



ST FRANCIS OF ASSISI UPDATE

Term 2

Week 1

28th April 2017

WELCOME BACK

We would like to welcome you all back to Term 2 and hope that you all have had a wonderful holiday. It was lovely to see all the children return refreshed and ready for a new term.

On Saturday 22nd April, a group of St Francis students made their First Holy Communion at Good Shepherd Church. We will include a list of these students in next weeks newsletter. Congratulations.

WINTER UNIFORM

Students should have returned to school in their **full winter uniform**. We do understand if the weather is still warm that the full summer uniform would be more comfortable and may be worn. We expect the students to be in their complete winter uniform by Monday 9th May.

There is a new winter uniform available for purchase for the students who need a new winter uniform. The winter uniform includes:

FOR GIRLS A new checked tunic, yellow blouse, new tie and navy blue tights.

FOR BOYS A new long sleeved shirt with the school logo, a new tie and navy blue pants.

There is a new blue jacket to go with the winter uniform.

Just a reminder to parents that there is a two year change over period and it is **not** necessary to purchase the new uniforms if your old one is still in good condition.

SPORTS DAYS

Each grade will wear their sports uniforms on the following days during Term 2:

Kindy: Wed & Fri

Yr 1: Tues & Fri

Yr 2: Tues & Fri

Yr 3: Wed & Fri

Yr 4: Wed & Fri

Yr 5: Thurs & Fri

Yr 6: Thurs & Fri



CANTEEN UPDATE

A reminder to families that we have a new canteen provider. The new company offers a menu that contains a lot of fresh made foods (no additives or preservatives). See the new menu attached.

The new online ordering system will be up and running on Sunday for Monday's lunch orders. We will be moving away from Munchmonitor and using a new system called flexischools. If you have money on your Munch Monitor account and require a refund please send an email to help@munchmonitors.com and allow up to 30 days for a refund. There are no account transfers available, as these are two separate businesses.



DATES COMING UP

- 02/05 Diocesan Cross Country at Eastern Creek
- 04/05 Year 6 Reconciliation
- 05/05 CBA School Banking Officer to speak at assembly
- 09/05 Yr 3 & 5 NAPLAN - Spelling, Writing and Grammar
- 10/05 Yr 3 & 5 NAPLAN - Reading
- 11/05 Yr 3 & 5 NAPLAN - Numeracy
- 11/05 Year 6 Mass
- 12/05 Mothers' Day Breakfast & Liturgy



2017

SCHOOL CANTEEN ST FRANCIS OF ASSISI

WINTER MENU

SANDWICH BAR

Breads (G) White, Wholemeal or Multigrain

Vegemite, Jam or Honey	\$2.20 G
Curried Egg	\$3.50 G
Egg, lettuce & mayo	\$3.50 G
Ham, cheese & tomato	\$3.70 G
Ham & Cheese	\$3.50 G
Ham & Tomato	\$3.50 G
Ham & Salad	\$4.00 G
Chicken & mayo	\$3.70 G
Chicken, lettuce & mayo	\$4.00 G
Salad	\$3.50 G
<i>(Beetroot, lettuce, carrot, tomato & cucumber)</i>	
Tuna & sweet Chilli	\$3.50 G
Tuna, lettuce & mayo	\$3.50 G
Tuna & Salad	\$4.00 G

SUPER SALAD BOXES – Served with Lebanese bread

Greek	\$5.00 G
<i>Tomato, Cucumber, Spanish onion, Pitted Olives, Greek Feta</i>	
Chicken Caesar Pleazer	\$5.00 G
<i>Grilled Chicken, Cos Lettuce, Egg, Cheese, Croutons</i>	
Chicken Buster	\$5.00 G
<i>Grilled Chicken, Tabouli & Hummus</i>	
Secret Garden	\$5.00 G
<i>Lettuce, Tomato, Carrot, Beetroot, Cucumber, Spanish onion</i>	
Finding Nemo	\$5.00 G
<i>Lettuce, Tomato, Spanish Onion, Tuna</i>	

WRAP BAR

Sweet Chilli Chicken, Salad & Cheese – G

Single	\$2.50	---	Double	\$4.50
Chicken Caesar, croutons, bacon cheese & Caesar dressing - G				
Single	\$2.50	---	Double	\$4.50
Chicken Schnitzel, lettuce & mayo - G				
Single	\$2.50	---	Double	\$4.50
Ham & Salad - G				
Single	\$2.50	---	Double	\$4.50
Cheese & Salad - G				
Single	\$2.00	---	Double	\$4.00

TURKISH BREADS - G

Chicken Schnitzel	\$5.50
<i>Chicken Schnitzel, roast capsicum & cheese</i>	
Roast Chicken	\$5.50
<i>Roast chicken, avocado, sundried tomato & cheese</i>	
Mediterranean	\$5.50
<i>artichokes, roast capsicum, olives & feta cheese</i>	
Vegetarian	\$5.50
<i>Eggplant, roast capsicum, olives, artichokes, tomato</i>	
Rolls & Wraps	Extra \$0.50
Gluten Free Sliced	Extra \$1.00

www.melstastybites.com

MEL'S TASTY BITES
HEALTHY CANTEEN
OPERATORS

BURGERS - G

Grilled Chicken Burger	\$4.50
Chicken Schnitzel Roll	\$4.50
Cheeseburger	\$4.50
Vegetarian Burger	\$4.00
Fish Burger	\$4.00

Hot Noodles & all Ice
creams, Jelly's &
Drinks ordered for
lunch are given out
when the lunch bag is
returned to the
canteen..

HOT BAR

Spaghetti Nachos	Small \$2.70 / Large \$3.70 G
Baked Bean Nachos	Small \$2.70 / Large \$3.70 G
Beef & Bean Nachos	Small \$3.00 / Large \$4.50 G
Gourmet Sausage Roll	\$3.50 A
Garlic Bread Roll	\$2.50 G
Lasagne	\$4.50 G
Chicken Breast Nugget	\$0.80 A
3 x Yummy Drummy's	\$3.60 A
Yummy Drummy Roll	\$4.50 A
Baked wedges w/Sr Crm & Sweet Chilli	\$4.00 A
Baked Fish & Wedges	\$4.50 G
Chicken & Corn Roll	\$2.50 A
5 x Baked Fish Fingers	\$2.50 A

SOUPS - G

Served With a Dinner Roll - \$5.00
Lentil Soup
Chicken & Vegetable Noodle Soup

NOODLES - A

Chicken or Beef \$3.20

HOME MADE PIZZA – G

Margarita	\$4.00
BBQ Chicken	\$4.00
Vegetarian	\$4.00
Cheesy Garlic	\$4.00

WEEKLY SPECIALS

MONDAY

Chicken Fried Rice	\$4.50 G
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THURSDAY

Macaroni Cheese Bake	\$4.20 G
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TUESDAY

Spaghetti Bolognese	\$4.50 G	Chicken Schnitzel, Mash & Gravy	\$5.00 G
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FRIDAY

4 x Chicken Nuggets & Mash Potato	\$4.50 A
Hot Dog w/ Sauce (Tom/bbq)	\$3.70 A
3 x Beef Party Pies	\$3.30 A

HEALTHY FOOD GUIDELINES

G – Green A – Amber

2017

SCHOOL CANTEEN ST FRANCIS OF ASSISI

BREAKFAST

Bacon & Egg Muffins	\$2.50 A
Yoghurt & Muesli	\$2.50 G
Cereal & Milk	\$2.50 G
Toasted Cheese Jaffle ½	\$1.00 G
Fresh Seasonal Fruit Pieces	\$1.00 G

DRINKS

99% Juice Popper	\$2.00 G
Apple, Orange, Apple & Blackcurrant	
Spring Water 350ml	\$1.50 G
Spring Water 600ml	\$2.00 G
Oak Flavoured Milk 300ml	\$2.50 G
Chocolate, Strawberry, Vanilla Malt	
Quench Mineral Water 350ml	\$2.50 G
Apple Raspberry, Lemon Lime, Orange, Lemonade	
Milkshakes	\$3.00 A
Chocolate, Strawberry, Caramel	

FRESH FRUIT & TASTY BITES

Fresh Seasonal Fruit	\$1.00 G
Apple, Orange, Banana	
Watermelon Cup	\$1.50 G
Mixed Fruit Cup	\$2.00 G
Yoghurt & Fruit Bowl	\$1.50 G
Custard Bowl	\$1.50 G
Grapes & Custard Bowl	\$2.00 G
Jelly Bowl	\$1.20 A
Jelly & Custard Bowl	\$2.00 A
Red Rock Deli Chips & Smiths	\$2.00 A
Honey & Soy, Sea Salt, Salt & Vinegar	

BIRTHDAYS - CUPCAKES OR ICE-BLOCK BUCKETS
ENQUIRE WITHIN CANTEEN

LUNCH ORDERS MUST BE IN BY 9.30AM

CRUNCH & SIP



*Available Before 9am **\$2.00**

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



Mel's Tasty Bites

Healthy Canteen Operators & Catering Services

FROZEN TREATS

Frozen Yoghurt	\$1.50 G
Zooper Dooper	\$1.00 A
Bulla Ice-Creams	\$2.00 A
Slushie 99% Juice	\$2.00 A
Juice Cups	\$1.50 G

(Apple, Orange, Apple & Blackcurrant)

HOME-MADE TREATS

Mel's Fruit Low Fat Muffins	Small \$1.50 / Large \$3.00 A
Mel's Banana Bread	Half \$1.50 / Full \$3.00
Warm Banana & Custard Bowl	\$2.50

EXCURSION LUNCH PACK - \$4.50

(Ready at 8am)

- Sandwich (Cheese, Jam or Vegemite)
- Piece of Fruit (Apple, Banana or Pear)
 - Spring Water 350ml

Note: Order 1 Day before

WEEKLY MEAL DEAL

Choice of;

- Sandwich, Piece of Fruit & 350ml Spring Water - \$5.00
- Burger, Piece of Fruit & 350ml Spring Water - \$6.00
 - Lasagna & 600ml Spring Water - \$6.00

TERM 2 OVERVIEW – 2017



week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 APR	24 th STAFF DEVELOPMENT DAY	25 th ANZAC DAY	26 th TERM 2 RESUMES WINTER UNIFORM	27 th	28 th	29 th 30 th
2 MAY	1 st	2 nd Diocesan Cross Country at Eastern Creek	3 rd	4 th Year 6 Reconciliation	5 th CBA – talk to students at assembly	6 th 7 th
3 MAY	8 th	9 th NAPLAN Spelling, Writing & Grammar	10 th NAPLAN Reading	11 th Year 6 Mass NAPLAN Numeracy	12 th Mothers' Day Liturgy and Stall 9.15am	13 th 14 th Mother's Day
4 MAY	15 th	16 th	17 th P & F 7pm Wellbeing	18 th Year 5 Reconciliation	19 th	20 th 21 st
5 MAY	22 nd	23 rd	24 th	25 th Year 5 Mass	26 th	27 th 28 th
6 MAY JUN	29 th	30 th School Photos	31 st	1 st Whole School Mass	2 nd Infants Disco	3 rd 4 th
7 JUN	5 th	6 th	7 th	8 th Stage 2 Reconciliation	9 th A-Thon	10 th 11 th Holy Trinity
8 JUN	12 th QUEEN'S BIRTHDAY	13 th	14 th	15 th St Anthony of Padua	16 th ATHLETICS CARNIVAL	17 th 18 th Corpus Christi
9 JUN	19 th Family Conferences this week	20 th	21 st	22 nd Stage 2 Mass	23 rd Sacred Heart Primary Disco	24 th 25 th
10 JUN JUL	26 th	27 th	28 th	29 th Infants Liturgy of Word (Saints Peter & Paul)	30 th Last day of term 2	1 st 2 nd