



Newsletter

St Michael's Primary School, Blacktown South
Email: stmichaelsblktn@parra.catholic.edu.au
Website: www.stmichaelsblacktown.catholic.edu.au
facebook.com/StMichaelsBlacktownSouth

FROM THE PRINCIPAL

Dear Parents and Friends,

As we commence our year we have already worked with our children on a sacred prayer, 'The Glory Be,' a prayer that speaks the Father, Son and The Holy Spirit. This concept requires great reflection and life long formation.

The following might help us all in not just knowing but also reflecting.

How do you go when discussing 'The Holy Trinity?' Richard Rohr believes, "God is a flow, a perfect communion between three – *a circle dance of Love.*"

Our Bishop Vincent has invited us to be *Prophets* in bringing our church out of *exile*. To support our own journey we need to give ourselves time for *Stillness, Silence, and Solitude*. Bishop Vincent has gone further in calling us to be prophets that *re-imagine and re-engage* with our faith.

Rohr believes that we must begin with the **Trinity** if we are to rebuild Christianity from the bottom up. In his latest writing Rohr believes that the Trinity is absolutely foundational to Christianity because it 'reveals the *heart and actions of God.*'

Here's the maths behind Rohr's Trinitarian message : while one is lonely, and two oppositional, the number three represents a moving, dynamic and endless flow. "In the beginning was the *relationship*"; he affirms and therein lies our salvation. This new approach calls for *re-engaging* with our definitions.

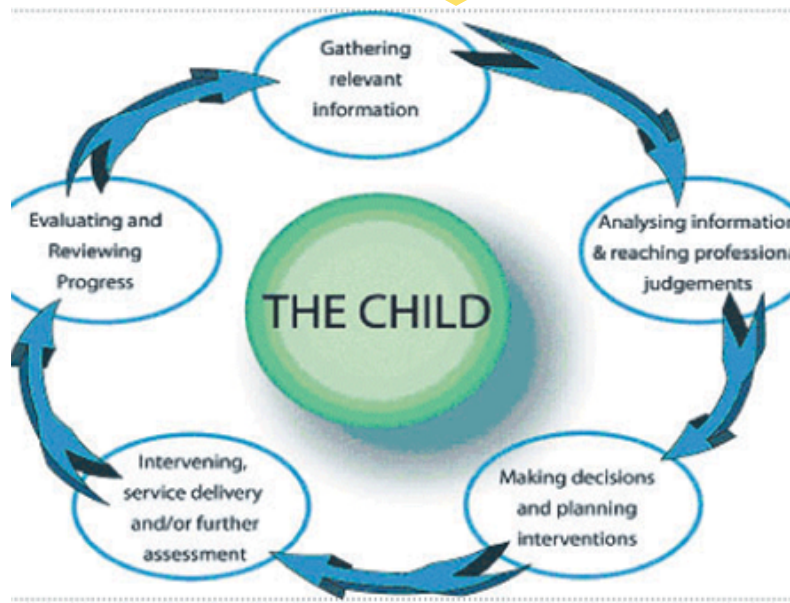
"The Father is Being itself (think of the words flowing, formless and mystery), and the Christ is a living manifestation of that Being. Jesus will be seen as the God who walks with us. As for the Holy Spirit or Implanted Hope, the Spirit is the eternal flow, breathing life making us whole."

This **dance** is circular and we are continually invited '**on to the dance floor,**' God is always inviting us to dance.

Please take time this and every week to find, *Stillness, Silence and Solitude* after all it is what prophets need.

Now to shift tack completely, have a look at this Framework. I'd like to discuss this with you in line with our work on roles and connecting second wave support with first wave action.





So, there we are at 12 o'clock high. 'Gathering Relevant' information. The most relevant being all we already know about your children. What are their interests? What are their challenges? What are their emerging learning behaviours looking like?

As I see it my role includes:

- Providing time for you to connect with your child's teaching team.
- Support your understanding of school direction in meeting student needs.
- Providing opportunity for you to Engage in learning more about our teaching and pedagogies.

Finally, sincere thanks for all your words of generosity and wishes of hope for my future.

"Love One Another"

John Laffan

PRINCIPAL

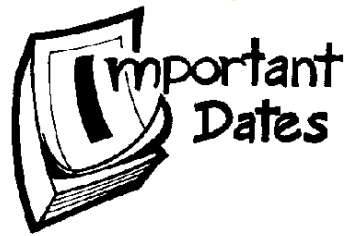
Kids Helpline 1800 551 800

Lifeline 13 11 14

SCHOOL FEES

Term 1 School Fees are due on 21st March 2018.

If you require assistance or any further information please do not hesitate to contact Madlin Aboelsaad in the office.



Wednesday, 14th February	Blacktown Zone Swimming Carnival - Mt Druitt Pool
Friday, 16th February	Year 6 Team Building - Vision Valley
Wednesday, 21st February	Kindergarten BBQ and Information Night - 5.00pm-7.00pm
Friday, 23rd February	Beginning School Mass - 9.30am in the Church
Friday, 23rd February	Diocesan Swimming Carnival
Friday, 23rd February	Welcome to Nagle - Year 6 Girls
Wednesday, 28th February	School Cross Country - Year 3-6
Wednesday, 7th March	GRIP Leadership Day for our 2018 Student Leaders

ASSISTANT PRINCIPAL REPORT

Dear Parents & Friends,

Morning Arrival and Afternoon Dismissal

Welcome to back to a New Year. It has been so nice to see the children's smiling faces and I can see they have all had a great start to 2018. Just a few reminders for morning and afternoon dismissal.

Our primary goal is to keep all 740 students in our care, safe. Many of our procedures in place are to ensure the safety and well being of all children in our school. In order for us to know how your child gets home and to ensure they are in the correct place here is a description of the ways to get home and where parents wait to collect children.

Morning: KISS AND DROP

Due to there being so many children in the Infants and Primary

Quads during the morning, Kiss and Drop helps teachers on duty to not have playgrounds overcrowded. Parents are invited to walk their children into the school grounds and (Infants especially) to drop their bag on their line. We then ask parents kiss and say good-bye to their children and leave the school grounds or move to the designated areas. For infants these areas are just outside the first gate and in primary area near the library (There is a line to assist where we drop) Parents are invited to stay for Assemblies on Monday mornings only.





Afternoon Dismissal:

During afternoon dismissal, we ask that no parent enter the school grounds until all students have been dismissed at 3.00pm.

Reservoir Road Parent Pick Up

Parents wait outside the green gate near the Infants playground. Teacher will bring students out to parents and give them a high five when they see parents. We ask that parents remain in this area until ALL STUDENTS have been dismissed at 3.00pm. Parents who are in the school grounds before 3.00pm will be asked to wait in a designated area. Students who have not been picked up by 3.00pm will be taken to waiters, which is outside the Year 2 Learning Space, and are supervised until 3.30pm.

Orwell Street Parent Pick Up

Parents wait near the church. Students will be escorted up by a teacher. A teacher will remain with students until 3.15pm. Any child not picked up by then will be taken to Waiters.



Orwell Street Car Pick Up-

This is where you remain in your car to pick up your child. Students will be escorted to the church shelter where teachers will call your children as the cars approach. This pick up can take longer at the beginning of the year so you may choose to pick your children up at Orwell Street Parent Pick Up .

Notes will be sent home this week where you can nominate how your child gets home each day. We ask you fill a separate note for each child as teachers keep these notes in their spaces so they are able to check the way each child goes home throughout the year. If changes need to be made please contact your child's teacher to notify them of the changes, when they occur.

We ask you assist us in remaining in the pick up areas to ensure the safety of all of our students and to ensure we get all 740 children home in an organised and calm way.

Thank you for your support in ensuring the safe arrival and dismissal of our children.

Kind regards,

Deborah Cox

ASSISTANT PRINCIPAL



RELIGIOUS EDUCATION NEWS

Next Wednesday is Ash Wednesday. Ash Wednesday begins the liturgical season of Lent. There's no better time than Lent for expressing our solidarity with our neighbours. Throughout Lent, we commit to strengthen our faith through prayer, reflection, fasting and almsgiving.

We will celebrate Ash Wednesday with a whole school prayer at 9.30am in the Primary Quad. All welcome.

Project Compassion empowers us to put our faith into action this Lenten season, and act with compassion and solidarity with our neighbours so that, wherever we live, whatever our circumstances, whatever our level of wealth or poverty, we can share the same chance of a better future for our families and communities.

Each family will receive a Project Compassion box next Wednesday. Students will be asked to return the boxes later in the term.

Xt3 Lent Calendar

The calendar is a Catholic resource to be used for your own individual

Lenten journey. Each day you will be provided with a Lent or Easter themed multimedia feature including reflective podcasts, animated videos and more.

Go to www.xt3.com/lent

Anne Easton

RELIGIOUS EDUCATION COORDINATOR

SMS DAILY ABSENCES

We now use the Daily Absence SMS system. If your child is absent from school you will receive an SMS message in the morning. We ask that you reply to this SMS promptly stating very briefly why your child is absent from school eg. Mary is sick with the flu etc.—please also **do not** use any symbols (ie. smiley faces, \$ % & ()) in your text reply as it creates an error. The majority of SMS messages are sent to one of the parents only. Once you have replied to an SMS you do not need to send a note as this reply is uploaded into your child's attendance record. **PLEASE DO NOT USE THIS SMS NUMBER** to send random messages to the school as this number is for daily absences only.

PLEASE NOTE: If you are aware that your child is going to be absent for any length of time, could you please write a note to the teacher explaining absence. For leave over 5 or 10 days during the school term you will need to complete an "Application for Extended Leave (L) - Travel".



The Electronic Newsletter - Online

To receive the newsletter electronically simply follow these directions:

Download the **skoolbag app**. (Instructions below)

OR

Go to the school's website - **www.stmichaelsblktn.catholic.edu.au/**

Click on "Subscribe to E-News" (or any blue text near it)

Start the sign up process

Complete all sections with an ORANGE asterix

Leave the HTML ticked

Tick "Receive Announcements"

Click "Subscribe to E – News"

Then you're done!!!

Please also like our Facebook page for updates, photos and important news



[www.facebook.com/
StMichaelsBlacktownSouth/](http://www.facebook.com/StMichaelsBlacktownSouth/)



How To Install Skoolbag On Your Smartphone

For iPhone and iPad users:

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "Install".
4. The app is FREE to download
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



For Android users:

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
 2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
 3. Click the school name when it appears in the search.
 4. Click the "Install" button.
 5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
 6. Click "Open" when installed.
 7. Click the "More" button on the bottom right of the App, then "Setup".
 8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.
- Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the app.



For Windows 81 Phone and Windows 81 or 10 device users:

1. Go to the Windows Store on your 81 Windows Phone or Windows 81/10 Device
 2. Search for "Skoolbag" in the keyword app search
 3. Install the Skoolbag app
 4. Find your school either by using the keyword search or location service.
 5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
 6. Click the "More" button on the bottom right of the App, then "Setup"
 7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.
- Please Note: The Skoolbag Windows App is for 81 version Windows Phones, or Windows 81 and 10 devices.



Find out more at www.skoolbag.com.au

Don't forget to like us on Facebook!





SPORTS NEWS

Welcome back to 2018, the PE team hope you all had a wonderful break over Christmas and created many wonderful memories over the holidays. We are enjoying catching up with your children and look forward to hearing them share their holiday stories with us.

We are still in the 'hot' season so please ensure your child/ children's hat is labelled and they have a drink bottle filled with water on their sport days. We always keep an eye on the weather and outside temperatures during Term one. Sensible decisions are made as to whether we take the children outside or remain indoors for PE lessons.

Mrs Budd at St Michael's is the first point of contact for any representative sport inquiries. Margaret Thornton who is the Parramatta Diocesan Sports Teaching Educator has kindly asked that all inquiries from any St Michael's parents/carers should come through Mrs Budd. Mrs Budd will then follow the necessary procedures to handle any inquiries.

Zone Swimming – Wednesday 14th February 2018

Next Wednesday St Michael's will be sending 17 swimmers off to the zone carnival. We wish the following children a big St Michael's "GOOD LUCK" –

Sebastian Fenech	Rafael Vidovic	Isabelle Grills
Libby Gardoll	August Cryeszko	Xavier Fenech
Maisy Cryeszko	Jacinta Estrada	Peyton Regner
Chloe D'Sa	Jared Ragasajo	Francesco Tabone
Taylor Norman	Brooke Dudgeon	Isabelle Fitzroy
Isabella Pezzano	Maddison Cash	



2018 St Michael's Cross Country

On Wednesday 28th February the annual St Michael's Cross Country will take place on the school grounds for all students in years 3 to 6. This is a compulsory school day for all children and further information will be provided in the next newsletter. We will be requiring many parent helpers at the event, which runs from 9.15am to 11am. If you are interested in assisting on the day please ensure your child protection is up to date.





Connecting and Building Relationships

We are enjoying spending time with the K-2 children over the next couple of weeks connecting with the children and unpacking what a good sport looks and sounds like. We will also be introducing and further developing some of the Fundamental Movement Skills across these grades. Our primary students have been asked to share with us this week some of their strengths and to identify areas they would like to further develop and explore in their physical education lessons. We look forward to a fun-filled term of discovery and learning.

Yours in Sport

Mrs Cristy Budd/ Mr Joe Ng

PE Teachers

FROM THE LIBRARY

Welcome back to another exciting and undoubtedly busy year.

Library Borrowing - Classes have chosen borrowing times and these will be the days your child will come to the Library to return and borrow books

Monday : KS, 1S

Tuesday : KC, KM, 2A, 2C, 2E, 2H, 5E

Wednesday : KO, 1E, 1H, 4S, 6B, 6P, 6R, 6W

Thursday : 1B, 3B, 3E, 3O, 3X, 4B, 5J, 5M

Friday : 4C, 5D

Parents, could you please help your children remember to return their books on these days.

All students need a **CLOTH** Library bag to carry their books.



Book Club - Brochures for Book Club go out once each term. Books for all ages are available to purchase at reasonable prices, but there is no obligation.

If you do find books you would like to buy, you can do so online by going to the web address on the back page, or by sending orders to the school.

If you order through the school, please make sure you **return the order form marked with the child's name and class**, in a sealed envelope.

Issue 1 brochures will go home this week. **The closing date for orders will be Tuesday 20th February.** Any late orders will be returned.

Mrs Judy Buhagiar

TEACHER/LIBRARIAN



P&F



Parents & Friends Association

Facebook: St Michael's Blacktown South P&F **Email:** stmichaelspandf@gmail.com

Kristen Mobile: 0409 952 852

Leanne Mobile: 0413 546 062

Calendar of Events

2018

March

7th – P&F Meeting

16th – School Disco

29th – Easter Raffle & Taking
Cards to St.Hedwigs

May

19th – Bunnings BBQ &
Cake Stall

August

19th – Shopping Bus Trip

September

22nd – Bunnings BBQ &
Cake Stall

Welcome to 2018

Welcome back for 2018 and to all the new families who joined us this year. We are looking forward to another fantastic year and working on building our Community up and holding more events that brings us together more often 😊

Over the next couple of newsletters and at our first P&F Meeting for the year we will share with you all some of our ideas and plans and we always welcome feedback.

If you haven't yet joined our Facebook Page make sure you do, great opportunity to collaborate with other families and receive the latest updates. 'St Michael's Blacktown South P&F'.

School Disco:

First up though mark your calendar because our School Disco has been locked in for March 16th. As done in previous years we will have split sessions for Infants and Primary. Keep your eye out for more information which is coming real soon.

Ronald McDonald House – Meals of the Heart

Last Wednesday a group organised through the P&F had the privilege of cooking for all the families currently staying in the Ronald McDonald House Westmead Children's Hospital.

The families we fed thoroughly enjoyed the home cooked meal and we enjoyed sitting down with them over dinner chatting and getting to know some of the parents and children.

Thankyou Kris Gardoll for planning the perfect menu and to Debbie Faulkner, Helena Simpson, Clare Lyon and Ruth Miranda for giving up your time to come in and help.

We made a great team in the kitchen 😊

Thankyou to all of you for your efforts in helping us raise money at school which has enabled us to give back to our community and they say thankyou to you all.

Once they have moved into their new Ronald McDonald House later this month we will look into booking another night to participate in Meals of the Heart later in year .





P&F Meeting:

Our first meeting for 2018 has been booked in for Wednesday 7th March. Would be great see you all there, I promise we don't bite lol and it really is good to hear about what's happening around the school and get updates from John & Debbie.

To remove any doubt in your mind about the P&F and our meetings, there is absolutely no requirement that when you come to a meeting that you have to put your hand up for any activities or to assist. These meetings are there to provide updates to our families and talk about upcoming events giving everyone an opportunity to offer their ideas. In addition to this John and Debbie provide an update and what the current focus is in our children's learning and also often ask us for feedback on many things, whether it be uniforms, canteen, learning, behaviour or school events.

Come along and you'll see for yourself ☺

Morning Kiss & Drop – Reservoir Road & Orwell Street

For those who are new to the school the P&F Committee a few years worked with the school to introduce the morning Kiss and Drop program between 8:30am and 9am. It has enabled children to be dropped off at the school without the need for parents / guardians to leave their car.

Reservoir Rd

How it works?

Cars enter the driveway safely from Reservoir Rd and follow the driveway up to the school entrance gate for children where there should be a volunteer there ready to open your car door allowing your child or children to exit the car safely.

Important things to be aware of:

- No vehicles, unless previously arranged with the school are permitted to enter the staff carparks which are located to the left of the driveway and also at the top end of the driveway where the blue container is stored.
- You are not permitted to leave your car at any time.
- You are not to drive on the yellow lines as this is a pedestrian path.
- You are only permitted to turn left back on to Reservoir Rd, please do not turn right.
- Volunteers are not allowed to unclip any children from seat belts or restrains so please park your car and walk your children up if your child is unable to do this themselves.
- To ensure smooth running in a time of high traffic flow, please continue to drive once your child/children have left the car and are safely away from the car.
- Where children are required to walk around the car please ensure they walk around the front to ensure they are visible to you prior to you driving away.



Orwell Street

How it works?

Cars enter the Church driveway and for safety purposes we ask that this is by a left hand turn only. You proceed to drive around in a clockwise direction until you reach the gate entrance into the school on the corner. Where there is a volunteer they will assist your child or children from the car. If no one is present we ask that your child exit the car safely and where required walks around the front of the car.

Important things to be aware of:

- You are not permitted to leave your car at any time.
- Please do not try and overtake other vehicles in front who are also dropping their children off.
- Please only turn left when leaving the church carpark.
- Volunteers are not allowed to unclip any children from seat belts or restrains so please park your car and walk your children up if your child is unable to do this themselves.
- To ensure smooth running in a time of high traffic flow, please continue to drive once your child/children have left the car and are safely away from the car.
- Where children are required to walk around the car please ensure they walk around the front to ensure they are visible to you prior to you driving away.
- Please do not allow your children to exit the car until your car has reached the gate. There is a high flow of traffic in the car park and we do not want children walking in between cars.

Your children's safety is of the utmost important here so whilst there may seem like a lot of rules for using the Kiss and Drop they are simply there to protect them. If in doubt please park your car and walk your children into the school.

Volunteers:

Programs such as these can only be run where we have adequate volunteers from our parents. For Reservoir Rd we currently have Kristen Gardoll, one of our Presidents volunteering daily with numerous other volunteers during the week, thank you to you all 😊

To have up to three people per day ensures a smooth and quicker process for those dropping off. We don't need you to commit to everyday in every week but what we do ask is that if you're free for 30 minutes to pop over and check if assistance is required.

It would also be great if you could join our P&F Facebook page in the instance that we know in advance we may not have any volunteers for a particular day.

All volunteers will need to complete the working with children check, the school will provide these details in order for all of parent helpers of the school to complete 😊



Price List.

St Michael's School Compulsory Uniform // K – Year 6

Boys Formal Uniform

Shirt	SMS-SHI01	Shirt Short Sleeve Blue	\$30.00
Shirt	SMS-SHI02	Shirt Long Sleeve Blue	\$31.00
Shorts	SMS-SHO01	Shorts Navy	\$31.00
Trouser	SMS-PAN01	Trousers Navy	\$33.00
Tie	SMS-TIE01	Tie Velcro	\$18.00
Tie	SMS-TIE03	Tie	\$18.00
Socks	SMS-SOC02	Socks Navy/Gold	\$8.00

Girls Formal Uniform

Dress	SMS-DRE01	Summer Dress Checked	\$60.00
Tunic	SMS-DRE02	Winter Tunic	\$61.00
Blouse	SMS-BLO01	Blouse Long Sleeve Blue	\$30.00
Tie	SMS-TIE02	Tie Velcro	\$15.00
Tights	SMS-TIG01	Tights Navy	\$8.00
Socks	SMS-SOC01	Socks Blue	\$7.00

Boys & Girls Sports Uniform

Polo	SMS-POL01	Sports Polo Gold	\$30.00
Shorts	SMS-SHO02	Sports Shorts Royal	\$30.00
Hat	SMS-HAT01	Bucket Hat Royal	\$20.00
Cap	SMS-HAT02	Baseball Cap Royal	\$15.00
Hat	SMS-HAT04	Cricket Hat Royal	\$15.00

Boys & Girls Winter Uniform

Pants	SMS-PAN02	Track Pants Microfibre Royal	\$40.00
Jacket	SMS-JKT02	Jacket Microfibre Royal/Gold	\$60.00
Jacket	SMS-JKT01	Jacket Bomber Navy	\$55.00
Jumper	SMS-JUM01	Pullover Jumper Black	\$50.00

Accessories

Backpack	SMS-BAG01	Backpack Navy	\$45.00
Bag	SMS-BAG02	Library/Excursion Bag	\$15.00
Hair	SMS-ACC01	Hair Accessories Assorted Styles	From \$3.50

Shoe Requirements

Students are required to wear black hard leather shoes with the everyday uniform. Lace up joggers are to be worn with sports uniform. Approved school shoes and sports shoes are available in store and online



Prices effective 1st October 2017
Prices are subject to change

Finance:	Finance options available. Please see in store for details.
Returns & Refunds:	Please see our full returns and refunds policy online at our website www.theschoollocker.com.au/returns-policy
Special Orders:	Special order service is available for customers that are not covered by the sizing available in store.

SCHOOL CANTEEN
ST MICHAEL'S PRIMARY SCHOOL
2018



~ SANDWICH BAR ~		
Vegemite, Jam or Honey (A)	\$2.40	
Margarine spread		
Chicken (G)	\$4.00	
Lettuce & mayo		
Cheese Tomato (G)	\$3.50	
Cheese & tomato		
Ham (G)	\$3.80	
Cheese & tomato		
Chicken Schnitzel (G)	\$4.00	
Hummus & tabouli		
Cheese (G)	\$2.50	
Sliced tasty cheese		
Salad (G)	\$3.60	
Lettuce, tomato, cucumber, beetroot, onion & alfalfa		
Egg (G)	\$3.60	
Mayo & lettuce		
Curried Egg (G)	\$3.60	
Mayo, curry & lettuce		
Tuna (G)	\$3.80	
Mayo, cucumber, Spanish onion, sweet chilli		
Breads (G) White, wholemeal or Multigrain		
Wrap	\$0.60	
White Roll	\$0.60	
Gluten Free Sliced	\$1.20	
Extras		
Avocado (G)	\$1.00	
Boiled Egg (G)	\$1.00	
Hummus (G)	\$1.00	
Ham (A)	\$1.00	
Cucumber, tomato or lettuce (G)	\$0.60	
Lunch Bag	\$0.20	
Spoon or Fork (without a lunch order)	\$0.20	
Sauce Portions	\$0.30	
~ SUPER SALAD BAR ~		
Greek Salad (G) (GF)	\$5.00	
Tomato, cucumber, Spanish onion, pitted olives & feta		
Chicken Caesar (G)	\$5.00	
Grilled Chicken, Cos lettuce, croutons, egg, Caesar dressing		
Chicken Buster (G)	\$5.00	
Grilled chicken, tabouli & hummus		
Garden Salad (G)	\$5.00	
Lettuce, tomatoes, cucumber, carrot, capsicum & sprouts		
~ SUSHI & HEALTH BAR (G) (GF) ~		
<i>Tuesdays Only</i>		
Tuna & Cucumber Sushi	\$4.00	
Chicken Teriyaki Sushi	\$4.00	
~ HOME-MADE PIZZA SLABS ~		
<i>Wednesdays Only</i>		
Vegetarian	\$4.00	
Olives, eggplant, & roast capsicum		
BBQ Chicken (A)	\$4.00	
Chicken, onion, capsicum & bbq sauce		
Margarita (G)	\$4.00	
Cheese & Tomato		
~ TURKISH / FOCACCIA BREADS ~		
Chicken Schnitzel (G)	\$5.50	
Chicken schnitzel, roast capsicum, pesto & cheese		
Vegetarian (G)	\$5.50	
Eggplant, tomatoes, roast capsicum & cheese		
Mediterranean (G)	\$5.50	
Artichokes, roast capsicum, olives & feta cheese		
~ BREAKFAST ~		
Bacon & Egg Muffin (A)	\$2.50	
Breakfast Meal Deal (A)		
Egg & bacon muffin & flavoured milk (300ml)	\$4.50	
Toasted Banana bread & flavoured milk (300ml)	\$4.00	
Toasted Sandwiches (G)		
Cheese	\$2.50	
Ham & Cheese	\$3.00	
Raisin/ Cinnamon Toast (2) (G)		
Toast (2) (G) Jam or Honey	\$2.00	
Fresh Fruit Salad (G) (GF)		
Yoghurt & Muesli (G) (GF)	\$2.50	
Fruit (G)		
Fruit available daily (G)	\$1.00	
Cereal & milk (G) Assorted		
HOME-MADE TREATS ~		
Homemade Muffins (A)	\$1.50	
(Banana, Blueberry or Apple cinnamon)		
Warm Banana & Custard (A)	\$2.50	
Banana Bread (A)	\$2.00	
Fresh or toasted		

CRUNCH & SIP

before 9am - **\$2.00**

Bottle of Water 350ml plus a choice of a Apple, Banana or Orange

~ FOOD CODING ~

G Green – Healthy & Approved

A Amber – Select carefully

GF Gluten Free



SCHOOL CANTEN 2018

ST MICHAELS PRIMARY SCHOOL



~ BURGERS & ROLLS ~

Grilled Chicken (G)	\$4.50
Lettuce & garlic aioli	
Big Beef (A)	\$4.50
Fresh beef patty, onion, bbq sauce, beetroot, tomato & lettuce	
Big Cheese (A)	\$4.50
Fresh beef patty, cheese, mustard & tomato sauce	
Sweet Chilli Fillet (A)	\$4.50
Chicken fillet, lettuce & sweet Chilli sauce	
Hot Chicken Schnitzel (G)	\$4.50
Chicken Schnitzel, lettuce & Mayo	
Baked Fish	\$4.50
baked crumbed fish, lettuce & tartare sauce	

~ HOT BAR ~

Garlic Bread Roll (G)	\$2.50
Garlic, parsley, margarine & salt	
Chicken Kebab in Wrap	\$4.50
Lettuce, tomato & Chicken in Lebanese bread	
Oven Baked Wedges (A)	\$4.50
(with sweet chilli sauce & sour cream)	
Fish Fingers (A)	\$3.00
5 x Baked Fish fingers	
Chicken Nuggets (A)	\$4.50
6 x Baked chicken breast nuggets	

~ MEXICAN BAR ~

Beef & Bean Nachos (G)	\$5.00
seasoned beef, beans in a zesty taco sauce served w/ corn chips, lettuce, tomato, sour cream	
Spaghetti & Sauce Nachos (A)	\$4.00
Spaghetti & sauce w/ corn chips and melted cheese	

~ MILK ~

Oak - 300ml (A)	\$2.50
Chocolate, Strawberry, Vanilla Malt	
Up n Go 250ml (A)	\$2.50
Chocolate, Strawberry	

~ COLD DRINKS ~

Harvey Juice (G)	\$2.50
Orange, Apple, A&B, O&M	
Flavoured Mineral Water (A)	\$2.50
Orange, Apple & Rasp, Lemonade, Lime	
Water (G)	
Spring Water 600ml	\$2.00

~ FROZEN TREATS ~

Frozen Juice Cups (G)	\$1.50
Fruit Juices (G)	\$2.00
Bulla Ice-Cream	from \$2.00

~ SNACKS ~

Eucalyptus Drops (G)	\$1.50
Sliced Watermelon (G)	\$1.50
Custard Bowl (A)	\$2.00
Yoghurt & Fruit (G)	\$3.00
Red Rock Chips (A)	from \$2.00

~ FOOD CODING ~

G	Green - Healthy & Approved
A	Amber - Select carefully
GF	Gluten Free

PLEASE USE FLEXI SCHOOLS
ONLINE FOR LUNCH ORDERS!

www.flexischools.com.au

COMBO DEAL - WHEN YOU SPEND \$3.00 OR MORE



\$2.00
(300ml)

OR



\$1.50
(600ml)

WEEKLY SPECIALS

MONDAY

Thai Green Chicken Curry (G)	\$4.50
tender chicken, vegetables coriander, coconut milk served with steamed rice	

TUESDAY

Chicken Schnitzel, Mash & Gravy (G)	\$5.00
Homemade Schnitzel with Mash & Gravy	

WEDNESDAY

Beef Lasagna (G)	\$4.50
Homemade Italian passata with mince, cheese in layers of pasta	

THURSDAY

Chicken Mushroom Boscicola (A)	\$5.00
chicken, cream, mushrooms & penne	

FRIDAY

Fish & Wedges (A)	\$4.60
Baked Fish & baked wedges	
3 x Beef Party Pies (A)	\$3.30
3 x Party Sausage Rolls (A)	\$3.30
Hot Dog w/ Sauce (A)	\$3.60
Hot Dog w/ Cheese & Sauce (A)	\$4.00



Mel's Tasty Bites
Healthy Canteen Operators & Catering Services