



# Our Lady of Lourdes Primary

5 Canyon Road,  
Baulkham Hills South  
Telephone: 8841 3700

Email: [ololbhills@parra.catholic.edu.au](mailto:ololbhills@parra.catholic.edu.au)  
[www.ololbhills.parra.catholic.edu.au](http://www.ololbhills.parra.catholic.edu.au)

**Term 1 Week 2**

**7th February, 2020**

## February

### Sunday 9th

Welcome Mass 9.30am

### Monday, 10th

Information evening

Year 4 6.30pm

Year 5 7.00pm

### Tuesday 11th

Feast of Our Lady of  
Lourdes, 9.30am Mass

### Thursday, 13th

Information evening

Year 2 6.30pm

Year 3 7.00pm

### Friday 14th

Hills Zone Swimming Carnival

### Tuesday 18th

School Tour 10am

K-6 Assembly

Year 6 2.20pm

### Wednesday 19th

Bushfire Appeal Gold Coin  
Donation

### Thursday 20th

Diocesan Swimming Carnival

### Friday 21st

P&F Welcome BBQ 6pm

### Wednesday 26th

Ash Wednesday, 9.30am  
Mass

## Fifth Sunday in Ordinary Time A

A reading from the holy Gospel according to Matthew

You are the light of the world. Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men. 'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'



COMMENTARY by Mary Coloe

What a challenging Gospel! *You* are the salt of the earth. *You* are the light of the world. Not somebody else! *You!* You are the one who can give our world its flavour, its ambience, its character. You are the one to offer a vision of life and hope in our world.

During this week, each time you reach for the salt, or turn on a light let this action remind you of your Christian vocation. Let it be a moment of prayer for strength and courage to be salt and light in the world.

© Mary Coloe PBVM. Liturgy Help.



## Our Lady Of Lourdes Feast Day

On Tuesday the 11th of February we will be celebrating the feast of Our Lady of Lourdes with mass at 9:30am.

Please join us for this Eucharistic celebration as we celebrate our school feast day

## Family Mass

A special welcome to our new community members. All new families are invited to the 9:30am Parish Mass this Sunday, 9th February. Please add this important date to your diary.



# School News

## **Information Evenings**

In the coming weeks, class teachers will conduct sessions to inform parents about curriculum matters and organizational details. The dates are listed below:

### **Monday, 10th February**

Year 4 6.30pm (Year 4 Classrooms)

Year 5 7.00pm (Year 5 Classrooms)

### **Thursday, 13th February**

Year 2 6.30pm (Year 2 Classrooms)

Year 3 7.00pm ((Year 3 Classrooms)



Due to time constraints on the information evenings, the teachers will not be able to engage in lengthy discussions regarding your child's progress. On these evenings, children are asked not to engage in unsupervised games on the playground.

## **Welcome to our new families**

To our new families, WELCOME.

You are invited to:

- Our Kindergarten/New Family/Parish Mass on Sunday 9th February at 9.30am at Our Lady of Lourdes Church. This will be followed by morning tea in the parish house.
- Our welcome P&F BBQ on Friday 21st February at 6pm which will be held in the top playground



## **Emails Outside School Hours**

**Our Lady of Lourdes** recognises that email is a fast and convenient way to communicate with your child's teacher.

We wish to remind you that teachers read their emails at various times throughout the school day. Further, teachers are generally not expected to respond to emails from parents and students outside of normal working hours. In the case of a genuine emergency please contact the school office during business hours on [ololbhills@parra.catholic.edu.au](mailto:ololbhills@parra.catholic.edu.au) or phone **88413700**.

We appreciate your assistance and understanding. If you have any questions about the above please feel free to contact **Steven Haskins**

## **Building Child Safe Communities - Procedures for Volunteers**

Volunteers make a significant contribution to students and our community. As part of our new 'Building child Safe Communities' initiatives, we request the following from volunteers:

### **Step 1:** Complete the online - '**Building Child Safe Communities - Undertaking for Volunteers**'.

Once completed, an automated email is sent to your email address and a copy is sent to the school as well as the Child Protection Team.

To access this online form:

Log onto [www.parra.catholic.edu.au](http://www.parra.catholic.edu.au)

Click on the 'Child Protection Training and Form' (Green)

Click Volunteers Form (Green)

Click School

Drop down box - select Our Lady of Lourdes Baulkham Hills.

Complete form



### **Step 2:** Complete the online training module - required every second year.

## **TRAINING MODULE**

These can be accessed by visiting the Catholic Education Diocese of Parramatta homepage [www.parra.catholic.edu.au](http://www.parra.catholic.edu.au) then scrolling down to 'Volunteers and Contractors - click here'.

## **Parking**



We ask that parents be aware of the safety of all families when parking at drop off and pick up time. We also ask that people do not park across the driveways of our neighbours. We often have police and council rangers doing random patrols. Please be aware parking or stopping in front of school drop zone is not permitted any more than 2 minutes for drop-offs or pick ups and driver must stay within 3 meters of your vehicle. Please see attached sheets for your information.



### **Registrations are now open for the Baulkham Hills Brumbies for 2020!**

The Brumbies are a local Junior Rugby League Club, for boys and girls, ranging from Under 6's to Under 11's. Registrations are now open and we have Rego Day this Sunday, 9 February 2020, from 10am to 12pm, at Castlewood Park, Castle Hill.

To speed up the registration process, please follow this link <https://www.playrugbyleague.com/mysideline-registration> to register before the day.

If you are unable to make it this Sunday, you can finalise your registration at our Meet and Greet Day on Sunday, 15 March 2020. It is \$120 per player and Active Kids Vouchers are accepted at the time of payment. If you have any questions, please contact our registrar Sandra Hopwood, on either [hopwood.sandra@gmail.com](mailto:hopwood.sandra@gmail.com) or 0458 088 099. Like our Facebook page to find out more <https://www.facebook.com/baulkhamhillsbrumbies/>

### **Farewell Father Zvonimir**

We say farewell and thank you to Father Zvonimir for his support and time given to the school during his time with us at our school. Fr Zvonimir now takes up his appointment at St John XXIII Parish Stanhope Gardens. We look forward to working with Father Chukwunonyerem Akamadu who will be assistant priest for our Parish.

## Parish News

### **Father Chukwunonyerem Akamadu**

I am a native of Nnorie, Ngor Okpala LGA, Imo State, Nigeria. I am the second child in a family of five – four boys and one girl. I had the intention of becoming an engineer. Against my wishes and as God would have it my high school studies in a minor seminary sparked off the desire to be a priest.

Having decided for the Catholic Priesthood as a means to serve God through the people, I did my philosophical and theological studies at the Seat of Wisdom Seminary Owerri, Nigeria. I was ordained to the presbyterate on August 14, 2010 by Most Rev Anthony J V Obinna, DD of the Catholic Archdiocese of Owerri, Nigeria.

My experiences in the priestly ministry so far have brought me to the appreciation and realization that it's all about the triumph of the grace of God more than the energy exerted by the priest. The joy of rising to the mercy of God has been a great motivating factor too. All I ask of the Lord is to strengthen my resolve and be available for his work.

### **Youth Minister**

We'll be kicking our youth groups off again in the coming week! Be sure to join the mailing list - by contacting the Youth Minister - to receive all the dates and times to come regarding youth group.

If you have any questions or concerns please contact the Youth Minister Paul Fam via mobile - 0407 773 174 or send an email through to [youth@parishofbaulkhamhills.org.au](mailto:youth@parishofbaulkhamhills.org.au)



Parish of Baulkham Hills  
Our Lady of Lourdes Church  
Sacramental Program 2020

Sacrament	Date of Celebration	Parent Meeting	Enrolment Masses	Rehearsal
<b>CONFIRMATION</b> (10 years of age or older) <b>Mons Ron McFarlane</b>	Monday 29 <sup>th</sup> June Tuesday 30 <sup>th</sup> June  7.00pm	Monday 4 <sup>th</sup> May	Weekend 16 <sup>th</sup> /17 <sup>th</sup> May	Thursday 25 <sup>th</sup> June Friday 26 <sup>th</sup> June
<b>RECONCILIATION</b> (8 years of age)	Wednesday 16 <sup>th</sup> September Thursday 17 <sup>th</sup> September  5.00pm - 6.30pm	Monday 27 <sup>th</sup> July	Weekend 8 <sup>th</sup> /9 <sup>th</sup> August	No Rehearsal required
<b>1<sup>st</sup> EUCHARIST</b> (8 years of age or older)	21 <sup>st</sup> /22 <sup>nd</sup> November 28 <sup>th</sup> /29 <sup>th</sup> November	Monday 12 <sup>th</sup> October	Weekend 17 <sup>th</sup> /18 <sup>th</sup> October	Thursday 19 <sup>th</sup> November Friday 20 <sup>th</sup> November

The Sacramental Programs at Our Lady of Lourdes consists of:

- Compulsory attendance at one Parent-Formation/Information Meeting for the particular Sacrament for which you wish your child to prepare.
- **Four compulsory** weekly small-group meetings, which you & your child must attend together in order to receive the Sacrament.
- An expectation that you attend weekly Mass.

If for some reason, you find you are not able to make this full commitment in 2020, we suggest that you consider waiting until you are able to fully commit to assisting your child in this important faith-formation and preparation for the Sacraments of the Catholic Church.

# Scholastic Book Club 2020

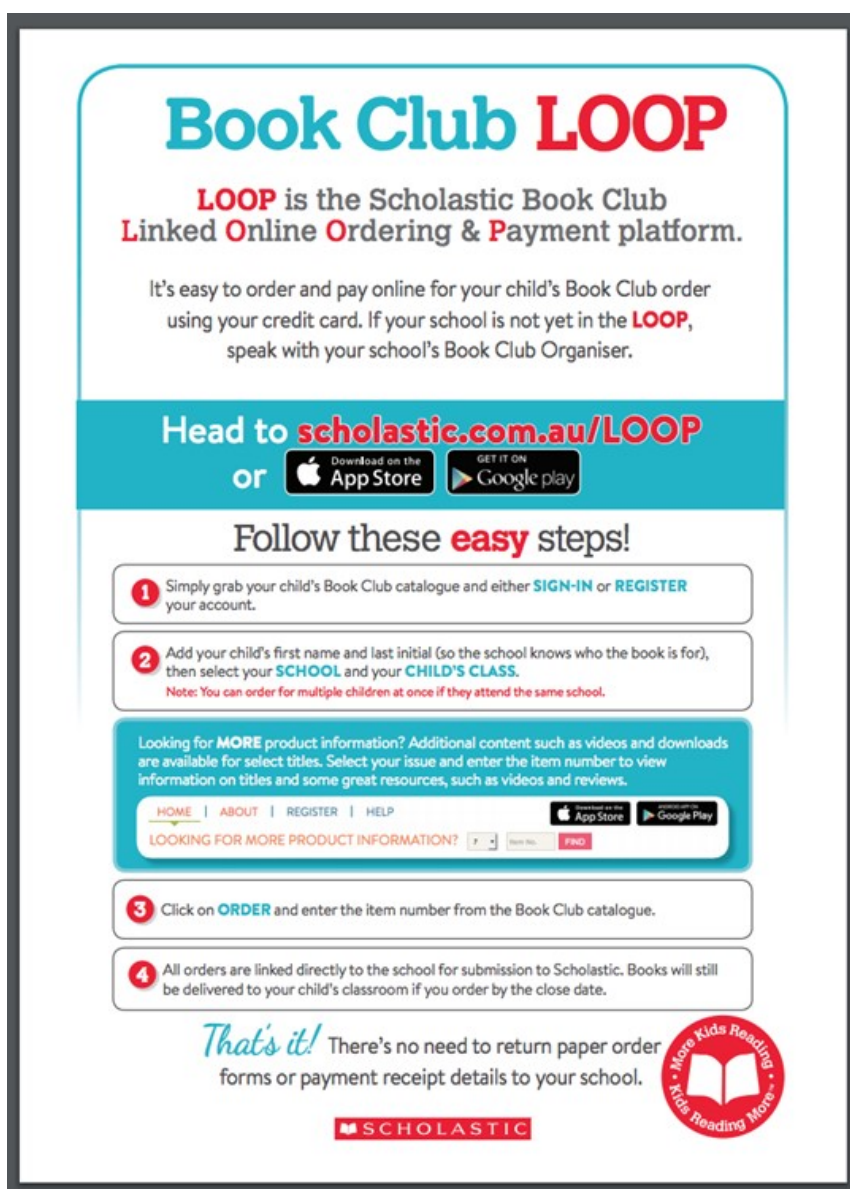
We are excited to be offering the Scholastic Book Club again in 2020. Sometime soon your child will bring home a Book Club brochure for Term 1 (Issue 1) orders.

## **ISSUE 1 ORDERS TO BE COMPLETED BY TUESDAY 17<sup>TH</sup> FEBRUARY**

We are always encouraging the children to read more, and this is an opportunity for you to purchase books for your home library.

**All orders will be done online** and as a bonus, all orders earn 20% back in rewards for our school. Book orders will be returned and distributed at school. **NO MONEY IS TO BE SENT TO SCHOOL; ALL ORDERS MUST BE COMPLETED ONLINE.**



For any **new parents**, please see the Book Club LOOP brochure below for details on setting up your Book Club order and payment.



**Book Club LOOP**

**LOOP** is the Scholastic Book Club  
**Linked Online Ordering & Payment** platform.



It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to **[scholastic.com.au/LOOP](https://scholastic.com.au/LOOP)**  
or  

Follow these **easy** steps!

- 1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.
- 2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.  
Note: You can order for multiple children at once if they attend the same school.



Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)  

LOOKING FOR MORE PRODUCT INFORMATION?

- 3 Click on **ORDER** and enter the item number from the Book Club catalogue.
- 4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

*That's it!* There's no need to return paper order forms or payment receipt details to your school.



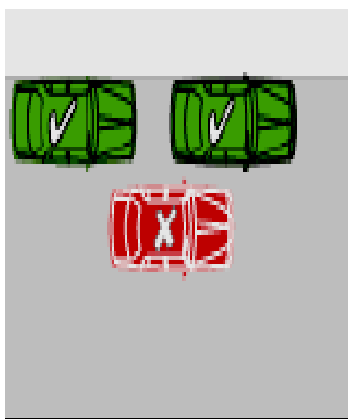


# Our Lady of Lourdes Baulkham Hills Term 1 Planner 2020

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	27/1	28/1 MAI Testing SDD	29/1 MAI Testing SDD	30/1 School Commences K-6	31/1	1-2/2 Presentation of the Lord
2	3/2	4/2	5/2 Parent Information Night: Kindergarten 6:30-7:30pm	6/2 Parent Information Night: Year 1 6:30pm Year 6 7:00pm	7/2 OLOL Swimming Carnival Yrs 2-6	8-9/2 Kindergarten and New Families Mass 9:30am
3	10/2 Parent Information Night: Year 4 6:30pm Year 5 7:00pm	11/2 Feast of Our Lady of Lourdes Mass K-6 9:30am	12/2	13/2 Parent Information Night: Year 2 6:30pm Year 3 7:00pm	14/2 Hills Zone Swimming Carnival	15-16/2
4	17/2	18/2 School Tour 10am  K-6 Assembly Year 6 2:20pm	19/2 Parramatta AFL Trials - Castle Hill 1:00pm Bushfire Appeal Gold Coin Donation	20/2 Year 3-4 Mass 9:30am Diocesan Swimming Carnival	21/2 P&F Welcome BBQ New Families 6:00pm	22-23/2
5	24/2	25/2 Parramatta Football Trials - Kellyville Boys 8:30am Girls 1:30pm	26/2 Ash Wednesday Mass 9:30am K-6	27/2	28/3	29/2 - 1/3 First Sunday of Lent
6	2/3 CATHOLIC SCHOOLS WEEK Parramatta Netball Trials - Windsor 12:00pm	3/3 Parramatta Rugby League Trials - Ponds 9:30am Open Classrooms  School Tour 7pm	4/3	5/3	6/3 Year 2 Science Incursion	7-8/3 Second Sunday of Lent
7	9/3 Year 5 Bushwalk	10/3  P&F Meeting 7:30pm	11/3	12/3	13/3 Cross Country	14-15/3 Third Sunday of Lent Family/Parish Mass 9:30am Year 6

8	16/3	17/3 Feast of St Patrick K-6 Assembly Year 2 2:20pm	18/3 Feast of St Joseph the Husband	19/3	20/3 Parramatta Cricket Trials Penrith 9:30am	21-22/3 Fourth Sunday of Lent
9	23/3 Parramatta Touch Football Trials - St Marys 4:00pm	24/3	25/3 The Annunciation	26/3 Year 6 Physio Visit	27/3 Fun Run K-6	28-29/3 Fifth Sunday of Lent
10	30/3	31/3 School Photos	1/4 Year 4 C.A.R.E.S Excursion 4L	2/4 Year 5-6 Mass 9:30am Year 3 Science Excursion Year 4 C.A.R.E.S Excursion 4G School Tour 10am	3/4	4-5/4 Palm Sunday
11	6/4 NSW PSSA Swimming	7/4 Principal & Citizenship Awards 2:30 pm	8/4	9/4 Holy Thursday Last Day of Term 1	10/4 Good Friday	11-12/4 Easter Sunday

If you park near the school please follow the parking restriction signs. These are designed to improve safety for everyone, especially our children.



## DOUBLE PARKING

You must not stop on the road adjacent to another vehicle at any time even to drop off or pick up passengers.

Why?

**Double parking is dangerous.** It blocks vision for other drivers, obstructs traffic flow and forces children onto the road

**PENALTIES APPLY**

# Parking Rules & Penalties

**Council's Compliance Officers enforce parking signs at your school.**

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance. **When an offence is detected, you will be fined.**



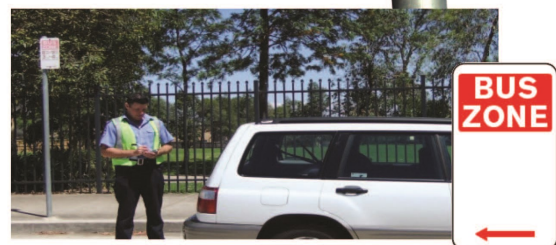
## **NO STOPPING**

**You must not STOP at any time.**

Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$344 and 2 demerit points



## **BUS ZONES**

**You must not stop your vehicle in a Bus Zone unless you are driving a public bus.**

Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$344 and 2 demerit points



## **NO PARKING**

**You can stop only to drop off or pick up passengers or goods** and you must not stop for more than 2 minutes and The driver must stay within 3 metres of your vehicle. Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$191 and 2 demerit points



## **DRIVEWAYS**

**You must not park your car over or block access to a driveway.** You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.

## **SCHOOL ZONE**

Penalty from \$344 and 2 demerit points



## There are now increased penalties and demerit points associated with all offences in School Zones.

	<b>NO PARKING</b> You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.	Penalty from \$191 and 2 demerit points
	<b>NO STOPPING</b> Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.	Penalty from \$344 and 2 demerit points
	<b>BUS ZONE</b> You must not stop your vehicle in the indicated zone unless you are driving a public bus.	Penalty from \$344 and 2 demerit points

<b>Double parking</b>	\$344 & 2 demerit points
<b>Stop on path or nature strip</b>	\$344 & 2 demerit points
<b>Stop on / near marked pedestrian/children's crossing</b>	\$457 & 2 demerit points
<b>Approach children's crossing too quickly to stop safely</b>	\$572 & 4 demerit points
<b>Illegal U turns</b>	\$457 & 4 demerit points
<b>Stop across driveway</b>	\$344 & 2 demerit points
<b>Drive using a hand held mobile phone</b>	\$457 & 5 demerit points
<b>Parallel park close to (within 3 metres) double centre line</b>	\$344 & 2 demerit points

**FINES CURRENT AS OF JULY 2019**

For a complete list of school zones offences visit [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au)

3 Columbia Court, Baulkham Hills NSW 2153  
 PO Box 7064, Baulkham Hills BC 2153  
 Phone 02 9843 0555 Email [council@thehills.nsw.gov.au](mailto:council@thehills.nsw.gov.au)  
 Facsimile 02 9843 0409 [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)

**THE HILLS**  
 Sydney's Garden Shire





## **Gilroy Catholic College Castle Hill**

Open Evening for Enrolments Yr 7 2021

Wednesday 19 February 2020

Tours from 4pm, talk by the Principal 5.15pm in the College Hall, Tours will continue after the talk until 6.50pm

For Tour Bookings <https://www.gilroy.catholic.edu.au/Enrol-Now/Open-Days> or phone the College on 8853 8200.

## ***Strive for Higher Things* at Catherine McAuley Westmead**



**Enrolling now for 2021 - Applications close 27th March 2020**

**OPEN EVENING Wednesday 4th March 2020 4pm - 7pm**

Catherine McAuley Westmead, 2 Darcy Rd, Westmead | [www.mcauley.nsw.edu.au](http://www.mcauley.nsw.edu.au)



*Become a  
Bennies  
Girl*



**Mount St Benedict  
College**

449C Pennant Hills Rd, Pennant Hills



**Open Day**

Sunday 1 March, 10am - 2pm

Bookings online

[www.msb.nsw.edu.au](http://www.msb.nsw.edu.au)



## **PLAY RUGBY LEAGUE WITH BAULKHAM HILLS BRUMBIES**

Does your child love watching Rugby League on the television and is always kicking a ball around the backyard?

Then playing rugby league may be the game for him or her. The Baulkham Hills Brumbies play in the Parramatta Junior Rugby League competition and games are played on Sunday's. Children learn the skills of rugby league in a safe and enthusiastic environment. All Mini League games are played with the coach on the field and allow all children to remain safe, get involved and have fun!

### **CONTACT US TODAY TO SECURE A SPOT IN OUR 2020 TEAM!**



**Registrar: Sandra Hopwood – 0458 088 099**  
**Email: [brumbies.jrlfc@gmail.com](mailto:brumbies.jrlfc@gmail.com)**



# 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	

### 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)	

### ~ 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	

### ~ 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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