

LIGHTNING RIDGE CENTRAL SCHOOL



Principal: Mr Kerry Adamthwaite

Secondary Deputy Principal: Darren Ball

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Term 4 Week 6 & 8, 2015

From the Principal's Desk

The last few weeks have been extremely busy with planning underway for 2016. It seems that Christmas is approaching at a rapid rate!

Last week saw an external validation team visit the school to review our school policies and procedures. The team indicated that they were impressed with the strategic directions of the school and the progress we are making towards achieving our goals. It was very rewarding to have external experts recognise the achievements of the whole school community and the hard work and dedication of our teaching and support staff. In cooperation with staff, students, parents and the wider community I am sure we can continue to improve outcomes for our students.

2016 will see a huge focus on learning across the school, with specialist staff employed to ensure the best possible educational outcomes for our students, focussing on Individual Education Plans and personal responsibility. In Secondary this will include the provision of laptop computers to students and the introduction of OPAL (Ongoing Performance Assessment Log) to assist students with taking responsibility for their own learning.

Exam period in week 6 was an opportunity for our students to demonstrate the skills and abilities they have developed over the year. Results were extremely encouraging with most **students showing an improvement in their grades. I'm proud of the progress students are making and they should be too!**

As always it is important that we celebrate the many successes of our students, our presentation day this year will be held on Monday 7th December. It will be a great opportunity to showcase the achievements of our students.

We recently farewelled Year 12, with the Formal being held on Saturday 14th November. It was wonderful to see our students looking so fabulous and mature in their formal attire. We wish them all the best in their future endeavours and I hope they look back fondly on their time at Lightning Ridge Central School.

The swimming Carnival will be held this week. This is the first time the carnival has been **held at this time of the year. We're hoping it will allow for more preparation time for those students going on to Zone and Regional competitions.** Look out for pictures and results from the carnival in our next newsletter.

Finally, the success of the school and consequently the achievement of our students comes down to the hard work, commitment and dedication of our staff and the support and cooperation from families, friends and the wider community. Thank you to all of you who are contributing positively to this vibrant and caring school.

Darren Ball - Deputy Principal.



What's Coming Up!

Term 4

2015

WEEK 10

Monday 7th

December

Presentation Day

Monday 7th – Friday 11th

December

Christmas Stall

WEEK 11

Wednesday 16th

December

Last day of school for 2015

Term 1

2016

Thursday 4th

February -

1st day back for

Stage 1 – Year 12

Students

Friday 5th

February -

1st day for

Kindergarten





Library News

WEEK 6

Hello,

We are now half way through the term and so much has happened and is still to happen.

The meeting I attended in Orange went well and we have started planning for a Library Conference in Dubbo next year. It was good to meet with other Teacher/Librarians and feel you were achieving and to discuss what we need to do to be better. Such a wealth of knowledge and enthusiasm when you meet with like minds. I will be organising the Keynote author speaker and a workshop and our email discussion is continuing with our shared jobs. Quite stimulating!

Another thing that has been stimulating is the Stage 2 classes writing poetry in Verse. We have looked at authors who write in verse, shared their books and listened to part of a story ***Motormouth*** by Sherryl Clark. I finished the reading on the page where one of the characters in the story relates how he meets the mum of his new friend when she comes home from work. I asked students to think what it is like when their mum (carer/dad) comes home from work and write in verse to show how this is for them.

I thought I'd share a few of Stage 2's Verse with you.

My Mum	My Mum	My Mum
My mum comes home	Mum is tired	Friday she comes home from work
She's really tired	Home from work at five o'clock	Whinging
	Started at nine	Whinging we have not done anything
I ask her to play elastics with me	Working with children	Complains of a headache
She's too tired	Tiring.	We complain of her whinging
		She goes to lay down.
I go to my room	My Mum	
Do some painting	My mum comes home from work	My Mum
	Has some hot chips	Mum comes home
I'm getting bored	Goes to sleep on the lounge.	Kicks off her shoes
Go out of my room		
Ask mum to play elastics again	My Mum	Turns off the telly
	My mum comes home from work	Vacuums the floor
She says no	Races through the door	
I make mac 'n' cheese for dinner	Feels exhausted	Looks tired and stressed
Play more elastics	Is tired and sleepy.	I think she needs a cuddle.
I go to bed.		

The LRCS Reading Challenge finishes on Friday 27th November. Students could have made this a Mid Term break task. Reading ten books in the term is very achievable for most students.

The Library Turtle Draw winners recently were:

Week 3

<u>ES1</u>	Lily Kaluski	ES1G (Canteen voucher)
<u>Stage 1</u>	Keith Morris	S1S (Canteen voucher)
<u>Stage 2</u>	Corbin Sweeney	S2C (Magazine voucher)
<u>Stage 3</u>	Jane Crutchley	S3D (Canteen voucher)

Week 4

<u>ES1</u>	Blake Benjamin	ES1G (Canteen voucher)
<u>Stage 1</u>	Jason Pistol	S1S (Magazine voucher)
<u>Stage 2</u>	Lateisha Torrens	S2F (Canteen voucher)
<u>Stage 3</u>	Cliff Petersen	S3D (Canteen voucher)

Penny Fahey (Teacher –Librarian.)

Library News

WEEK 8

Hello,

The LRCS Reading Challenge finished and we celebrated with our party. A Christmas theme this term was on our certificate and also the food Kerrieanne organised reflected Christmas. The students love the party and Kerrieanne always does it so well. She could be in catering...no! ... much better in the library! Students who complete the LRCS Reading Challenge have this acknowledged by the party, have this recorded on their school report and have the fun of reading books. I hope this reading continues well after the party. Keeping a record for Term 1 2016 of reading is certainly encouraged if you can stay that organised.

I attended the School Swimming Carnival as I always do and enjoy seeing students in another environment. I also like the pool environment and may I suggest sending your children to the pool with something to read in between dips in the water. It is a fabulous facility we have in Lightning Ridge and one which I feel is under utilised. Living in isolation means that by making the most of everything on offer you will have more opportunities than some children in urban areas. The pool is a great place and we have had some of our students gain wonderful opportunities through their involvement in swimming and diving.

Stage 1, as part of their Poetry Unit of work, have been studying limericks. Please read and enjoy the following:

From S1M: Miss Molly

There was a young teacher named Miss Molly
Who liked to suck on a lolly
She taught very well
With a wonderful spell
That is our lovely Miss Molly

From S1S: Miss Stiller

There once was a teacher, Miss Stiller
Who was a serial killer
She held us as bait
She was not our mate
She turned into miss Stiller, the gorilla

From MCT: MCT Boy

There once was a boy from MCT
Who got stung very badly by a bee
He ran to sick bay
And saw Mrs Fahey
Who said, "Would you like a cup of tea?"

The Library Turtle Draw winners recently have been:

Week 6

<u>ES1</u>	Sara-Jayne Smith	ES1G
<u>Stage 1</u>	Gemma Blattman	S1S
<u>Stage 2</u>	Hayley Marsden	S2V
<u>Stage 3</u>	Annika Thompson	S3D

Penny Fahey Teacher—Librarian





Primary Student of the Week

Week 4 ES1T

Macy Seaton

Macy is always happy and enthusiastic in the classroom. She always strives to complete her work to the best of her ability and is proud to show her quality writing to other classes. Macy has progressed extremely well with her reading skills and strategies. Macy is a good friend to everyone in her class. Well done Macy!



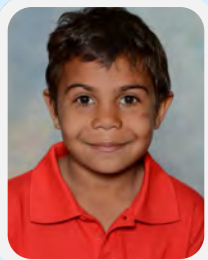
Primary Student of the Week

Week 4 S2/3MA

Benjamin Scott

Benjamin Scott has been awarded Student of the Week for always applying himself in all areas of his schooling.

Congratulations Benjamin!



Primary Student of the Week

Week 5 S1S

Steven Sharpley

Steven is an enthusiastic and friendly student who always give his best in every activity. He works hard to produce quality work to the best of his ability and this is always done with a positive attitude.

Steven is always kind and supportive to towards others and is an outstanding role model for his peers.

S1S is extremely lucky to have such a wonderful student.

Well done Steven!



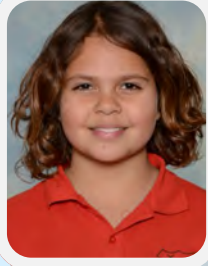
Primary Student of the Week

Week 5 MCT

Jermaine Jeffries

Jermaine has been selected as Student of the Week from MCT. Jermaine is interacting with his peers in a positive way. He is using his communication cards to express his needs with Jacq.

Well done Jermaine!



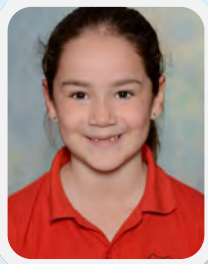
Primary Student of the Week

Week 6 S2F

Maddison Fuller

Maddison is to be commended for her efforts in and out of the classroom. She is a friend to everyone and tries to help out where ever she can. Maddison gives every task at school her full attention, contributes in class and is a respectful and thoughtful student. She follows the turtle rules to the letter and wears her school uniform with pride.

Congratulations Maddison.



Primary Student of the Week

Week 7 S1W

Kealee McDougall

Kealee is a hardworking student who always does her best. She has very good skills in drawing and a wonderful sense of humour. She always demonstrates the school's core values of respect, responsibility and pride.

Congratulations, Kealee.



Secondary Student of the Week

Week 7 Year 7

May Troutman

May has shown significant improvement in her classes over the year. She consistently shows respect and completes quality work.

Good work May!



Secondary Student of the Week

Week 7 Year 11

Tellulah Mahoney

Tellulah consistently works hard to produce quality tasks. She always follows the school values and goals and her effort in her traineeship has been commendable.

Congratulations Tellulah!



GRIP

Leadership



Conference





Grip Leadership Conference

On Wednesday 28th October (Week 4), Miss Fitzgerald and a group of our senior leaders attended an engaging and entertaining leadership conference in Tamworth. Through the use of interactive activities such as games, competitions and film, as well as presenters who are 'funnier than Carl Barron', the students from a variety of schools around the region learnt about topics such as what makes a leader, how to make meetings and speeches engaging, how to motivate others, how to make dynamic events and how to put a stop to bullying. We were given opportunities to come up with ideas about how we can apply what was learnt in LRCS and are excited to begin doing so. Our main goal is to increase school spirit, so prepare for SRC to begin their emphasis on building our community! Well done to our 6 leaders, as they were wonderful representatives.

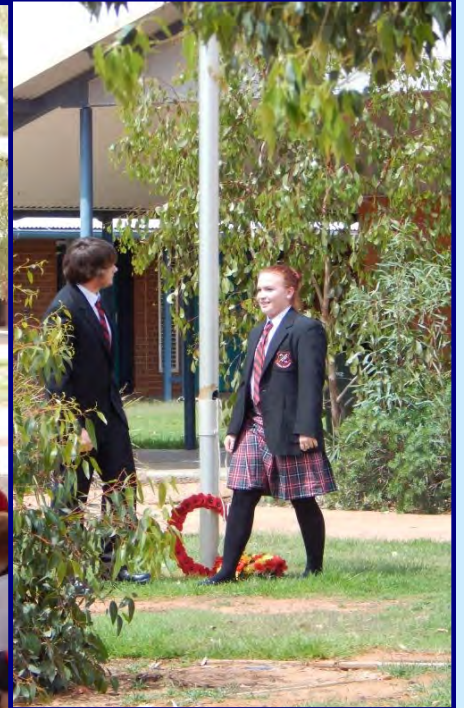


KINDY START





REMEMBRANCE DAY ASSEMBLY





Music Ensemble Performance

St John's College Dubbo, as part of their Lightning Tour, brought their Big Band, Chamber Orchestra, and Concert Band to perform for our school. As part of their performance, students learned all about the different instruments and the sounds they produced. Some students were lucky to have a chance to play an instrument, and two students got to have a go at conducting an orchestra.

This was a great experience for Primary and Stage 4 students, and everyone enjoyed the performance.







Pal Dance Works

2015 Annual Dance Concert

Saturday 5th December 2015 at 11am

Lightning Ridge School Hall

Entry to the concert - \$3 Adult and \$2 Children

- ❖ **Tiny Tots Dance Group**
- ❖ **Junior Dance Group**
- ❖ **Senior Dance Group**
- ❖ **Performance Group**
- ❖ **Hip Hop Dance Group**
- ❖ **Dance School Presentation**

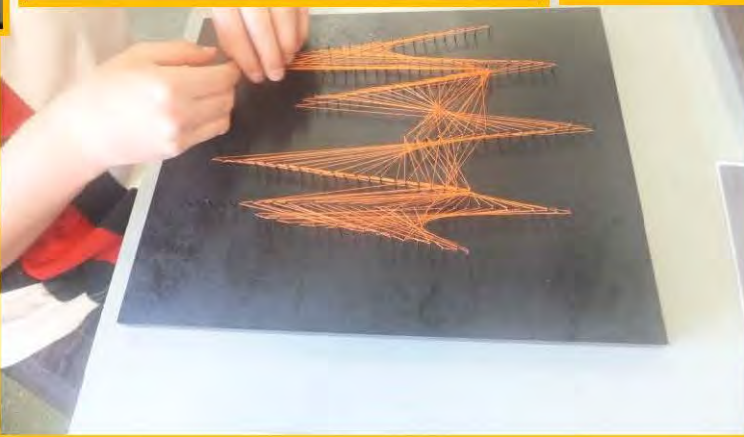
Child Studies

As a class, we negotiated the style of the final exam this year. We decided that we would answer our exam questions both verbally and in written form. We started at the beginning of Term 4 with questions that related to the work completed throughout the entire year. Mrs Adamthwaite would ask us two or three questions every lesson individually. It was a long process, but it was well worth the time spent, because we were able to explain our answers in more depth, and show that we had the knowledge without having to write it down. Doing the oral questions showed us that we could answer the questions, which gave us more confidence for the written exam. We made a deal with Mrs Adamthwaite that if everybody got over 50% in their written exam that she would buy us hot chips and drinks... and they tasted really good!

Since the exams, we have been assisting with the Kindy Start program, on the few occasions when our classes coincide. Even the shortest of us are able to feel tall next to them and their enthusiasm is infectious. We helped them with their reading and arts and crafts. They all seem to be getting on really well.

Year 8 Mandatory Technology

This term the students have worked diligently to produce some great string art projects as you can see below.





The LRAICFC Golden Ticket Program



What is the Golden Ticket?

The Lightning Ridge AICFC and the Lightning Ridge Police are in partnership have decided to reward the great things that our children do by issuing a Golden Ticket for things such as wearing seat belts, using bins, showing respect, using manners (see more below).

The police will issue the tickets keeping the butt which will hold the child's detail

Age groups are under the age of 7 and under the age of 14.

Ticket butts will be collected and placed in a hat for each age group

Every 3 months a movie night will be held for all ticket holders

Maximum prize value of \$400 tickets, tickets cannot be transferred

Each prize will be individually decided on by the child, with parents/carer, police and AICFC staff

For further information please contact Loretta at the AICFC on 5852 0006

The more tickets you have the more chances you have

DATE: _____	NAME: _____	DATE: / /	 CHIDA FAMILY CENTRE
ADDRESS: _____			
PHONE: _____			
<input type="checkbox"/> wearing seat belt <input type="checkbox"/> wearing helmet <input type="checkbox"/> picking up rubbish <input type="checkbox"/> using rubbish bins <input type="checkbox"/> using manners <input type="checkbox"/> obeying pedestrian rules <input type="checkbox"/> showing respect <input type="checkbox"/> being kind <input type="checkbox"/> obeying road rules <input type="checkbox"/> other			
<input type="checkbox"/> 7 under <input type="checkbox"/> 14 under			

GOLDEN TICKET

APPROVED

<input type="checkbox"/> Wearing Seat Belt	<input type="checkbox"/> Using Bins	<input type="checkbox"/> Showing Respect
<input type="checkbox"/> Wearing Helmet	<input type="checkbox"/> Using Manners	<input type="checkbox"/> Obeying Pedestrian Rules
<input type="checkbox"/> Picking Up Rubbish	<input type="checkbox"/> Being Kind	<input type="checkbox"/> Obeying Road Rules
		<input type="checkbox"/> Other: _____

Not transferable. Prize to be drawn quarterly

Keep Me Home If...



**Special Needs & Medically Fragile Children
NEED you to KEEP your Sick Child Home**

A Very Special Needs Resource

When Your Child is Sick:

**Do Not Intentionally
Expose Them to Others**



**Cumborah
CHRISTMAS
Carols by Glowlight**

**Saturday 12th December
7:30pm**

At St Peter's in the Pines

EVERYONE IS WELCOME

BYO chair/tarp/dinner & drinks

Glowsticks for sale

Contact David Piper for any queries – 6829 0597



**Lightning Ridge
Community
Christmas Carols**

**Friday 12th December
7:30pm**

At the Central School

EVERYONE IS WELCOME

Carols & items for kids

Glowsticks, food and drinks for sale

Contact David Piper 6829 0597 for any queries



SCHOOL HOLIDAY ROAD SAFETY REMINDER FOR FAMILIES

With the school holidays approaching, daily routines will soon change. Different play locations and holiday destinations means different traffic environments.

So to help keep our children safe, families are reminded about these key road safety points:

- **Stop, look, listen, think every time you cross the road.**
If your child is aged 8 years or younger hold their hand when walking near or across roads. If your child is 9-10 years old always actively supervise them.
- **It's the law that everyone wears a helmet when riding a bike in a public place.**
It makes sense to wear a helmet when riding scooters and skateboards too!
- ***Click clack front 'n back every person for every trip.***
Everyone in the car must be securely buckled up in the right seatbelt or child restraint.
- **Talk to your child about being a safe road user.**
Reinforce safe road behaviours by being a good role model! Children learn safe road behaviours from the adults who care for them. Talk about what you are doing to be safe when near roads, in the car and when riding.
- **Point out road safety differences and dangers in new environments.**
This is especially important when on holidays in different surroundings. Roads, footpaths, parks, carparks, bike tracks and bike lanes may look different in holiday areas.



The best way to keep your child safe is to actively supervise them.

Talk and teach your child about road safety every time you are out an about.

Remind other adults who care for your children to do this too.

You can find out more at:

[Safety Town](#)

[Department of Education](#)

[Transport for NSW](#)

Have a safe holiday break!

Our School Values Competition

All students in **Primary** and **Secondary** are invited to enter the '*Our School Values*' competition.

Our school values are:

- **Respect**
- **Responsibility**
- **Pride**

All of our school behaviour and work expectations come from these values and now we need some signs to proudly display them around our school: we want **YOU**, the students, to be our **artists**!

How: create an A4 or A3 poster of the three values. You can use a template given to you by a teacher, or come up with your own unique design. You can paint, colour, collage... it's up to your imagination!

Due: Friday, 4th December (Week 9)

Prize: a \$20 voucher. One voucher per year group.

The winner will be announced at the final assemblies for the year.

CANTEEN NEWSLETTER

Week 6

During the last couple of weeks two popular items have been deleted by the supplier, please find deleted items below:

DELETED ITEMS: : Go cookies
: Moosies

As moosies have been deleted Frozen yogurts can be ordered or sold over the counter at Recess, (flavours strawberry/mango), \$2.00ea.

To replace Go Cookies, Gomes Chocolate / Anzac cookies are still available to by for \$0.80cea.

NEW ITEM: : Banana bread - \$2.50ea

XMAS TREATS will be advertised in the next Newsletter and at the Canteen, the Fresh Tastes guidelines allows 2 RED days per term (confectionary items ect.).

There is always an assortment of sandwiches, rolls, chicken or beef burgers, chicken or beef gravy rolls etc, available to buy over the counter. Always best to pre-order if you want make up items.

Please note that icecreams are only available to buy or order at Lunch. Only frozen yogurts can be ordered or sold over the counter at recess.

The Canteen follows the Fresh Tastes guidelines, set out by the Canteen Association, 2 RED days are allowed each Term (confectionary items etc.), most of the Menu is made up of GREEN or AMBER. The Canteen tries to cater for all tastes.

Please note that all profits made by the canteen go to the P&C for the students.

CANTEEN RULES

- MORNINGS: CANTEEN OPENED FOR ORDERS AND TO BUY DRINKS ONLY
– 8.30am – 8.40am
- Year 5 & 6 and High school only allowed to buy drinks in the mornings during the above times!
- Parents can order until 9.30am for students. Canteen screen will be closed from 9.30am until Recess.
- Kindy to Stage 2 (Red shirts) all orders can be placed in canteen baskets (menu and bags available in each stages baskets) and sent around to canteen for Recess and Lunch orders.
- Please when ordering students Recess and Lunches please put R or L on separate bags with students name and class and items to be ordered any icecreams ordered for lunch will be put in separate bag with students name on bag and sent with lunch orders, change will be sticky taped to bag.
- Year 5 & 6 to year 12 students can buy over the counter at recess and lunch.
- Icecreams are sold or ordered at lunch only.
- Please note that the Canteen will close 5 min before bell time. Roller doors will be closed. Students will not be served outside of Recess & Lunch times.
- Over the counter hot foods and snacks always available and an assortment of sandwiches and rolls also available, Beefburgers and Chicken Burgers.
- Wraps, salad boxes please pre-order these items always best to order as you get what you want!

Thankyou,

Susan Chapman

CANTEEN NEWSLETTER

Week 8

As mentioned in the last Newsletter Xmas treats will be available to buy over the counter or ordered from the Canteen on December 8th and 9th (Tuesday & Wednesday), 2015. The Canteen is allowed 2 treat (RED) days per Term set out by the Canteen Fresh tastes guidelines.

A reminder will be sent around in class baskets a few days before treats will be available!

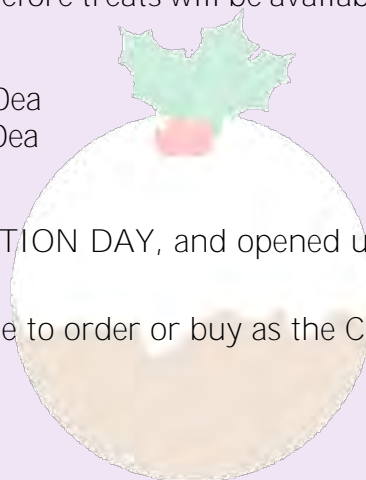
Please find Xmas Treats listed below:

Xmas brownie puddings (cupcake size)	-	\$1.00ea
Choc top icecream bowls	-	\$1.50ea

Please note that the Canteen will be OPENED PRESENTATION DAY, and opened until the last day of term, Wednesday 16th, December, 2015.

By the end of Term 4, a few products might not be available to order or buy as the Canteen tries to keep only a limited amount of stock during the holidays.

Thankyou,



Sport and Recreation's Swim and Survive lessons

Australian summers usually involve plenty of fun in and around the water, but no parent should forget how important it is to make sure children stay safe.

Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs provide wonderful results, and are great fun as well. Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are \$69 for school-aged children and \$49 for preschoolers (prices exclude pool entry fee).



For more information or to make a booking, visit
sportandrecreation.nsw.gov.au/swimandsurvive
or phone 13 13 02





Lightning Ridge Central School

Proud & Positive

Principal: Kerry Adamthwaite
Deputy Principal Secondary: Darren Ball
Deputy Principal Primary: Penny Lehman

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www.lightningr-c.schools.nsw.edu.au

9th October 2015

Dear Community Members,

PRESENTATION DAY 2015

The Lightning Ridge Central School Presentation Day will be held on Monday 7th December 2015 at 9.30am in the school gymnasium.

We would like you to consider making a donation for our students. We have 400 students enrolled and two students in each class/subject receive a book prize to the approximate value of \$30.00 each. Students in Kindergarten each receive a book to commemorate their first year at school.

Cash/cheque donations for Presentation Day would be gratefully received. Donations can also be made online at www.lightningr-c.schools.nsw.edu.au. Click on "Make a Payment" and follow the prompts to make a payment via Visa or Mastercard. Access to this option is also available via the school's Facebook page. All donations can be made either anonymously or with full public thanks.

To properly organise the awards for Presentation Day, it would be helpful if your donation could be made by 6th November 2015.

Donations may be sent to:

Lightning Ridge Central School
PO Box 294
Lightning Ridge 2834

Yours faithfully,

Kerry Adamthwaite
PRINCIPAL

Please find enclosed cheque/cash for \$ _____ being a donation towards the 2015 Lightning Ridge Presentation Day Awards.

I/We do not mind being publicly thanked for our donation

☐

I/We wish my/our donation to be made anonymously

☐

Signed

Name

Organisation

Address

.....



*Celebrate International Day of
People with Disability*

**Wednesday 2nd December
2015**

Dubbo RSL

8:30 registration
Start 9 am – 4.30pm

Building Kinnections

DIG forum for Aboriginal services

This forum is designed to provide insight on how Aboriginal people with disability are supported through NDIS

Service providers: Learn culturally appropriate and practical skills from Aboriginal leaders in readiness for NDIS

Carers, clients & community: Learn how NDIS supports Aboriginal people living in Western NSW

**This is a FREE event: but placements are limited
early registration is encouraged.**

Please confirm attendance by
19 November either via email

western.iri@facs.nsw.gov.au

Or free call **1300 134 450**

CANTEEN MENU TERM 4 2015

SNACKS (RECESS & LUNCH)

Banana Bread 75g	\$2.50
Banana sandwich / toasted	\$2.50
J'J'S chick/pizza/burger/s&v pkt	\$1.00
Grain waves sour crème	\$1.20
Go cookies choc chip lite/Anzac bisc	\$0.80
Chocolate yogo	\$1.30
Yoplait yogurts vanilla/strawberry 175gm	\$2.00
Cheese sticks	\$1.00
Lite sara lee muffins choc	\$1.90
Popcorn	\$1.00
Fun buns (plain or cinnamon)	\$1.90
Bacon & cheese rolls	\$1.60
Frozen fruit sticks (peach/pine/banana)	\$1.00
Frozen ½ banana or ½ orange	\$0.50
Fresh fruit banana/apples/oranges (\$1.00 - \$1.30)	
Fruit salad cups	\$1.30

DRINKS

Spring Water 600ml	\$2.00
Quench 10% juice blue/cola/pine lime/orange	
Apple raspberry	\$2.30
350ml Orange/apple/tropical juice	\$2.50
Poppers apple/orange/tropical	\$1.80
Classic 300ml choc/iced coffee/strawb milks	\$2.60
Big M choc/strawb lite ctn milks 250ml	\$2.00
Nippys reduced fat choc/strawb/honeycomb	
Iced coffee 375ml	\$2.40
LOL's Tropical/blackcurrent/Razzbri	\$2.50
Plain ctn milks 300ml	\$2.00

ICECREAMS LUNCH ONLY

Icy poles lemonade/raspberry	\$1.20
Fandangles caramel p/corn/choc/fairy floss	\$1.50
Chocolate dixie cups/vanilla	\$1.00
Ka blueys blue/red/lemon fizz/strawberry	\$0.50
Frozen yogurts strawberry/mango	\$2.00
Frozen moosies Blue/Choc/Strawb.(&recess)	\$1.20
Bananarama/choc Homebrand icecream	\$1.50
Fruity ice pops	\$0.60

SANDWICHES (ROLLS EXTRA 20C)

Cheese	\$2.40
Cheese salad	\$3.60
Cheese & tomato	\$3.00
Ham cheese tomato	\$3.60
Ham or chicken salad	\$3.80
Ham	\$3.00
chicken	\$3.00
Ham & cheese	\$3.40
Chicken lettuce mayo	\$3.50
Egg lettuce mayo	\$3.40
Egg/curried egg	\$3.20
Tuna lettuce mayo	\$3.50
Vegemite	\$2.20

WRAPS (WHOLEGRAIN)

Salad wraps	\$4.80
Chicken /Ham salad	\$5.50
Chicken lettuce mayo	\$4.60
Chilli tender lettuce tom avo cheese	\$5.50
Tuna lettuce mayo	\$4.60
Tuna salad	\$5.50

SALAD BOXES (please pre order salad bowl or box)

Salad box	\$5.50
Chicken/ham/egg/tuna all	\$6.00
salad box	

SMALL SALAD BOWLS

Salad	\$4.00
Chicken/ham/egg/tuna	\$4.50

TOASTED SANDWICHES WRAPS EXTRA 80C

(all toasties cooking spray used)

Cheese & ham	\$3.40
Ham cheese tomato	\$3.60
Ham cheese pineapple	\$3.70
Cheese	\$2.60
Chicken avo cheese	\$3.70
Chicken & cheese	\$3.50
Cheese & tomato	\$3.00

HOT FOODS

Sausage rolls (lite pastry)	\$3.00
Travellers pies	\$3.30
Party pies lite	\$0.90
Chilli tenders	\$1.50
Garlic bread	\$1.20
UFO ½ roll cheese & tom sauce	\$1.60
Chicken strips per bag (6)	\$2.80
Chicken wedges (4)	\$2.80
Lasagne	\$4.00
Pizza pocket	\$3.00
Pizzas Ham pine	\$3.00
Pizzas Bacon/cheese	\$3.00
Beefburger (lett/tom/cheese/beet)	\$4.20
Chick. burger (lett/tom/mayo/beet)	\$4.00
Nacho Dippers Spag. Bol. Sauce	\$4.50
Beef or Chicken noodles	\$1.80
Chicken strips ea. (replace nuggets)	\$0.60

MISCELLANEOUS

Tomato Sauce or BBQ	\$0.20
Bundle of lunch bags	\$2.00

ALL PROFITS MADE BY CANTEEN GO TO THE P&C FOR THE STUDENTS. ***PLEASE NOTE THAT CANTEEN CLOSSES FOR ORDERS BY 9.30AM!