



## Term 1 Week 5

28th February, 2020

### March

#### Sunday 1st

First Sunday of Lent

#### Sunday 1st to 8th

Catholic School Week

#### Tuesday 3rd

School Tour Kindergarten  
2021, 7pm

#### Wednesday 4th

7pm Parent reading session

#### Friday 6th

Year 2 Science Incursion

#### 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 27th

Fun Run

A reading from the holy Gospel according to Matthew

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone

but on every word that comes from the mouth of God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says:

He will put you in his angels' charge,

and they will support you on their hands

in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:

You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

You must worship the Lord your God,  
and serve him alone.'

Then the devil left him, and angels appeared and looked after him.

### CHILDREN'S DISCUSSION STARTERS

A beginning point for discussion of this week's Gospel with children:

Why did Jesus go into the wilderness?

What did the devil try to tempt Jesus to do?

What did Jesus say to the devil?

In Lent we also have to make some choices. We prepare for Easter by praying and doing good works.

What are some of the things you could do in these next weeks of Lent?

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Ref: [Liturgyhelp.com](http://Liturgyhelp.com)

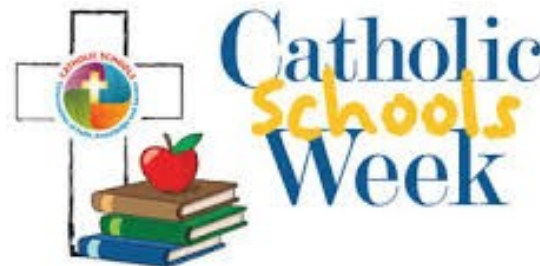


# School News

## **Catholic Schools Week 2020**

This year, from 1st –8th March, 2020, Our Lady of Lourdes will join with Catholic schools across NSW and the ACT to celebrate Catholic Schools Week (CSW).

Catholic Schools Week is about forging and strengthening connections between everyone who has a stake in our schools – students, staff, families, priests, parishioners, and members of the wider community – by showcasing our activities and actions.



During Catholic Schools Week, we take the opportunity to highlight not only the best of what we do, but also what happens in our schools every day.

For that reason, we invite you and your family to join us at Our Lady of Lourdes on Tuesday, 3rd March to celebrate with our school. We will celebrate with :

|                |  |
|----------------|--|
| <b>10am</b>    | <b>Liturgy Kindergarten to Year 6</b>                                      |
| <b>10.30am</b> | <b>Parents visit classrooms</b>  |
| <b>11.10am</b> | <b>Morning tea with the students.<br/>Coffee and tea will be provided.</b> |

## **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:

- \* Tuesday, March 3rd, 2020 at 7pm
- \* 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.

## **Parent Reading Information Session - Assisting Children with Reading**

**When:** Wednesday, 4th March 2020 at 7.00pm

**Where:** OLOL Library

The session will briefly outline what happens when children learn to read and define the roles of the reader and the helper. You will be provided with examples of the types of errors children commonly make and prompts that will assist children to problem solve during the reading of a text.

If you are or are planning to volunteer for reading, attending this session is highly recommended.

**It is expected that volunteers will not discuss a child's reading ability at school or outside of school. Every child progresses at their own pace. Any breach of privacy is taken seriously.**

## **Early Years Assessment**



Twice a year the Catholic Education Office ask us to assess our early years students Kindergarten, Year 1 and Year 2, in the area of Literacy.

These assessments are one-to-one assessments and will take place during the next few weeks at school. The data gained from these assessments is extremely valuable in helping us maintain our high standards of Literacy.

## P&F Welcome BBQ

Thank you to all our kindergarten and new families who attended our P&F Welcome BBQ last Friday evening. It was great to see so many people in attendance. Thank you also to our P&F and volunteers for the time and effort given to prepare such a wonderful event.

Thank You



## Sports News

### Touch Football.

Congratulations to:

- Ella D'souza
- Kiara Haywood
- Lucy Polley
- Jayda Isherwood
- Maiyra Tripathi
- Elizabeth Badaoui
- Abigail Petersen (under 8s)
- Amber Haywood (Under 10s)
- Ryan McQuaid (Under 12s)



Who represented Parramatta at the Touch Football State Cup last weekend. Well done on three big days of playing touch football.

### Social Skills

**Respect and Integrity - showing good manners and communication skills**

- ◆ Good listening
- ◆ Going on a message, excursion or greeting visitors to the school



## P & F News

### P&F Meeting

Term 1 P&F meeting to be held Tuesday 10th March at 7.15pm for a 7.30pm start. We will be discussing upcoming social and fundraising events. We are always looking for new and exciting ideas and new families to join. Please see meeting agenda attached, we look forward to seeing you all in the Open Learning Area.

### Annual Fun Run

The P&F are excited to announce the Annual Fun Run which will be held on the 27th March 2020 at Yattendon oval, Baulkham Hills. This is always a great day for the whole school community, the kids are able to have fun and enjoy an Ice Block, this is also a great fundraiser for our OLOL school.

Next Friday 6th March, the sponsorship form will be sent home with each child.

There will be a \$30 REBEL voucher prize given to the top 10 students that raise the most money.

Further details to come in the following weeks!

Thanks again  
P&F Team

# Parish News



## Jesuit Refugee Service

Donations urgently needed as we an initiative of the Pastoral Group of Our Lady of Lourdes, we are once again collecting personal hygiene items such 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

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)

## For youth in the Parish of Baulkham Hills

Y5-8: This Friday the 6th of March, come to the Downey Room from 7-8:30pm for our second youth group of the term! Come along for a night of food, games, and activities, as we kick off our new series on identity – this week continuing to look at community! We look forward to seeing you there.

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](mailto:youth@parishofbaulkhamhills.org.au)

# Children's Rosary movement at Our Lady of Lourdes



Every Monday afternoon at 3:30pm a group of children comes together to pray the Rosary. The Rosary is led by them. All children and parents are invited. Bring your Rosary beads and spend half an hour in prayer with Our Blessed Mother.

Place: OLOL Parish Centre

When: 3:30pm, Monday - school term only

Contact: [anitamolina@hotmail.com](mailto:anitamolina@hotmail.com)

[For more information go to www.childrensrosary.org](http://www.childrensrosary.org)



# Year One Bubble Wands

In Year One our science unit for this term is "Let's Mix It Up!" We made bubble wands and bubble mixtures so that we could have a go at mixing. First we had to predict which bubble mixture would be the best for making bubbles. Then we also had to design our own bubble wand and then make it out of paddle pop sticks and pipe cleaners. It was so much fun!



## YEAR 6 Religious Education- In the classroom and across the school.

The Year 6 students have had a very busy start to the year. As school leaders they have taken on their Kindy Buddy responsibilities with enthusiasm and great commitment.

In Week 4, Year 6 led the first assembly for 2020 beginning with the procession into the church with their Kindergarten buddies. We welcomed the new students and listened to the Gospel reading of Jesus Blessing the Children.



Snippets of us working  
with our Buddies..



Many of the Year 6 students have also become involved with the Social Justice group and led the school in our recent fundraiser for the recent bushfires. The Social Justice group also made the school aware of our participation in Project Compassion during Lent, leading us in prayer on Thursday and distributing a Mission Box to each class. They will continue to raise awareness over the next 6 weeks as we “Go Further Together” and reach out to those less fortunate than ourselves.

**PROJECT  
COMPASSION**  
GO FURTHER TOGETHER



Year 6 began the year with the unit “Servant Leadership.” Discussions were based on the many types of leadership. A main focus was how God calls all people to a life of service. The scripture studied showed many forms of leadership from Moses through to Jesus. Year 6 were reminded that the Christian leader is one who serves founded on Jesus' teachings and example. The main scripture studied was Jesus Washes the feet of his disciples with students recording the many opportunities they have to show Servant leadership as well as how they can follow in Jesus footsteps.



Year 6 have just started their Lenten unit: “An Invitation to Believe.” Students will be working with the Scripture passage, John 9:1-41, *Jesus Heals the Man Born Blind*. They began their unit with an activity highlighting the need to trust their partner. Throughout the unit we will focus on the importance of being able to have faith in other people, in their own lives and how we are invited to live our life with Jesus.

Incorporated into this unit will be stories from Caritas Australia and Project Compassion. These will include stories from the Philippines, Cambodia, India, Australia, Papua New Guinea and Malawi highlighting the importance of working hand in hand with communities around the world. We will be developing our understanding of Social Justice and how the Catholic Social Teaching Principles assist us to live a life of service and love.





# 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 Opal Cards for bus travel

As part of our campaign against fare evasion, and our on-going commitment to provide the level of service needed to transport students to and from your school, Busways conducts regular checks of School Opal card.

**All students must be in possession of a valid Opal card or pay a fare.**

**Students in possession of an Opal card must also tap on/off with their card when boarding our buses.**

This is important, because the Opal data collected determines the level of service we are able to provide to your school. If students don't tap on and off, the services will appear under utilised and may be considered for cancellation based on low passenger numbers.

To apply for a School Opal card or to report a lost or stolen card, go online to [www.opal.com.au/en/about-opal/opal-for-school-students/](http://www.opal.com.au/en/about-opal/opal-for-school-students/)

Students who are ineligible for School Opal will need to purchase a Child/Youth Opal card or pay a fare to travel on our buses.

Thank you in advance for your assistance and support.

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





Parents Representative Council

SUPPORT | CELEBRATE | EDUCATE



**MENTAL  
HEALTH  
FIRST AID**  
Australia

## UNDERSTANDING MENTAL HEALTH

Learn the skills to make a difference

Out of every 30 students in Australia, 7 are dealing with mental health issues

2 will ask for help ..... **5 will suffer in silence**

This presentation will focus on giving parents information on how they can identify and help the 5 that suffer in silence. Learn how to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received, or the crisis resolves. Mental health problem is a broad term that includes developing mental illness, symptoms of a diagnosable illness, substance misuse, and adverse life events which are having an impact on functioning.

Depression, Anxiety, Behavioral disorders, Mood Disorders, Personality Disorders, Suicide, Drugs, Eating Disorders, Self-Injury, Panic Attacks, Stress, Substance Abuse



Our guest speaker for the evening is:

**JANE ARMSTONG**

**Mental Health First Aid Instructor**

Register FREE now: [www.prc.catholic.edu.au](http://www.prc.catholic.edu.au)



**Monday, 2<sup>nd</sup> March 2020**

**Doors open: 6:15pm for 7:00pm (2 hours)**

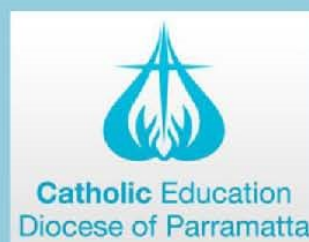
**PRC Annual General Meeting**

**(will be held prior to guest speaker)**

**AGM will take approximately 20 minutes**

**St John Paul II Catholic College**

**85 Hambledon Rd, Schofields NSW 2762**



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

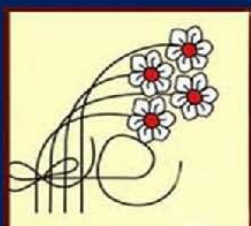
[www.prc.catholic.edu.au](http://www.prc.catholic.edu.au)



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THANK YOU TO OUR SPONSOR

**Floral Expressions**

For details on the School fundraising program

Call Charles Lukasik on 02 9683 1116







## **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)

## ***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)



# OPEN DAY

## Sunday, 8 March 2020

### 10.00am - 2.00pm

You are warmly invited to join us for Open Day 2020.

Principal's Welcome at 10.00am and 12.00pm

Bookings can be made by visiting the College website [www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au)

*A work of the Sisters of Mercy Parramatta since 1889*



**YEAR 7, 2022**  
ENROLMENT  
INFORMATION  
EVENING  
Tuesday, 24 March

MERCY

COMPASSION

JUSTICE

DIGNITY

EXCELLENCE

HOSPITALITY

STEWARDSHIP

SERVICE



# SCHOOL CANTEEN

## OUR LADY OF LOURDES PRIMARY SCHOOL



Healthy Canteen Operators & Catering Services

### ~ 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 |

Look out for our  
Weekly  
Specials!

### ~ SWEET TREATS ~

|  |        |
|--|--------|
| Warm Banana & Custard (E)                            | \$2.20 |
| Pikelets w/ Jam (3) (E)                              | \$2.20 |
| Custard & Fruit (E)                                  | \$2.50 |
| Homemade Muffins (O) 80gr<br>(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](http://www.melstastybites.com)

