



# OATLEY WEST Lantern

## DATES FOR YOUR DIARY

**7  
MAY**Mother's Day Stall  
P & C Meeting 6:30pm**8  
MAY**

Cross Country Yr 2-6

**15  
MAY**Book Club Orders Due  
School Swim Awards**22  
MAY**

Book Fair Starts

**27  
MAY**Fathering Project  
Movie NightOatley Park Avenue Oatley NSW 2223  
P 02 9580 5048 F 02 9580 6372  
E [oatleywest-p.school@det.nsw.edu.au](mailto:oatleywest-p.school@det.nsw.edu.au)[oatleywest-p.schools.nsw.edu.au](http://oatleywest-p.schools.nsw.edu.au)*The School by the park -  
Great Kids, Great Teachers, Great School!*

## MR NASH'S CORNER

Congratulations to our volunteer parent organisers for the brilliant Band Camp held last week. The children were very excited on their return to school on Tuesday. What a great opportunity to spend this valuable time exploring the love of music and learning in a concentrated time frame in group instrument tutorials and band rehearsals. A final concert was held on Tuesday before returning home. A beautiful environment at The Tops Conference Centre at Stanwell Tops to also spend time in craft and outdoor activities. Reports are that behaviour was outstanding and participation high. Well done everyone!

On assembly last week I spoke about the importance of common **manners** with each other, to become more conscious to live by our **values** and our journey of **mindfulness** across the school as per the Peaceful Kids Program being implemented. For Term 2 we will be promoting these three aspects of school & community life. I'm calling it the **MVM** focus:

**Manners****Values****Mindfulness**

## EXTRA-CURRICULAR ACTIVITIES AT OWPS

### mandarin stars



fun mandarin for kids

The Mandarin Language Club at OWPS

Classes are available : Tuesday Afternoons

3:30—4:30 K to Yr 2/3

4:30—5:30: Year 3 to Year 6 email: [sanny@mandarinstars.com.au](mailto:sanny@mandarinstars.com.au)

## VALUE FOR THE WEEK

### CO-OPERATION

Work together to achieve common goals.  
Help each other to succeed.  
Work together to peacefully resolve conflict.  
Listen to the views of others.



## Principal Nash continued

## SCHOOL PROTOCOLS

- A reminder, should you need to contact a teacher, all bookings are to be made through the Administration Office. An overall school timetable is with them, and the staff in the office will organise a time with the teacher for you. Teachers days are very busy and time taken away from teaching is lost learning time for your child. If the teacher has time to prepare for an interview it is more beneficial for both parent and teacher.
- Security. We have an electronic security gate at the front entrance to the school during learning time. Please ring the buzzer and wait for the office staff to activate the lock. The intercom is always active and conversations at the gate can be heard by office staff. There have been some incidents of people pushing in and holding the gate open as other parents are entering. By doing this, you may be responsible for allowing someone unwanted into the school grounds. **As soon as you are through the gate, you should proceed directly to the office foyer to sign into the school and receive a Visitors Badge. I need to know who is on the premises at all times.**
- On Wednesday assemblies, parents are asked to wait until all students have entered the hall. The gate remains closed so that we can be settled and ready for your attendance. The gate will be opened in plenty of time for parents to get to the hall and be seated. We will wait until you are all in and comfortable. Because we have the children with us, as for any function where multiple parents are attending a performance or school function, you go directly to the area without signing in.

## Principal Nash continued

- Parents communicating with the school please see flowchart further on in the newsletter. Your first contact for any matter concerning your child is with the classroom teacher. They know your child best and often a quick discussion can put matters right (see dot point 1 above). If you still have concerns you contact the Stage Supervisor (Assistant Principal for that stage).

## OUT AND ABOUT

I'm happy to report that two new trees have been planted to replace the trees removed due to disease in the Quiet Area and in front of the Multi-Purpose Room. The turf in front of the new De-mountable complex has been completed. Many thanks for this project go to the Kenny Family. Generally the school is looking good with fresh paint, asphalt completed at the front area around the assembly hall and trimmed welcome garden.





## SCHOOL GARDEN

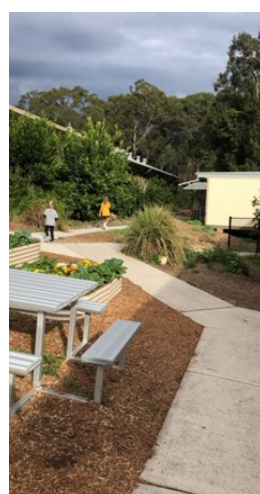


The garden and surrounding development has made this demountable classroom area a wonderful place to be!



Our Organic Diggers Group under the guidance of teacher Mr Burr are certainly back in strength again this year.

They had a huge job getting it back in order after the holidays in T1 but with a dedicated band of parent volunteers and kids, it's back to its glory. Well done to all the Organic Diggers in Mr Burr's team. You are doing a wonderful job!



*Paul Nash*



# PARENTS COMMUNICATING WITH THE SCHOOL

*Whom do I contact about my child's needs?*

If you are concerned about your child's learning

**OR**

welfare, social and emotional issues

*E.g. Sam is having trouble making friends*



Your first contact is always the classroom teacher by phoning or emailing the school office: (oatleywest-p.school@det.nsw.edu.au) to make an appointment to speak to the teacher concerned.



If you still have concerns, contact the Stage Supervisor via the school email/phone to make an appointment.

**Kindy:**

Mrs Tofohe

**Stage 1:**

Mrs Ferlazzo

**Stage 2:**

Mrs Dimovska

**Stage 3:**

Ms Aravanopoulos

Do not contact teachers directly. Please organise an appointment by contacting the school office.

If you still have concerns, contact the Deputy Principal or the School Principal.



## NAPLAN

NAPLAN (*National Assessment Program-Literacy and Numeracy*) has been used as a benchmark in Literacy & Numeracy for student performance against national averages since 2008. The tests cover reading, writing, spelling, grammar and punctuation; and numeracy. NAPLAN is an annual assessment for all students in Years 3, 5, 7 and 9. NAPLAN tests skills that develop and improve over time. These are skills that should be continuously developed throughout the year and not just in the lead-up to NAPLAN. At our school we do not believe in the value of excessive preparation for NAPLAN beyond teaching the curriculum and familiarising students with the NAPLAN process.

NAPLAN Advice for parents:

- Encourage confidence - 'a can do attitude' and 'do your personal best attitude'.
- Prepare your child by encouraging them to go to bed early, having breakfast, have their water bottle and a nutritional lunch and snacks prepared; try to keep minimal stress levels at home; arrive at school on time.
- Keep perspective—this is just a test in time; just one form of assessment; success is not determined by a test.

Best of luck to our Years 3 and 5 participating in NAPLAN 14th-16th May. There is a catch up day on Friday 17th May.

Mrs Dimovska and Miss Aravanopoulos

## KINDERGARTEN SCRIPTURE

Unfortunately at this stage we were unable to secure an Ethics teacher for Kindergarten. Therefore, these students will now be placed in Non—Scripture. Sorry for the inconvenience.

## OPPORTUNITY CLASS 2020

### Intention to apply for Year 5 entry to an opportunity class in 2020

Opportunity classes cater for academically gifted and talented students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for opportunity class placement are considered mainly on the combined results of the Opportunity Class Placement Test and school assessments. The Opportunity Class Placement Test will be held on **Wednesday 31 July 2019**.

If you would like to have your child considered for Year 5 opportunity class entry in 2020, you need to apply soon. You will need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from **Tuesday 30 April 2019** at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

The application website opens on **Tuesday 30 April 2019** and closes on **Friday 17 May 2019**. You must apply by the due date. There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Team for assistance after **30 April 2019**.

You must submit only ONE application for each student. A note will be sent home to all year 4 students this week.

Assistant Principal (Stage 2)

Julia Dimovska

## SPORTS NEWS

**Season 1 PSSA**

Due to the PSSA Season 1 having 4 washout draws, there will no longer be a finals day. This means there will be no more PSSA, Tennis, School Sport or Bushwalking for this season. A big thank you to all the staff and students for a positive start to sport this year!

**Season 1 PSSA & District Team Representative Sports Awards**

The swimming carnival ribbon assembly on Wednesday 15th May (Week 3) will also be used to distribute PSSA Season 1 certificates, as well as certificates to students who represented Georges River PSSA in a sport in 2019 up until Term 2 Week 1. *Please note: The swimming district certificates will not be handed out at this assembly. These are provided to the school by the district and will be distributed at a later date once received.*

Notes will be distributed to parents/carers of students receiving a Season 1 PSSA Certificate and/or a District Certificate. Parents are welcome to attend.

**PSSA Season 2 Trials/School Sport**

Season 2 PSSA begins on Friday 31st May (Week 5). The PSSA sports are as follows:

- Girls Netball – Miss Barca
  - Girls Soccer – Mr Griffiths
  - Boys Soccer – Miss Diwell
  - Boys Rugby League – Miss Ross
- Newcombeball – Miss Aravanopoulos*

Trials will occur on the following dates:

- Trial 1: Friday 17th May (Term 2 Week 3)
- Trial 2: Friday 24th May (Term 2 Week 4)

Other sports provided for 3-6 during Season 2 PSSA include Tennis, Yoga and School Sport. Students should start to think about what sport they would be interested in for Season 2.

**PSSA Jersey Hire Return**

Teams who hired a jersey (*Girls Basketball - Seniors Only & Mixed AFL*) will need to return their jersey on the Jersey Return Day - *Tuesday 14th May (Week 3)*. Jersey return will occur from 8:45am – 9.10am on this date. Jerseys must be returned on these days. Any students who do not return their jersey on this due date must speak to Miss Ross as soon as possible.

Students are to:

- Ensure jersey is washed before returning;
- Meet Miss Ross in the computer room during allocated time;

Students will have their money returned to be taken home to their parents/carers.

**District Trials and Parent Contact**

There have been a few issues raised with regards to parents and carers contacting Georges Rivers District Convenors regarding district trials. Parents are kindly asked not to contact district convenors regarding the trials. If information needs to be communicated, parents are to contact the school we will be able assist.

Melissa Ross— Teacher

## SCHOOL SWIMMING CARNIVAL ASSEMBLY



On Wednesday 15th May, we will be presenting our school swimming carnival awards. Parents/Carers are welcome to attend. It will start at 2.15pm in the hall. **Please note: district swimming carnival awards will be given out at a later date.**

Mr Griffiths - Swimming Carnival Coordinator

## CROSS COUNTRY CARNIVAL

Our school cross country carnival will take place this Wednesday 8th May (Week 2) at Gannons Park. Start time will be approximately 9.30am. Students will need to be at school at **8.45am on the day of the carnival to mark rolls.**

Mr Griffiths - Cross Country Coordinator

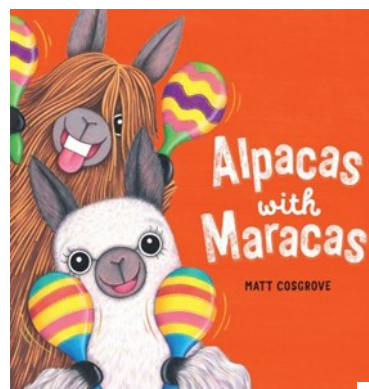
## LIBRARY NEWS

## NATIONAL SIMULTANEOUS STORYTIME

Our students will once again be participating in National Simultaneous Storytime (NSS), on Wednesday, 22<sup>nd</sup> May at 11am. This event is held annually by the Australian Library and Information Association (ALIA). Every year an Australian picture book, is read simultaneously in libraries, schools and many other places around the country at 11am.

By facilitating NSS we aim to:

- promote the value of reading and literacy
- promote the value and fun of books,
- Promote an Australian writer and publisher,

BOOK FAIR: Wed 22<sup>nd</sup> May until Fri 24<sup>th</sup> May

Coinciding with NSS, our annual OWPS Book Fair will be on

**Wed 22<sup>nd</sup> May until Fri 24<sup>th</sup> May**, in the Hall. Our book

Supplier is Carnival Books, an Australian owned company.

Books are sourced from a variety of publishers. If you love reading, or have a special occasion or would like to donate a book to the school, please come along to the Book Fair and see the magic of books and reading. All books donated to the school, will have a special Bookplate inside the book, with your name inscribed on the Bookplate. Books will be at discounted prices. We receive a commission for all books purchased, and are then able to buy more books for our students to read for learning and enjoyment. This is a wonderful and convenient opportunity to view some great books and choose one!



## BOOK FAIR TIMES

DAY	BEFORE SCHOOL	2 <sup>ND</sup> LUNCH	AFTER SCHOOL
WEDNESDAY 22 <sup>nd</sup> MAY	8.55 – 9.20	1.45 – 2.05	3.30 – 3.45
THURSDAY 23 <sup>rd</sup> MAY	8.55 – 9.20	1.45 – 2.05	3.30 – 3.45
FRIDAY DAY 24 <sup>th</sup> MAY	8.55 – 9.20	1.45 – 2.05	N/A

Mrs Fitzpatrick & Miss Blake

## P &amp; C NEWS

Our next P&C Meeting will be held this **Tuesday 7 May at 6.30pm** in the School Library. Everyone welcome to come along and join the meeting.



## EARN &amp; LEARN PROGRAM

OWPS is participating in the Woolworths Earn & Learn program.

**SHOP:** For every \$10 you spend at Woolworths you'll receive an Earn & Learn sticker.

**EARN:** Collect as many stickers as you can between now and the 25 June.

**GIVE:** Place your stickers in the designated Earn & Learn box outside Woolworths Mortdale, or inside the School Office, so we can redeem them for new school equipment.



## ORGANIC DIGGERS REPORT



Last Monday the Diggers harvested lettuces and ran general maintenance on the produce patch. Many children have come back to school with reports of how much they enjoyed eating them with their families! Today we will continue the upkeep of the garden in addition to planting two varieties of kale and lettuces. Last week we began to supply the canteen with lettuces to be used in school lunches. We are hoping to continue this for the remainder of the year. A working bee has been planned for Saturday 18th May. The note is attached to this newsletter. We rely on community support to keep our garden going and look forward to seeing you there if you can spare an hour or two that day.

Happy gardening!

Mr Burr

*Organic Diggers coordinator*

## FATHERING PROJECT



## Fathering Project - Monday Night Movie

Monday 27th May 6pm in the hall.

\$5 per person includes popcorn, lolly bag and a drink. Please return the note and money to front office.

Spots are limited so get in quick.

The flyer will be coming home tomorrow and will be attached to next weeks newsletter.

Miss Benita

## CANTEEN NEWS

Welcome back to Term 2. Many new and exciting things are happening in the canteen this term. This includes our school canteen transitioning over to the NSW Healthy School Canteen Strategy, which is a NSW Ministry of Health priority in conjunction with the NSW Department of Education.

***“The Strategy increases the availability of healthy food and drink options in school canteens to make the healthy choice, the easy choice”*** (please see attachment) The current canteen menu has been revised and the new 2019 canteen menu is attached below. To comply with the NSW Healthy School Canteen Strategy we have had to make a few changes and some new food items have also been added and are now available to be purchased from the canteen. Please feel free to come and speak to us if you have any questions.

And lastly, the canteen is run by volunteers and so if you have any spare time to offer please come in and book your time today. Your kids would love to see you in the canteen!

Anh and Laronne



## BOOK CLUB

Catalogues for the latest issue of Scholastic Book Club are coming home today!

Orders are due by **Wednesday 15 May**.

It's easy to order using the LOOP app:



**SCHOLASTIC**

# Book Club LOOP

for Parents

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

To order and pay for Scholastic Book Club by credit card visit:  
**[www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)**

GET IT ON Google play

Download on the App Store

For further assistance please contact

Julie Schofield 0400 498 696

Let's Raise Readers!

## UNIFORM SHOP

Manager – Sia Coelho Enquiries:

[scoelho@iinet.net.au](mailto:scoelho@iinet.net.au)

The Uniform Shop is open for your convenience every Thursday from 9-10am at the end of G Block. This on-site service would not be available without our wonderful volunteers.

**All uniform requirements are outlined on the School website.**

**Thank you** – Many thanks to Belinda P who volunteered at the Uniform Shop last week.

**Volunteers wanted:** Currently, Uniform Shop only has a few regular volunteers who help. If you have a spare hour on Thursday mornings from 9-10am, please consider volunteering at the Uniform Shop. Whether it's once a fortnight, month or term, all help is greatly appreciated.

**NB:** A Volunteers Working with Children check will be required if you wish to volunteer.

**Winter Uniform** All students should be wearing their full winter uniform from the day after Mother's Day (Monday 13<sup>th</sup> May).

**Plastic Bag Fee** – Although we are endeavouring to be plastic bag free, **orders will now incur a \$0.25 charge where a plastic bag is required to deliver uniform to your child.** This fee will automatically be added to your payment. If payment is made by cash or cheque, please ensure this fee is added to your payment.

**Uniform Orders:** Order forms (dated January 2019) can be completed and dropped in to Letterbox 8 located in the front courtyard. Please note, **orders are not accepted via e-mail.** All orders will be delivered to your child's classroom on Thursday when the shop is open, provided they are received prior to 9.30am on Thursday. The preferred payment method for orders is by Credit Card or Cheque as we cannot be held accountable for lost cash/orders. Cards are generally debited one day prior to delivery.

**We take great pride in the appearance of the children at Oatley West Public School and encourage all students to wear the correct school uniform.**

## SCHOOL BANKING

Thank you to Faith S, Annie H and Angel L for being generous with your time and helping with school banking last week!

Available in Term 2, we have two new reward items from our 2019 Polar Savers range for students to redeem; Yeti Fluffy Notebook and Icicle Slapband Ruler.

**Icicle Slapband Ruler**  
Available Term 2 2019



Name: \_\_\_\_\_  
Class: \_\_\_\_\_  
Student ID: \_\_\_\_\_

**Yeti Fluffy Notebook**  
Available Term 2 2019



Name: \_\_\_\_\_  
Class: \_\_\_\_\_  
Student ID: \_\_\_\_\_

### What other prizes are available to claim?

- Glow light
- Heat Reactor Pencils
- Mighty Boom handball
- Pencil Tech Case
- Scented Stackable High Lighters
- Slushie Maker Cup
- Snowy Origami Set
- Sparkle Glitter Pens
- Twister Power Handball
- Volt Handball
- Zoom Flying Disc

Prize claim forms are available at the school office or following link [https://](https://www.commbank.com.au/content/dam/commbank-assets/banking/school-banking/2019-04/past_school_banking_rewards_slip_colour.pdf)

[www.commbank.com.au/content/dam/commbank-assets/banking/school-banking/2019-04/past\\_school\\_banking\\_rewards\\_slip\\_colour.pdf](https://www.commbank.com.au/content/dam/commbank-assets/banking/school-banking/2019-04/past_school_banking_rewards_slip_colour.pdf)

### Where's my bank book?

If your child has returned home without their bank book, the first place to look is their classroom bank bag. If they have lost their deposit book, the banking team can supply a new book. New deposit books and covers are available at the school office.

<https://www.commbank.com.au/content/dam/commbank-assets/banking/school-banking/2019-01/bts-rewards-card-a4.pdf>

Thursday is our banking day!



29/04/2019

**School Garden Working Bee - Saturday 18<sup>th</sup> May 2019**

Dear Parents / Carers,

A community Working Bee will be taking place on Saturday 18<sup>th</sup> May in our school garden.

We will be weeding, mulching and preparing our produce garden. *Work will begin at 10.00am.* All adults attending must have a current Working with Children Check. [www.kidsguardian.nsw.gov.au/working-with-children/working-with-children-check](http://www.kidsguardian.nsw.gov.au/working-with-children/working-with-children-check)

There is no cost involved for the WWCC for volunteer applicants. No adults are permitted on site without a current WWCC.

Please return the slip below to Mr Burr by Friday 17<sup>th</sup> May.

Many thanks

L Burr

*Organic Diggers Co-ordinator*

**School Garden Working Bee - Saturday 18<sup>th</sup> May 2019**

I / we (names) \_\_\_\_\_ intend on participating in the **Organic Diggers Working Bee** on **Saturday 18<sup>th</sup> May 2019**. My child(ren) \_\_\_\_\_ from class(es) \_\_\_\_\_ are attending. There will be \_\_\_\_\_ children with us.

**Working With Children Check**

☐ I / we are already on the school system.

☐ I / we have a current Working with Children Check(s).

Clearance Number(s): # \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



# Getting **READY** for 2020

This is it – the final chapter of a three-year transition period to the NSW Healthy School Canteen Strategy. With the adherence date rapidly approaching, the New Year is the perfect time to start fresh and make your canteen the healthiest it can be!

Habits established in childhood are often carried into adulthood, which is why it is important to develop healthy habits at a young age. Based on the Australian Guide to Healthy Eating, the NSW Healthy School Canteen Strategy aims to support student health by making the healthy choice, the easy choice.

Replacing the traffic light system of the previous Fresh Tastes @ Schools Strategy, the new Strategy's Food and Drink Criteria is made up of five main elements:

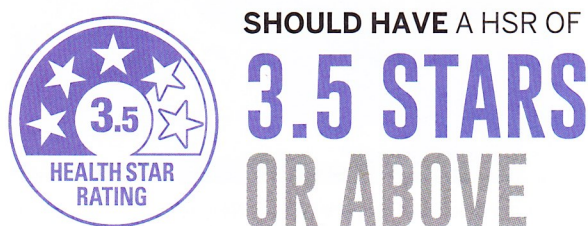
## 1. Menu Balance With Everyday And Occasional Foods and Drinks

A HEALTHY CANTEEN MENU **SHOULD CONTAIN** AT LEAST



## 2. Health Star Rating (HSR)

ALL PACKAGED OCCASIONAL FOODS AND DRINKS SOLD IN A SCHOOL CANTEEN



## 3. Portion Size

RECOMMENDED **PORTION SIZE LIMITS** ARE APPLIED TO ALL



OCCASIONAL FOODS AND DRINKS, AS WELL AS EVERYDAY FLAVOURED MILKS, JUICES AND HOT MEALS.

## 4. Marketing and promotion

ONLY **EVERYDAY** FOOD, DRINKS, MEAL DEALS AND SPECIALS

**MARKETED AND PROMOTED**



IN THE CANTEEN

## 5. Sugar-sweetened beverages

INCLUDING FROZEN ITEMS SHOULD

**NOT TO BE SOLD**

— IN SCHOOL CANTEENS —



THEY HAVE BEEN **BANNED** IN NSW GOVERNMENT SCHOOLS SINCE 2007

All NSW Government Schools will be required to adopt the revised Strategy by the end of 2019 and Independent and Catholic Schools are strongly advised to participate.





# OATLEY WEST PUBLIC SCHOOL CANTEEN MENU 2019

Oatley Park Avenue Oatley NSW 2223 P 02 9580 5048 F 02 9580 6372 E [oatleywest-p.school@det.nsw.edu.au](mailto:oatleywest-p.school@det.nsw.edu.au)

Open Monday-Friday (unless otherwise advised) **Online ordering at [Flexischools.com.au](http://Flexischools.com.au)**

## SNACKS (Over the counter)

<b>Fresh Fruit</b> (apples, seasonal fruit)	50c
<b>Popcorn</b> (handmade, plain & unsalted)	50c
<b>Chocolate Cookie</b> (handmade)	50c
<b>Cheese Sticks</b> (handmade)	\$1.00
<b>Cheesey Garlic Bread</b> (handmade)	\$1.00
<b>Custard Cup</b> (Vanilla/Chocolate)	\$1.00
<b>Red Rock Deli Chips</b> (Sea Salt flavour)	\$1.20
<b>Nutrigrain Snack Bag</b>	20c
<b>Weetbix Bites</b>	(each) 5c

## FROZEN TREATS

<b>Frozen Juice Cup</b> (Apple, Apple & Blackcurrant)	\$1.00
<b>Quelch Frozen Juice Sticks</b> (various flavours)	50c
<b>Moosie</b> (frozen milk treat) (Chocolate, Blue Bubblegum)	\$1.00
<b>Twisted Frozen Yogurt</b> (Mango&Watermelon, Strawberry/Vanilla)	\$2.00
<b>99% Fruit Juice Slushie</b> (various flavours)	half cup \$1.50    full cup \$2.20

## SANDWICHES, ROLLS & WRAPS

<b>Vegemite/Jam/Honey</b>	\$2.00
<b>Cheese</b>	\$2.50
<b>Ham / Chicken Breast / Tuna / Egg</b>	\$3.50
<b>Salad</b>	\$4.00
<i>*Add 50c for Roll or Wrap</i>	<i>*Add 30c for TOASTED</i>
<b>EXTRAS</b>	
Cheese	50c
Tomato/Lettuce/Cucumber/Carrot/Beetroot	50c
Salad / Avocado	\$1.00
Sauce (Mayo/Tomato/BBQ/ Sweet chilli)	30c

### Fresh Rice Paper Rolls (made to order – 2 per serve)

<b>Vegetarian</b> (rice noodle, lettuce, cucumber, carrot)	\$4.00
<b>Add chicken</b>	\$5.00

## SALADS

<b>Garden Salad</b> (lettuce, tomato, cucumber, carrot)	\$6.00
<b>Greek Salad</b> (lettuce, tomato, cucumber, red onion, fetta cheese, olives)	\$6.50
<b>EXTRAS</b>	
Tuna, Egg, Chicken	\$1.00

\* VOLUNTEERS ARE ALWAYS NEEDED AND WELCOME \*

If you have any spare time to offer please come and book in your time today. We would love to see you in the Canteen! Contact Laronne 0438422179 / Anh 0431700288



# OATLEY WEST PUBLIC SCHOOL CANTEN MENU 2019

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Open Monday-Friday (unless otherwise advised) **Online ordering at [Flexischools.com.au](http://Flexischools.com.au)**

## HOT FOOD

<b>Large Meat Pie</b> <i>(from Oatley Pies)</i>	\$5.20
<b>Sausage Roll</b> <i>(from Oatley Pies)</i>	\$4.50
<b>Flame Grilled Chicken Wrap</b> (grilled chicken, lettuce, mayo)	\$5.50
<b>Flame Grilled Chicken Burger</b> (grilled chicken, lettuce, mayo)	\$5.50
<b>Beef Burger</b> (beef pattie, tomato, lettuce, sauce)	\$5.50
<b>Cheeseburger</b> (beef pattie, cheese, sauce)	\$5.50
<b>Chicken Breast Wedges</b> 3 for \$2.50 6 for \$5.00 (crumbed - Steggles brand)	
<b>Chicken Breast Wedge Wrap or Roll</b> (3 crumbed chicken wedges, lettuce, mayo)	\$4.50
<b>Vegetable Spring Rolls</b> 4 for \$2.50 8 for \$5.00 (oven baked - commercial brand)	
<b>Mamee Noodle Cup</b> (chicken, beef)	\$3.00
<b>Macaroni &amp; Cheese Pasta</b> (homemade cheese sauce & macaroni pasta)	\$4.50
<b>Pasta Bolognese</b> (beef & veges cooked in a homemade tomato sauce & pasta)	\$4.50
<b>Chicken Dumplings</b> 6 for \$5.00 (steamed – commercial brand)	

## SUSHI ROLLS (Monday & Friday ONLY)

Avocado roll	\$3.50
Cucumber roll	\$3.50
Tuna roll	\$3.50
Tuna & Avocado or Cucumber roll	\$3.50
Chicken teriyaki & Avocado or Cucumber roll	\$3.50
Prawn tempura roll	\$3.50
Chicken Schnitzel roll	\$3.50

## DRINKS

<b>Water</b> (600ml plain, still)	\$2.00
<b>Nippys Flavoured Milk</b> (250ml) (Strawberry, Chocolate)	\$2.20
<b>Fruit Juice Popper</b> (250ml) (Apple, Apple/Blackcurrant, Orange)	\$2.20
<b>Focus Lite Sports Water</b> (250ml) (Lemonade, Fruit Tingle)	\$2.20
<b>Juice Bomb</b> (250ml sparkling 99% juice) (Apple/Blackcurrant, Apple/Raspberry, Apple cola, Lemonade)	\$2.20
<b>Hot Chocolate</b> <i>(Winter only)</i>	\$1.50

**\*\*\*Lunch orders that include "Drinks and Frozen Treats" will be stamped and should be collected from the canteen\*\*\***

\* VOLUNTEERS ARE ALWAYS NEEDED AND WELCOME \*

If you have any spare time to offer please come and book in your time today. We would love to see you in the Canteen! Contact Laronne 0438422179 / Anh 0431700288