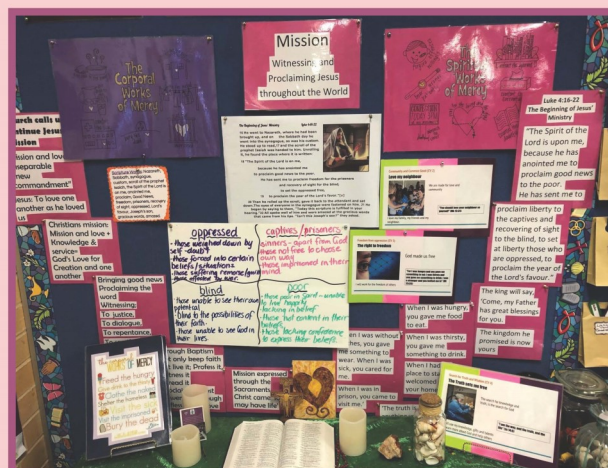
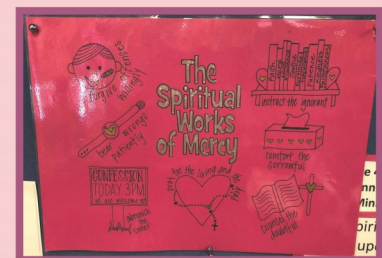
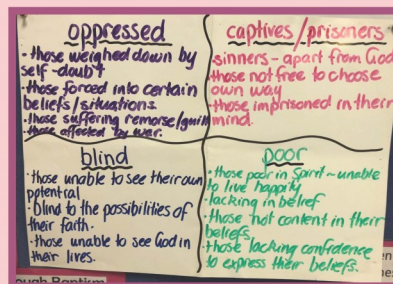
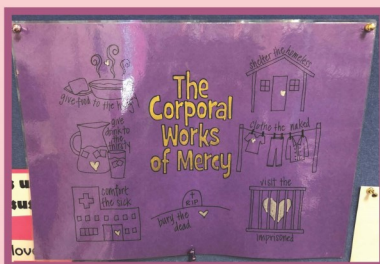
16 He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read, 17 and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written:

18 "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, 19 to proclaim the year of the Lord's favor." [a]

20 Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. 21 He began by saying to them, "Today this scripture is fulfilled in your hearing." 22 All spoke well of him and were amazed at the gracious words that came from his lips. "Isn't this Joseph's son?" they asked.



Performing acts of Mercy helps us to bring God's light into the lives of others.





Thank you to everyone involved we appreciate the work every one did , in the lead up, on the day and packing up the event .

*An awesome day was had by all !
Sincerest thanks OLOL P&F*



Our Lady of
Lourdes Primary

Parents and Friends Association Meeting – Term 4

Tuesday 26th November, 2019

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
- Past P&F Events
- Upcoming P&F Events
- General Business

The OLOL P&F AGM will be held at the conclusion of the Term 4 meeting.



The Annual General Meeting of the OLOL Parents and Friends Association will be held on Tuesday 26th November, 2019 at 8:00 pm. All four core positions of the OLOL Parents and Friends Association will be declared vacant and an election will take place to determine the new nominations. Attached is a brief description of the duties of the Office Bearers. Please note the AGM will follow the General Parents and Friends Meeting beginning at 7:30pm.

You are invited to cast your nomination for any of the Core positions. Your nomination will need to be seconded by one other person. All sub-committee positions will also be voted on at this meeting.

Please complete the form and enclose it in an envelope marked "Confidential" to the attention of "The Principal, Nominations for the OLOL Parents and Friends Core Group.", and hand deliver to the school office, or scan and email to the Principal at shaskins@parra.catholic.edu.au, no later than Tuesday 26th November 2019 at 3:30pm.

Duties of Core Group Office Bearers

President

- Presides as Chairperson at all meetings
- Ensures the smooth running of all meetings
- Ensures the meetings run on time
- Prepares the agenda for General Meetings/Annual General Meetings in collaboration with the other members of the Core Group
- Liaises with the Principal and Parish Priest to prepare the agenda for the Core Group Meetings
- Liaises with the Principal and Parish Priest at all times

Vice-President

- Assists the President in his/her duties as required
- Presides as Chairperson at meetings in the absence of the President

Secretary

- Takes minutes of all meetings
- Ensures minutes are signed by the Chairperson at the next meeting
- Receives and deals with correspondence
- Maintains copies of correspondence, bulletins and minute books
- Gives notice of the agenda to all members

Treasurer

- Receives all monies and keeps accurate records of monies received
- Obtains and keeps receipts for all monies paid by the Parent body
- Banks all monies received
- Presents at each General Meeting a statement of accounts showing receipts and expenditure for the period together with the current balance
- Presents at the Annual General Meeting an audited statement of accounts
- Presents at the Annual General Meeting an anticipated set of accounts for the year ahead (as approved by the Core Body) for approval or amendment by The Parent Body

The core group is also responsible for the organisation and hosting of, but not limited to the following events:

- Welcome BBQ
- Kindy first day morning tea
- Mothers Day Breakfast
- Fathers Day Breakfast
- Grandparents morning tea
- Teacher Appreciation lunch
- Christmas BBQ

Also, it is strongly recommended that a member of the Parent Body be elected at the AGM to represent the school on the Parent Representative Council of the Parramatta Diocese.



Our Lady of
Lourdes Primary

OLOL Parents and Friends Association
Annual General Meeting
Tuesday 26th November, 2019, 8:00pm

Nomination Form

I, _____ (name), hereby put forward myself for a position
on the Core Group of the Our Lady of Lourdes Primary, Baulkham Hills Parents and Friends Association.

I wish to nominate myself for the following position(s):

President _____

Seconded _____

Vice President _____

Seconded _____

Secretary _____

Seconded _____

Treasurer _____

Seconded _____

Please complete the form and either enclose it in an envelope marked "Confidential" to the attention of "the Principal, Nominations for the OLOL Parent Body Core Group." and hand deliver to the school office, or scan and email to the Principal at shaskins@parra.catholic.edu.au, no later than Tuesday 26th November, 2019 at 3:30pm.

OLOL Parents and Friends Association Sub-Committee Positions and Responsibilities

OLOL Parents and Friends PRC Representative

This vital position acts a conduit to understand key programs and activities that are happening throughout the diocese and how they may relate to Our Lady of Lourdes School and Parish.

Key activities involve:

- Representing our School at PRC General Meetings once a term. (4 meetings per year).
- Relaying any relevant information for these meetings in particular parent workshops to OLOL Parent Community via the weekly OLOL Newsletters.
- Attend and provide written reports at the OLOL Parent Group Meetings held each term. (4 meetings per year).

OLOL Parish Liaison Officer

This role requires active participation in the Parish and Parish Community with the primary responsibility of working collaboratively with the Parish Priests, Parish Staff, Pastoral Council, School Principal and the SRC Executive on ways of making the Family Ministry stronger.

Key activities include:

- Attend Parish Community meetings as required (4 per year).
- Act as the primary liaison officer between the Parish Priest, Parish Staff and the OLOL Executive Staff and OLOL Principal.
- Provide opportunities for the formation of families e.g. talks, discussion groups, faith and spiritual formation.
- Link families who connect with the Parish i.e. through the sacraments to the life of the Parish.
- Attend OLOL Parent Group Meetings each term and providing a written report for each of these meetings. (4 meetings per year).

OLOL Social & Fundraising Coordinator

This role is vital in the planning, management and execution of events and activities which address the twin objectives of fostering school and community spirit together with raising money. This role requires support from the school community.

This role reports directly to the OLOL Parent Group President and final decisions lay with the core group in conjunction with the school principal.

Key activities include forming a Social & Fundraising Committee, where the coordinator will plan, manage, delegate and oversee ALL social & fundraising activities for the year, in conjunction with the OLOL Parent Core Group, including but not limited to the following 'standard events':

- Fete - every two years
- Fun Run
- Mother's Day Breakfast and Stall
- Father's Day Breakfast and Stall

In addition to the above, there should be a minimum of 1-2 social/fundraising events per term each year. This will ensure the continuity of school and community spirit and allow both parents and children the option of participating in varied activities.

All social & fundraising plans/events are to be discussed and agreed with the OLOL President to ensure that dates do not clash with School or Parish events or are in contravention of School ethos and principles.

- The Fundraising Sub Committee should meet once a term or at regular intervals to execute fundraising activities
- Work closely with the OLOL Parent Group Core Group submitting all social media/external communication to be approved in accordance with the principals and ethos of the school
- Attend OLOL Parent Group Meetings each term and provide a written report for each of these meetings (4 meetings per term)



Parameters for P&F Annual General Meeting

Nomination forms will be made available fourteen days prior to the annual AGM.

Nominations

- Nominations must be handed to the school office or scanned and emailed by 3:30pm on the day of the AGM
- Members of the P&F exec are not to second nominations
- Nominees who are absent from the AGM must accept before the AGM commences in writing, or in person, to accept the nomination, if elected
- People must be in attendance at the AGM to vote
- If a position attracts no nominees it is opened to the floor at the AGM, if there are still no nominees it is opened to the school community. If more than one person volunteers from the school community, a name will be selected randomly by the Principal and Assistant Principal
- Sub-committee nominations will be taken from the floor. If more than one person nominates themselves a secret ballot will take place

Voting

- The quorum for an AGM shall be members, not including ex officio members
- Voting is open to parents, guardians of pupils of the school and parishioners of the parish
- If there is more than one nomination for a position, voting is done by secret ballot
- The Principal and Assistant Principal will conduct each election and declare the results. If one of them is absent another school exec member will assist
- In the event of a tied vote, a name will be selected randomly

Hand-Over

After the AGM a hand-over will occur for each role as per the hand-over document for each role. This handover will be scheduled at a suitable time as close to the finalisation of Core Group roles as possible.



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 LIMITED 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)

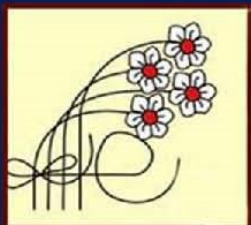
Flushcombe Rd & Marion St, Blacktown NSW 2148

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

www.prc.catholic.edu.au

 @preparra

 @preparra

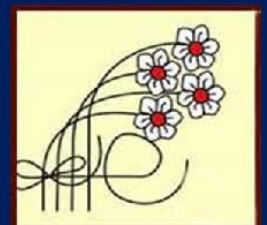


THANK YOU TO OUR 2019 SPONSOR

Floral Expressions

For details on the School fundraising program

Call Charles Lukasik on 02 9683 1116



SCHOOL CANTEEN

OUR LADY OF LOURDES PRIMARY SCHOOL

2019



Healthy Canteen Operators & Catering Services

~ 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!**



\$1.50
600ml

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