



# Ryde East Public School

12 Twin Road, North Ryde, N.S.W. 2113

Tel: 9878 3681 9888 5620 Fax: 9878 6029

Email: [rydeeast-p.school@det.nsw.edu.au](mailto:rydeeast-p.school@det.nsw.edu.au)

Website address: [www.rydeeast-p.schools.nsw.edu.au](http://www.rydeeast-p.schools.nsw.edu.au)

## NEWSLETTER 6 FEBRUARY 2018 TERM 1 WEEK 2

A copy of this newsletter is available on the School's website

### PRINCIPAL'S REPORT

Last Friday we welcomed all our new Kindergarten students to the school. It was lovely to see so many excited faces who were keen and enthusiastic to start school. I have visited the Kindergarten classrooms and the students are all very settled and have already begun their learning journey.



This week we have a crew from 'Better Homes and Gardens' working within our school to turn our veggie patch into a garden that would be fitting for Peter Rabbit. 'Better Homes and Gardens' will be filming a segment that will go to air on **Friday 16 March at 7:30pm on Channel 7** to promote the release of the film

Peter Rabbit based on the book written by Beatrix Potter. We have been chosen to host this event. This is an exciting opportunity for our school community and for some of our students to be involved in.

Term accounts have been sent home. Can you please ensure these are paid as soon as possible. The term account includes the swimming carnival and Life Skills program, so please do not pay for these events separately, pay them as part of the invoice.

If you would like to speak to your child's classroom teacher please ensure that you make a convenient time to do so. Staff are available before and after school, but obviously have meetings and other commitments, so please ensure that you contact the school office on 9878 3681 or email the school on [rydeeast-p.school@det.nsw.edu.au](mailto:rydeeast-p.school@det.nsw.edu.au) to arrange a convenient time.

There is a clear process if you would like to raise a concern:

1. Please see your child's classroom teacher to inform them of the concern or issue
2. If this matter needs further attention it will then be referred to the Assistant Principal of your child's stage

3. The matter may then be referred to Mrs Nicole Doig for further assessment; and then myself as the principal, should this be necessary.

Thank you for your support with this process.

Katrina Verinder  
Principal

### Dates for Your Diary

Th 8/2/18 Cross Country Training  
Th 8/2/18 Safer Internet – Years 4-6  
M 12/2/18 Healthy Skills for Life Program  
(Yrs 3-6) begins  
W 21/2/18 Swimming Carnival



### WORKING BEES

There are 7 working bees planned for our school each year: one for each grade.

They are held on mornings as listed below, from 9am to midday. We have a break for morning tea and, after finishing, we usually enjoy a sausage sizzle lunch.



Families of children in each grade are invited to an enjoyable morning helping to maintain our school environment. Children are welcome to join in too, under parent supervision.

Dates scheduled for 2018 are:

Sunday 25 February - Year 6  
Sunday 25 March - Kindergarten  
Sunday 24 June - Year 5  
Sunday 29 July - Year 1  
Sunday 26 August - Year 4  
Sunday 23 September - Year 2  
Sunday 28 October - Year 3  
Sunday 25 November - spare

Please record your dates in your calendar! Full details of what is planned for each working bee will be provided during the week before the working bee is scheduled.

At working bees you can help to maintain our school grounds as a safe, pleasant place for our children.

They are also a great opportunity for you to get to know other families in your child's school class and grade.

Typical tasks include:

- Rotary hoeing the soft fall material under the fixed playground equipment
- Weeding and mulching gardens
- Washing seats and tables
- Cutting grass around trees and fences
- Clearing leaves from drains and other areas where they accumulate
- occasional special projects as needs arise, or requested by student council
- morning tea and lunch

All are welcome at any working bee, even when it is not your turn. We look forward to seeing you!

Phillip Ward  
Co-ordinator

## PBL NEWS

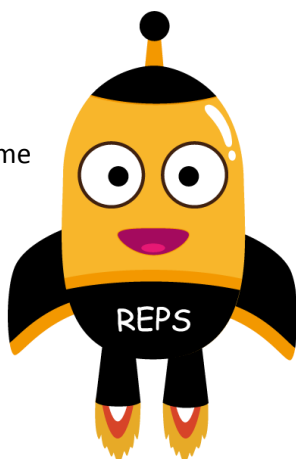
I need a name!

There is a competition to name me, your new PBL mascot.

If you have any ideas, you can place them in the competition box which will be in the office tomorrow.

The competition closes on Monday Week 5.

Stay tuned!



## ART CLUB

This year Art club will be running from week 5 onwards for students in year 2 to 5. If you are interested in joining art club please write your name on the sign up sheet outside 3/4W's classroom.

Miss Winsley  
Visual Arts Co-ordinator

## 2018 DANCE GROUP AUDITIONS

Thank you to all those students who came to the dance group audition during lunch yesterday. We had record number of students auditioning this year which was fantastic to see. Dance Group is open to students in Year 3-6. If you are interested in trying out there is still time. The next dance audition will continue on Wednesday 7<sup>th</sup> February after lunch eating time at the school hall. Please remember to bring a spare pair of pants if needed. If you have any questions please see Ms Mitchell.

Ms. L Mitchell  
Dance Coordinator

## ZONE TRIALS

If you play any sort of sport at a representative level such as volleyball, soccer, netball etc. please send in a note to Miss Winsley stating your name, class, sport and the level at which you play. This is for the purpose of trials throughout the year.

Miss Winsley  
Sports Co-ordinator

## CALLING CLASS PARENTS FOR 2018!

A huge thank you to those who have already volunteered to be class parents in 2018! We welcome you aboard. A big welcome also to all the new Kindy parents joining us this year.

We still have a LONG way to go to fill all the class parent places.

***We need 2 parents in total per class, and for composite classes, ideally we prefer a representative from each year.***

Here's a recap of what the role entails...

The Class Parent's role is to:

- Create a class contact list
- Organise social events such as dinners and get togethers
- Keep in contact with other class parents
- Assist P&C if required by communicating with your classes via email
- Organise catering at grade working bee (once a year)
- Welcome new children and families to your class
- Organise gift for teacher at end of year after collecting contributions from class

If you have done this job before it is a good opportunity to do it again with a 'new' parent to show them the ropes.

It is a great P&C role that requires just a little effort. The jobs are shared and it is a great way to meet other parents in your class and year.

If you are interested please send me an email on [repsclassparents@gmail.com](mailto:repsclassparents@gmail.com) with your name, class and mobile number. If you have any questions, feel free to call me on 0412401740.

Connie Vogler

## CROSS COUNTRY TRAINING STARTS THIS THURSDAY

The P&C Sports Committee will run a training on Thursday mornings from 8-9am. First session is this week and with over 50 already signed up, spots are filling fast! If there are any parents who would like to

help out at the sessions please get in touch at [sporting.reps@gmail.com](mailto:sporting.reps@gmail.com)

All information about the training and the sign up link can be found here –

<https://drive.google.com/file/d/16DXWyHVBqrzIPE8DLrOnamjtkzyxTsL0/view?usp=sharing>

#### Active Kids Rebate - now available!

A reminder that the Active Kids Rebate is now open! As of 31 January, parents and carers of school-aged children enrolled in an approved sport or fitness activity can receive a \$100 voucher to cover registration and participation costs for that calendar year. Parents are now able to apply for and download their vouchers from the Service NSW website. Each child is eligible to receive one voucher every year for the next four years. The new Active Kids Rebate Guidelines explain how families can receive their child's \$100 rebate. More information and a list of providers can be found at the following website <https://sport.nsw.gov.au/sectordevelopment/activekids>

#### New PSSA uniforms

In exciting news, the new Ryde East representative uniforms have arrived! These uniforms were donated to the school by the P&C and include a full restock of old items. In all, 70 AFL singlets, 90 Athletics/Cross Country singlets and 75 soccer/generic tops were ordered. These items can be seen in the photo and we look forward to seeing REPS students out on the sportsfield looking fantastic in their new attire! Special thanks needs to go to Mrs Doig who worked hard with the leadership team, student community and student leaders, all of whom had significant input into the final design. Likewise a huge thanks to Fran Halhos, Julie Grey and Kate John for all their hard work in organising the uniforms - from concept and design all the way through to delivery.



In other news we are still working through logistics with Pickles Schoolwear regarding the REPS Sports Polos. More on this to come!



#### **P&C NEWS**

Welcome back to school everyone!

First, a massive thank you to Genevieve Webb, the P&C Exec and all the families who were involved in so many activities in 2017.

- Running the school **music program** and festival
- Nourishing hungry kids at **canteen**
- Teaching life lessons in saving with **school banking**

- Letting the kids cut loose at the **Discos**
- Making **Mother's Day and Father's Day** a little more special
- Teaching kids about the less fortunate with **the footy boots** drive
- And amongst so many events, an unforgettable **Trivia night**

#### **SAVE THE DATE**

##### **KINDY AND NEW PARENTS MIXER EVENING**

7pm, Friday 9th March in the school hall.

2018 Kindy parents and new parents to Ryde East Public School are invited to a meet-and-greet evening on Friday 9th March.

Make new friends, establish your community, chat with the teachers and learn more about the P&C.

Drinks and light refreshments will be served on the night, sponsored by our local, Cocks Rd Mall.

Class Parent Coordinator 2018





## BLOOD DONATIONS

Ryde East P&C Association is part of the Blood Service's group donation program, Red25. Red25 is a unique giving program that unites organisations around Australia to save lives through blood donation. Taking part in this vital community services gives you the opportunity to make a direct difference to someone's life.

Every donation can help up to three people including cancer patients, children in hospital, burn victims and pregnant women.

Your Red25 group coordinator is a parent volunteer, Eireann Cameron. Eireann has booked group blood donation appointments at the local Mobile Blood Service unit when it visits this area in the coming weeks. Details are:

- Monday 26 Feb – Brrays Bay Reserve in Rhodes. 10 appointments between 12.30pm and 2.00pm
- Friday 2 March – Riverside Corporate Park (26 Newbiggin Close, North Ryde), 10 appointments between 12.00pm and 1.00pm.

For more information on how you can reserve your place in a group booking and get involved with this lifesaving initiative, particularly if you are unable to donate blood but would still like to help, please call or text Eireann on 0419 240 260.

If you would like to get onboard with saving lives but are unable to join a current group booking, you can simply book an individual appointment to donate blood at any Donor Centre or mobile Blood Service unit that's convenient for you. While you're there, let the Blood Service team know you'd like to be part of the Ryde East Public School P&C Association's Red25 group so that your donation can be counted on the group tally.

To book an individual appointment or check your eligibility for blood donation, please call the friendly Blood Service staff on 131 495 or visit [donateblood.com.au](http://donateblood.com.au)

## **\*\* HELP NEEDED FOR BUNNINGS BBQ \*\***

### **Sunday 18 February 2018**

It's considered a rite of passage for all parents to do their time as a **Bunnings Sausage Sizzle helper!** It's actually a **heap of fun**, a great way to **meet other parents** from the school and a chance to **raise much needed funds** for the P&C Sports Committee. If you can help out for 2 hours on Sunday 18 February between 8am – 4pm please shoot an email through to [sporting.reps@gmail.com](mailto:sporting.reps@gmail.com) with your availability. Also if anyone has a connection to **wholesale cakes/biscuits/muffins** that we can sell on the day,

please get in contact too – we will be forever grateful ☺ Thank you from the P&C Sports Committee



## **P&C MUSIC PROGRAM NEWS**

### **LESSONS HAVE STARTED**

All instrument lessons start this week. Please make sure you read emails from your contact parent, they contain important information, and this is their main means of contact with students and parents regarding lesson and music program information. Ensemble rehearsals this week are as follow:

Mondays – REPS Band

Tuesdays – Guitar Ensemble, Junior String Ensemble

Wednesdays – Recorder Ensemble, Senior String Ensemble

Thursdays – Performance Band

**If you haven't already done so, please complete the contract form as your child cannot start their lessons or attend rehearsals until it is complete.**

<https://goo.gl/forms/mv4ZEJgETGpFno5B3>

**If your child needs to be collected from OOSH for their instrumental lesson or for rehearsals, you need to notify your contact parent and complete the paperwork for Parthi as well.**

**VACANCIES** -We have a number of vacancies as we have had to expand to accommodate everyone who expressed interest in learning an instrument. Some instruments are full (year 3-6 recorder individual lessons) but there is room for year 1 and 2 students to still learn recorder as part of a group.

We also have a few spots available for violin/viola on a Wednesday (K – 6), Percussion (after school on a Monday, Brass on Mondays (years 3 – 6) and guitar (K – 6) has a few scattered spots still available.

Please contact us if your child is interested in learning an instrument. The program is particularly looking for students learning bass guitar, any brass instrument, violin, viola and cello.

<https://goo.gl/forms/6CDZMoPxCzbdRyI3>

**PRACTICE** - On the inside of the book/folders given to the children this week we have included some information with regards to practice. Please take the time to read it and feel free to discuss this with your child's tutor or with us.

### **DATES FOR YOUR DIARIES**

Week 2 – Monday 5 Feb, Start of lessons and rehearsals

Week 3 – Drumstick allocation morning for percussionists who need them, date TBC

Week 4 – Year 2 Percussion Program Starts

Week 7 – Music Practice Awards assembly

Week 8 – Gold Card Assembly Performance String Ensemble

Term 2 – Sunday 6 May, Music Day

Term 2 – Sunday 20 May, Festival of Instrumental Music (Sydney Opera House)

Term 2 – Sunday 27 May, Ryde East Music Festival

### COMMITTEE CONTACT DETAILS

Coordinators: Lina Diaz & Lisa Cowgill,

[rydeeastmusic@gmail.com](mailto:rydeeastmusic@gmail.com)

Secretary: Jennifer Harrison –

[musicsecretary.reps@gmail.com](mailto:musicsecretary.reps@gmail.com)

Band Manager: Kim Bunny – [manageband.reps@gmail.com](mailto:manageband.reps@gmail.com)

Instrument Manager: Caroline Jarvis –

[instrument.reps@gmail.com](mailto:instrument.reps@gmail.com)

Treasurer: Nick Barnes – [repsband@gmail.com](mailto:repsband@gmail.com)

Flute Contact Parent: VACANT – [flute.reps@gmail.com](mailto:flute.reps@gmail.com)

Clarinet/Sax Contact Parent: Angela Maier –

[woodwind.reps@gmail.com](mailto:woodwind.reps@gmail.com)

Brass Contact Parent: Kim Bunny – [brass.reps@gmail.com](mailto:brass.reps@gmail.com)

Guitar Contact Parent: Sharon Dihn –

[guitar.reps@gmail.com](mailto:guitar.reps@gmail.com)

Percussion Contact Parent: Katrina Samawi –

[reps.percussion@gmail.com](mailto:reps.percussion@gmail.com)

Strings Contact Parent: Melanie Cunningham –

[strings.reps@gmail.com](mailto:strings.reps@gmail.com)

Recorder Contact Parent: - Jodie Giles –

[recorder.reps@gmail.com](mailto:recorder.reps@gmail.com)

Special Event Coordinators: Sara Rich and Lara Dominish –

[events.reps@gmail.com](mailto:events.reps@gmail.com)

Music Practice Club: Leanne Smith –

[practices.reps@gmail.com](mailto:practices.reps@gmail.com)

Webpage Development: Robyn Hirano and Vange Langford

With the start of lessons, the practice needs to become routine, it is not the quantity but rather the quality that is most important

<https://www.youtube.com/watch?v=f2O6mQkFiw>

Have a wonderful week!

Lina and Lisa - REPS P&C Music Program Coordinators

### RYDE EAST OOSH

Welcome back to OOSH for 2018! We at the OOSH team hope that you enjoyed your Christmas break and had a safe and happy new year. First week of term and what a great start to the year it has been. This week has been filled with the children's favorites, lots of fun and laughter. For craft this week we have been making hama beads, water colour paintings and puppets. Outdoor activities included free play, dodge ball, hall games and handball. Breakfasts this week were scrambled eggs and waffles; alongside the regular cereal and toast. In the afternoons some of the meals were nachos and Weetabix slice. Many suggestions of activities and food were made by the children as we hope to incorporate their ideas fully into the week. A

massive welcome to all the new kindergarten children that will be joining us at OOSH in the weeks to come, we are all very excited to have you. Parents will be required to complete a permission note for children who attend extracurricular activities from OOSH. The note is available from the OOSH website.

The website is [www.rydeeastoshc.com.au](http://www.rydeeastoshc.com.au)

### TENNIS COURT HIRE

The school tennis courts are available for hire out of school hours for a nominal fee of \$20.00 per hour for each court.

Contact Margie Simpson on 0407 280 864.



### UNIFORM SHOP NEWS - (New Uniforms only)

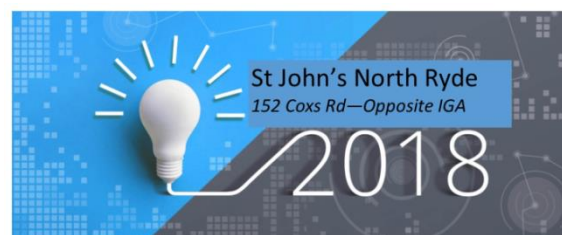
The Uniform Shop is open every Tuesday morning from 8.45am – 9.45am or order online and have it delivered to your child's classroom.

[www.picklesschoolwear.com](http://www.picklesschoolwear.com)

Sara Rich – 0450 771 545

### ♥♥♥ Pre-Loved Uniforms ♥♥♥

Open Tuesday mornings ~ 8:45-9:30, Pre-Loved uniforms are available from the canteen window alongside the New Uniform Shop. Donations are welcome and all proceeds go to the school. We are also selling 100% Cotton shirts for \$27.50. Payment is by CASH only. For any queries please contact Simone Haslehurst 0414 965 225 or Cyndi Yu on 0430 202 071.



#### BLAST Kids Club

Fridays 3-5pm

Join over 100 kids + awesome leaders in a bible based program with games, craft, drama, food and much more!

Students from five local schools attend. Car pooling can be arranged from schools not in Cox's Rd.

Register Online—\$4/week or \$30/term



#### Learn English

Fridays 9am-11am

Learn Conversational English in a relaxed, informal environment

All ages welcome

Beginners, intermediate and advanced classes

Regular educational excursions (e.g. Bridge Walk, libraries, museums etc)

Morning tea served from 9am for 9:30am start

Register Online—\$3/week or \$20/term

#### Tuesday Playgroup

Tuesday 9am-11am

Safe, clean & modern facility. Large indoor area (air conditioned). Secure outdoor playground with lots of fun toys.

Fresh fruit served and live kids music

Morning tea served from 9am

Register Online—\$3/week or \$20/term



[www.northrydeanglican.org.au](http://www.northrydeanglican.org.au)

## THE BRAINWAVES CLUB ONLINE ENROLMENTS

Go the G.A.T.E.WAYS website and select the Brainwaves Club page - [G.A.T.E.WAYS Brainwaves Clubs Info](#)

Has your child attended **any** G.A.T.E.WAYS program in the past?

If YES then select <b>Existing Account Holders</b> <span style="background-color: #f4a460; padding: 2px 5px; font-weight: bold;">&gt; Enrol</span>	If NO then select <b>New Account Holders</b> <span style="background-color: #f4a460; padding: 2px 5px; font-weight: bold;">&gt; Register</span>
<b>Existing Account Holders</b>	<b>New Account Holders</b>
<ul style="list-style-type: none"> <li>Please check meeting <a href="#">dates</a> carefully as G.A.T.E.WAYS is unable to give refunds or credits</li> <li>Log on with your existing details</li> <li>Update all the compulsory fields and select '<b>Continue to program selection</b>'</li> <li>Input <b>nomination information</b>:                          Name: <i>G.A.T.E.WAYS</i>                          School: <i>Your child's school</i>                          Email: <a href="mailto:kathy@gateways.edu.au">kathy@gateways.edu.au</a>                          Reasons: <i>Previously attended programs</i> </li> <li><b>Select a program</b></li> <li>Click <b>Continue to unit selection</b></li> <li><b>Unit Selection.</b> Select semester 1 or full year</li> <li>Enter <b>sibling discount code*</b></li> <li>Click <b>Continue to Home Address</b>. Complete/update details if required</li> <li><b>Confirm and Pay</b>                          The payment can take time to process, please be patient                     </li> <li><b>Successful enrolment.</b> A receipt will be sent via an automatic email</li> <li><b>Club is full.</b> The transaction will not proceed and you will receive an email advising you that no places are available. Please email office to place your child's name on the waitlist</li> </ul>	<ul style="list-style-type: none"> <li>Please check meeting <a href="#">dates</a> carefully as G.A.T.E.WAYS is unable to give refunds or credits</li> <li>Create an account for your child</li> <li>Complete all the compulsory fields</li> <li><b>Continue to program selection</b></li> <li>Input <b>nomination information**</b>                          Name: <i>Name of person who completed nomination form</i>                          School: <i>Your child's school</i>                          Email: <i>Nominator's email</i>                          Reasons: <i>Copy reason from nomination form</i> </li> <li><b>Select a program</b></li> <li>Click <b>Continue to unit selection</b></li> <li><b>Unit Selection.</b> Select semester 1 or full year</li> <li>Enter <b>sibling discount code*</b></li> <li>Click <b>Continue to Home Address</b>. Complete the fields with your details</li> <li><b>Confirm and Pay</b>                          The payment can take time to process, please be patient                     </li> <li><b>Successful enrolment.</b> A receipt will be sent via an automatic email</li> <li><b>Club is full.</b> The transaction will not proceed and you will receive an email advising you that no places are available. Please email office to place your child's name on the waitlist</li> </ul>
<b>Forgotten account details or require assistance?</b>  <b>Contact the G.A.T.E.WAYS office:</b> <b>ACT:</b> Call 03 9894 2166 or email <a href="mailto:kathy@gateways.edu.au">kathy@gateways.edu.au</a> <b>VIC:</b> Call 03 9894 2116 or email <a href="mailto:kathy@gateways.edu.au">kathy@gateways.edu.au</a> <b>NSW:</b> Call 02 9940 0303 or email <a href="mailto:sydney@gateways.edu.au">sydney@gateways.edu.au</a>	

\* When you have successfully enrolled a child in the Brainwaves club you will receive a receipt via email. A **sibling discount code** is in the body of this email.

### **\*\*Nomination Form**

G.A.T.E.WAYS requests that parents arrange for an appropriate person to complete a nomination form. That way, parents and club leaders can be confident that the children will not only enjoy being members of the club but will benefit from the experience. Further to this, DinoMites club members will require a teacher to nominate them and complete a skills and readiness checklist.

Note: Nomination forms are available on our website [www.gateways.edu.au/programs/brainwaves/how-to-apply](http://www.gateways.edu.au/programs/brainwaves/how-to-apply)



## Recess Menu

These items are available at recess only. Please write your recess order on a separate bag.

Banana bread	\$2.50
Biscuits & Cheese	\$3.00
with carrot sticks	
Chicken & corn roll	\$2.00
Corn on the cob - FRESH	\$1.50
Carrot & Celery sticks	\$2.00
Hot Rolls (Large)	
Ham, Cheese & Pineapple	\$5.40
Ham & Cheese	\$4.60
Cheese	\$2.40
Hot Rolls (Small)	
Ham & Cheese	\$2.00
Cheese	\$1.30
Raisin Toast	
2 slices, buttered, no peel	\$2.50
Spring Rolls - vegetarian	70c each

Order online at [flexischools.com.au](http://flexischools.com.au)

Online ordering is now available and is very easy. Simply go to [flexischools.com.au](http://flexischools.com.au) and follow the prompts. You can order up until 8:45am on the day of the order. It is a very efficient and easy way of ordering your children's lunch.

## We are building a Green Rated Canteen

Your canteen menu is getting better and better. We are committed to building a healthier canteen, based on the NSW Public Schools Canteen Menu Planning Guide. As we improve our menu, all feedback and suggestions are very welcome.

## We can't do it without you

Our canteen is an important part of our school community, and only possible thanks to the help of our volunteers. If you haven't yet, please consider how you can help.

For more information, please contact:

Canteen Manager - Lisa O'Brien: 9878 2952  
[ordeastcantesn@gmail.com](mailto:ordeastcantesn@gmail.com) or [kelly.cantellac@gmail.com](mailto:kelly.cantellac@gmail.com)

## From the freezer

Frozen items are available over the counter only. No frozen items on your lunch order bag please.

Callipon - raspberry	\$1.00
Frozen yoghurt - strawberry choc	\$2.00
Shaky Shake	\$2.00
Icy twist - lemonade	\$1.00
Juice tube (full tube)	40c
Juice tube (half tube)	20c
Paddypop	\$1.50
Banana, chocolate, rainbow	
Slushie	\$1.00
Lime or Raspberry	



# REPS Canteen

## Summer Menu

## Term 1 2018

Your canteen is open Monday, Wednesday and Friday.

Recess: 11:15am - 11:35am, Lunch 1:05pm - 2:00pm



Online ordering is now available and is very easy.

Simply go to  
[flexischools.com.au](http://flexischools.com.au)  
 and follow the prompts.





**flexischools**

## Weekday Specials

### Wednesday Sushi

Fresh sushi roll ..... \$3.00 each

Available on Wednesdays only and made to order. Your choice of:

Tuna, Teriyaki Chicken,

Cucumber or

Avocado.



### Friday PSSA

Available on Fridays only.

All PSSA students are able to order from the entire menu. Please ensure you clearly write

PSSA Order clearly on the bag and remember to pick up your sports pack at recess.

## Jaffles/Brevilles

Cheese ..... \$2.20

Ham ..... \$3.80

Ham & Cheese ..... \$4.40

Ham, cheese & pineapple ..... \$5.00

Ham, cheese & tomato ..... \$5.00

## Fresh Wraps, Rolls & Sandwiches

Create your own.

Start by choosing your bread:

Wholemeal bread ..... \$1.50

White roll ..... \$1.50

Lebanese bread wrap ..... \$1.50

Then add your fillings. Don't forget to add the cost of the filling to the bread:

Salad ..... \$4.00

Roast chicken ..... \$1.50

Ham ..... \$2.50

Tuna ..... \$2.50

Curried or plain egg ..... \$1.00

Tomato, lettuce, carrot ..... 80c each

Cucumber, beetroot ..... 80c each

Cheese, pineapple ..... 80c each

Vegetables ..... 20c

Mayo or tomato sauce ..... 20c each



## Fresh Subs

Fresh, sub-long bread roll with your choice of filling:

Roast Chicken

with lettuce & mayo ..... \$4.80

Ham with tasty cheese & tomato ..... \$4.80

Meatballs with lettuce, cheese

tomato & tomato sauce ..... \$5.40

Sweet Chili Chicken Breast Tenders

with lettuce & mayo ..... \$4.80

## Fresh for Summer

Perfect for the warmer weather.

Fresh Mixed Salad

with cheese & french dressing

..... \$4.90

Tuna, Pasta, Corn & Lettuce Salad

with dressing ..... \$4.50

## Hot Food



Borito

With mince, tom, cheese, lettuce ..... \$5.60

Chicken breast burger

with lettuce & mayo ..... \$4.50

Chicken breast nuggets

gluten free ..... 60c each

Chicken breast patty -

oven roasted ..... \$2.00

Chicken & corn roll ..... \$2.20

Corn on the cob - fresh ..... \$1.50

Fish - crumbed & oven roasted ..... \$2.00

Hamburger with cheese, lettuce,

tomato & sauce ..... \$4.50

Hot Dog ..... \$2.30

Hot Dog with sauce ..... \$2.50

Macaroni & Cheese ..... \$4.50

Noodles - chicken flavour ..... \$3.00

Pasta Twirls with Bolognese ..... \$4.50

Pie - beef crozier pie ..... \$3.80

Pizza Slab - ham & pineapple ..... \$3.50

Margherita ..... \$3.50

Sausage Roll ..... \$2.50

Spring Rolls - vegetarian ..... 70c each

Sweet Chili Breast Tenders ..... \$1.30

Tomato sauce sachet ..... 20c

## Snacks

Apple slinky - red or green ..... \$1.00c

or slinky your own apple ..... 30c

Chips - Red Rock Deli

plain or honey soy ..... \$1.20

Choc Chip Cookies ..... \$1.00

Gingerbread Cookie ..... \$1.50

Grain waves ..... \$1.20

Delites ..... \$1.00

Monster Munchies

Chicken or Cheese ..... \$1.00

Pilelets - fresh and

homemade daily ..... 10c each

Papcorn - plain or chicken ..... \$1.00

Pretzels ..... \$1.00

Yoghurt Frogs - gluten free ..... 5 for 50c



## Drinks

Juice popper - 100% juice ..... \$2.20

Apple, orange or tropical

Milk ..... \$2.20

Chocolate, strawberry or plain

Mineral water ..... \$2.80

Lemon lime, orange or

apple raspberry

Up & Go ..... \$2.50

Chocolate or vanilla

Water - Plain bottled water ..... \$2.20