

SEA BREEZE



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Thursday, 5th April, 2018

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New School Design

2018 TERRIGAL PRIMARY SCHOOL CALENDAR

TERM 1

MONTH /Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 7	12 Syd Nth Cricket trials - Girls	13 Syd Nth tennis trials – B&G	14 League Trials W/Wallarah CC B&G Soccer Gala Day	15 Selective High School test for 2019	16
MARCH 8	19 P&C AGM 7pm Girls Cricket Game Bus Safety Talks	20 Syd Nth AFL trials Bus Safety Talks	21 Harmony Day Syd Nth Soccer trials - boys	22 Syd Nth Cricket trials - Boys	23 5 Lands Photography workshop
MARCH 9	26 Bus Safety Talks	27 Syd Nth Hockey trials B&G New building info booth 8.30am Scripture Easter Service Bus Safety Talks	28 CC Rugby 7's Classic Shield RL Easter Raffle Draw	29 Easter Hat Parade Syd Nth Swimming	30 GOOD FRIDAY
APRIL 10	2 EASTER MONDAY	3 CC Rugby 7's	4 Zone Netball trials Syd Nth R.League trials 11's 7 opens	5 Canteen – Special Lunch	6 TPS Cross Country Carnival
APRIL 11	9 Rugby trials Combined zones S2 & S3 NRL workshop	10 AFL Paul Kelly Cup Gala Day Aboriginal Leaders Day	11 NSW Swimming Championships S3 Cyber BULLYING Workshop	12 NSW Swimming Championships	13 Last Day of Term ANZAC Service
Term 2 APRIL/MAY 1	29 School Development Day	1 Student return for Term 2	2 AFL Knockout Gala Day	3 Syd Nth Soccer Trials Girls	4 SCHOOL PHOTO DAY Zone Touch Football trials
MAY 2	7 Yr 6 Canberra Excursion	8 Yr 6 Canberra Excursion ICAS Digital Tech test Starstruck Rehearsal	9 Yr 6 Canberra Excursion	10	11 Mother's Day Stall
MAY 3	14 P&C Meeting 7pm S1 Excursion	15 NAPLAN Yrs 3 & 5 ICAS Spelling Test S1 Excursion	16 NAPLAN Yrs 3 & 5 Starstruck Rehearsal S1 Excursion	17 NAPLAN Yrs 3 & 5 S1 Excursion	18
MAY 4	21 Syd Nth Rugby Trials	22 Syd Nth Netball Trials NSW PSSA AFL	23 NSW PSSA AFL	24 NSW PSSA AFL	25 Yrs 5/6 Netball Gala Day Zone X Country

WHAT'S ON WEEK 11 OF TERM 1

Monday 9 th APRIL	Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th
Rugby Trails combined zones S2 & S3 NRL workshop	AFL Paul Kelly Cup Gala Day B&G Aboriginal Leaders Day	S3 Cyber Bullying workshop NSW Swimming Championships	NSW Swimming Championships	ANZAC Day Service Last day for Term 1

PRINCIPAL'S REPORT

School ANZAC Service



Next Friday morning we will hold our ANZAC service at school at 9.30am. Members of the Terrigal/Wamberal RSL will be in attendance.

Parents and families are welcome to attend.

Terrigal ANZAC Service

Our student leaders will represent our school at the Terrigal ANZAC service during the school holidays. The leaders will march to the cenotaph and lay a wreath on behalf of the school community.

All other students are welcome to join the leaders and march in their school uniform. We will meet at 5.15am near the pedestrian crossing in Church St at Terrigal. Students will be collected from near the cenotaph at Terrigal at the conclusion of the service.

School Cross Country (Reminder)



The school cross country will be held this Friday 6th April from 9.30am. (Depending on the weather)

NSW PSSA State Swimming



Our Senior Boys Relay team has made it through to the State PSSA Swimming Championships to be held at SOPAC next week. We wish Kale, Brok, Jett and Will all the best for their swim.

COLES Dockets

Thank you to everyone for collecting and donating Coles dockets to the school and into the box at the supermarket. We are now in the task of counting and submitting our dockets.

If you have any dockets still sitting at home please get them into school as soon as possible so they are included in our tally.

We look forward to receiving our sporting gear in exchange for the dockets.

Cricket Success



The boys' team defeated Bateau Bay PS in a close match on Tuesday. After being sent in to bat, Mitch and Jesse put on a partnership of 50 runs to help the side make 75 off their 25 overs. When it came our turn to bowl, we maintained excellent line and length to restrict the opposition to a total of 65. Blake took 2 for 10 off five overs while Sam took 2 for 9 off his five overs. Well done to all players and a big thankyou to Mr Papeto for scoring. Thanks also to Mr Drennan for coaching.

Cyber Safety Talks

Next Wednesday Stage 3 will be involved in Cyber Safety talks with the Police Liaison Officer.

Classic Shield Rugby League



On Wednesday 28 March, the Terrigal Public School Opens rugby league team competed in the Classic Shield Gala Day at Moree Breen Oval, Kanwal.

Game 1 was a tough first match against Blue Haven Public School, with the boys losing 10-0. After a difficult first half, the boys bounced back with some strong defence in the second half to prevent any more points being conceded.

Game 2 saw a much more convincing score line for Terrigal, winning 16-4 against Wadalba Public School. We were beginning to play as a team, both in attack and defence, which allowed our hard running outside backs to put some points on the board.

Game 3 was our strongest performance of the day, with the boys defeating Warnervale Public School 22-0. This time it was the forwards who led the way, with some strong defence and lots of second phase play up the middle of the field.

Despite some strong wins, the boys narrowly missed out on proceeding to the finals. They should all be extremely proud of their efforts and the sportsmanship shown in all games. Thank you also to the parents for supporting the boys, especially Mr Leef for assisting as a trainer. Thank you to Mr Lowe for coaching the team.

Aboriginal Leaders Day

Our school will be hosting an Aboriginal Student Leadership Day for the Kuriwa AECG on Tuesday 10 April. This day will provide Aboriginal students in Years 4,5 and 6 with skills and knowledge in preparation for joining the Junior AECG in their highschool years.

New Building Update

- The DA is in the final stages of approval from Central Coast Council.
- The three demountables that need to be moved will move over the holidays.
- The Gallipoli Pine and other significant items are being prepared for transplanting or storage for the duration of the build.
- Building Information Booth – Terrigal Public School – Wednesday 11th April 8.30 -9.00am. Outside the school office.
- *New look of school on front cover of newsletter.*

Good Luck Brad Woodward



Mrs Woodward's son Brad is swimming in the Commonwealth Games on the Gold Coast this week. Brad will swim in the backstroke events. We wish him all the best for his swims.

Autumn Holidays (Reminder)

Term one concludes next Friday 13th April. Students will have two weeks holiday and return on Tuesday 1st May. Monday 30th April is a school development day. The office will be open but students do not attend.

Mothers Day Stall and Breakfast (Reminder)



The Mothers Day breakfast will be held on Friday 11th May from 7.30am. More details will be sent home at the beginning of next term.

Michael Burgess
Principal

Money Due

Support Unit

- Book Pack - \$15
- RDA Term 2 - \$ 84

Early Stage 1 (Kindergarten)

- Book Pack - \$ 45

Stage 1 (Years 1 & 2)

- Book Pack - \$ 45



Stage 2 (Years 3 & 4)

- SAKG - \$ 20 (*for the whole year*)
Your are more than welcome to pay \$5 per term
- Book Pack - \$ 45

Stage 3 (Years 5 & 6)

- Book Pack - \$ 45
- Yr 6 Jumper - \$ 42
- Canberra - \$ 340 - **Full Payment due by Monday, 9th April 2018**

Ulrike Myers
Admin Manager



say cheese

School Photo Day is

4 May 2018

Have your child's school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:



- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day
- Family envelopes are available at the school office upon *request*
- Please enclose correct money as no change is given. Cash and money orders only (sorry no credit card accepted)

For any enquiries, please feel free to contact us

e admin.nhvcc@msp.com.au
p +61 2 4966 8292
f +61 2 4966 8293
www.msp.com.au



Canteen Roster

Term 1	Week 11
Mon 9	Sophie
Tues 10	Naomi
Wed 11	Mel P, Rebecca C
Thurs 12	Julieann
Fri 13	Lynley, Tina
SCHOOL HOLIDAYS!!! Enjoy	
Term 2	Week 1
Mon 30	Closed - SDD
Tues 1/5	Kristie R
Wed 2	Jo, <i>Helper needed</i>
Thurs 3	Rebecca W, Pavarne
Fri 4	Lynley, Wendy, Samara S
	Week 2
Mon 7	Fiona
Tues 8	Kerrie
Wed 9	Chun, <i>Helper needed</i>
Thurs 10	Erin
Fri 11	Priya, Samara F, Alison

Did you know...?

The Winter Menu is attached!!!

From Tuesday 1st May (first day back in Term 2), we will be serving our winter menu.

A hard copy will also come home, and it will also be updated on Flexischools during the school holidays so you can order online when school starts back.

We are so looking forward to some cosier options, and some new items to try out! We hope your little ones enjoy the change of menu to suit the season.

The new menu will run from the beginning of Term 2 until the end of Term 3.

Winter Menu

Don't forget our new Winter Menu will start at the beginning of Term 2.

Next week will be the final call for the summer favourites – make sure you get your orders in for Monday milkshakes, Thursday sushi (must be pre-ordered by Wednesday morning), frozen fruit lollipops or Wednesday rice paper rolls.

We're looking forward to ushering back some of our warmer favourites in Term 2, like nachos and pasta specials, and we also have a couple of new hot specials to try out!

The new menu is attached to this newsletter, and a hard copy will be sent out to each family in the next few days. We will also be updating Flexischools over the school holidays, so it will be all ready to go when school returns.

Out of Stock

As we are coming to the end of term, and also the end of the summer menu, some of our items have become out of stock and will not be replenished this term. More items will join these as the days go on, although most items will remain in stock. Items that become out of stock will be advised on our canteen Facebook page **TPS~~Canteen~~**

To stay up to date with these, you can 'like' our page. Updates are posted on this, as well as pictures of some of our specials, and reminders about special days.

Meal Deal Day

Writing this on Wednesday evening, I'm going to think positively and say that we had a great day on Thursday for our Meal Deal Day!!

We had a huge number of orders, with almost half the students in the school getting a Meal Deal lunch order on this one day!

Thank you again for your support of these special days – we really hope the kids enjoyed the day and all their delicious treats!

Volunteers needed

We can always use some more help! If you're available, please let me know. You can contact me in the canteen, from 8am-2pm, or on my mobile **0414 855 629**. Thanks, Lyn



Mother's Day Stall - Friday 11th May
(Term 2 Week 2) (Please see attached note)

The TPS P&C is holding the annual Mother's Day Stall again this year. All money raised goes directly back to programs, equipment and improvements to our school.

Step 1

Please donate a gift (wrapped in cellophane) to classroom teachers by Wednesday 9th May.

Step 2

On Friday 11th May children will visit the Mother's Day stall to purchase a gift. Provide your child with \$2, \$5 or \$10 to buy a suitable gift to bring home.

Please note if your child intends to purchase more than one gift we ask that they donate additional gifts.

Step 3

Volunteers are needed for wrapping, sorting and supporting children at the stall in the mezzanine. If you are able to assist on Thursday 10th or Friday 11th May, during school hours please contact Amber Cameron at markandambercameron@gmail.com

P&C Meeting & AGM
Monday 14th May 2018,
7pm – 9pm in the staff room.
All Welcome.

There are several different ways parents can assist and contribute directly to the P&C.

1. Attend P&C meetings as a non-financial member (no voting rights).
2. Become a financial member (\$1 annually) and make your vote count.
P&C meetings are held every 3rd and 8th Monday during school term.
3. Attend and nominate for a position on the committee. (President, Secretary, Vice President, Treasurer)
4. Volunteer at one of our many events, canteen, uniform shop or take on a project. For further information or questions please contact the P&C Secretary on trisha.payne@me.com

For more information on P&C committee and positions please visit
www.pandc.org.au

The school office also has a folder providing membership forms and detailed information regarding TPS P&C.

UNIFORM SHOP

OPEN EVERY WEDNESDAY (During school terms)
8:30am – 9:15am

Important Dates

Friday 6th April
School Cross Country (Sports Uniform)
Friday 4th April
School Photo Day (Summer Uniform)

WINTER UNIFORM

GIRLS

Black Stockings
Light blue Peter Pan Blouse
Dark Blue Winter Tunic

BOYS

Long Grey Pants
Blue Polo – Terrigal Logo
Grey Socks

The P&C has been very busy fitting out some of our school sports teams.

Cricket Teams -New Shirts and shorts
Netball Team- New Dresses
Swim Team- New Terrigal printed swim caps
Football – School Football socks will be available soon

Remember all uniform options are available on Flexi schools. Order and pay online we will deliver to your child's classroom. www.flexischools.com.au

2nd hand uniforms available from facebook page
[tps-pre-loved uniforms \(for sale or free\)](#)

Contact: Nicole Hilder

CANTEEN

Helpers needed
Mon-Fri (8:30am -9:30am)
All canteen orders can be made via

www.flexischools.com.au

Facebook page

[TPS~~Canteen ~~](#)

Contact: Lyn & Mandy

0403 835 790



The Athlete's Foot
SCHOOL REWARDS PROGRAM

PROUDLY SUPPORTING
YOUR SCHOOL.

**\$5 IS DONATED BACK
TO YOUR SCHOOL**
FROM EVERY PAIR OF SHOES PURCHASED*

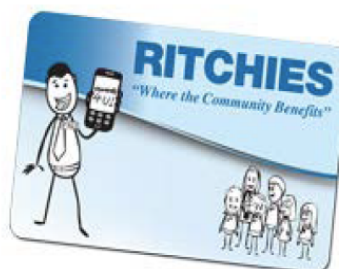
The School Rewards Program is a great fundraising opportunity with \$5 from every pair of shoes purchased being donated back to your school.

This applies to the whole family across our fantastic range of school, sports, work and casual shoes. Ask one of our friendly staff in store for more details!

*See theathletesfoot.com.au/school-rewards for more details.

The Athlete's Foot ERINA (02) 4365 4616

IGA Ritchies – Stores (Erina Heights & Erina)
Sign up for a Community Benefit Card –
Nominate Terrigal Primary School as your
school and we will receive 0.5% of your
purchases in a donation to the P&C.





Education

TERRIGAL PUBLIC SCHOOL

*"Preparing our Children for the future
in a Positive and Caring Environment."*

Havenview Road,
TERRIGAL 2260

Telephone: 02 43844599
Fax: 02 43852470



Mother's Day Stall – Friday 11th May 2018

The Mother's Day stall is an annual fundraiser organised by the P&C for children to buy a gift for Mother's Day. All money raised goes back to help improve our school.

How does it work?

A Mother's Day stall will be held at the school on Friday 11th May 2018. Each class will visit the stall (in the mezzanine) in turn to purchase their gifts. If you want your child to purchase a gift from the stall you need to first donate a gift. If your child is buying one present, you need to donate one present. If you want your child to buy two presents, you need to donate two presents etc.

When do I need to bring the donations in by?

Your child needs to bring in their donated gift, **wrapped in clear cellophane**, to their classroom teacher by no later than **Wednesday 9th May 2018**. Ideas for donations include: chocolates, mugs, key rings, photo frames, keepsakes etc.

How much will a gift cost?

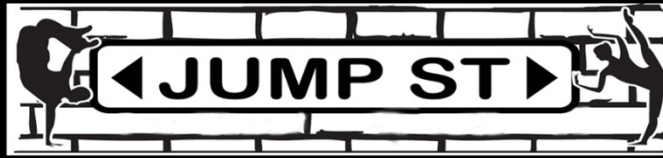
Gifts will be priced at \$2, \$5 & \$10. Please ensure that your child brings their money with them on the day of the stall.

How else can you help?

If you are able to volunteer your time to help with the wrapping and sorting of the donations, or to help at the stall, helpers are needed on both **Thursday 10th May and Friday 11th May (from 8.30am)** in the mezzanine. Please contact Amber Cameron via email at markandambercameron@gmail.com if you can assist either day, even if it is just for an hour or two.

Thank you

Terrigal Public School's P&C



School of Performing Arts

All Styles: Beginners to Adult
Kincumber : Saratoga : Wamberal

0414 682 755

jump_street@live.com.au



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 Westpac Rescue Helicopter Service

High Tea

on the green

PULLMAN MAGENTA SHORES RESORT
27 MAY 2018 | 2PM-4.30PM

High Tea is a wonderful excuse to catch up with the ladies in your life, be it mums, daughters, sisters, aunties, cousins, nieces, friends or work colleagues!

Please join us and help raise vital funds for our local Westpac Rescue Helicopter Service.

Raffles . Lucky prize balloons . Silent auction . Lucky door prizes

\$55 PER LADY

BOOK NOW

Call on **4363 9746** or visit www.rescuehelicopter.com.au/events




Crystal Healing Essentials

Parent & Child Session - School Holidays

Bamboo Buddha - Holgate

Tuesday, 17th April 2018
1.45-3.45pm



Learn about crystals, crystal healing, meditating with crystals & practice mindfulness.

\$110 per parent/child includes all materials

Limited Numbers - Bookings Essential
<https://www.goldenlightdesigns.com/shop>

Enquiries: Jo 0407 189 588

Baba Ghanoush (Eggplant Dip)

Season: Summer/Autumn

Makes: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: eggplants, garlic, lemon, parsley

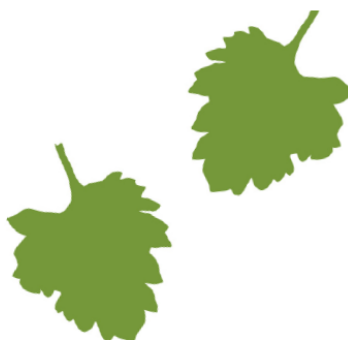
Note: To achieve the distinctive smoky flavour of this dip, grill the eggplant over an open flame. Otherwise, cook on the barbecue or under a griller.

Equipment:

metric measuring jug, cups
and spoons
tea towel
chopping board
cook's knife
juicer
small frying pan
wooden spoon
mortar and pestle
fork
tongs
medium bowl
plastic wrap
colander
paper towels
food processor
spatula
serving bowl

Ingredients:

½ tsp cumin seeds
2 large eggplants
2 cloves garlic, finely chopped
1 small handful of parsley, roughly
chopped
juice of a lemon
1½ tsp salt
¼ cup olive oil
½ cup tahini paste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Roast the cumin seeds in a small frying pan over a low heat until aromatic.
3. Grind the toasted seeds in a mortar and pestle and set aside.
4. Prick the eggplants all over with a fork.
5. Hold each eggplant with a sturdy set of tongs and cook over a gas flame for about 10 minutes or until the skin becomes charred.
6. Place the charred eggplants into the medium bowl, cover tightly with plastic wrap and allow to cool, about 10 minutes. This will help blister the skin, making it easier to peel.

7. Peel the skin off the cooled eggplant and run the flesh briefly under running water to remove any leftover skin. Drain and pat excess moisture from the flesh of the eggplant with paper towels.
8. Put the garlic, chopped parsley, toasted ground cumin, lemon juice and salt into the bowl of a food processor and process the ingredients to a coarse blend.
9. Add the eggplant to the food processor and continue to blend until smooth.
10. Drizzle the oil and the tahini slowly into the mix through the funnel of the food processor. Continue to blend, scraping down occasionally, until the dip is thick and creamy.
11. Check seasoning and place in a bowl to serve.



Onion Bhajis

Total Time

25 mins

Crispy Onion Bhajis make the perfect naturally gluten free and vegan snack or starter. Light, crispy, and completely moreish!

- 2 white onions, sliced
- 3/4 cup / 105 grams rice flour
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1/2 teaspoon ground tumeric
- 1 green chili, deseeded and finely chopped
- 2 tablespoons freshly chopped coriander
- 1 teaspoon lemon juice
- 5-6 tablespoons water
- coconut oil for frying



Instructions

1. Place the flour, baking powder, salt, cumin, tumeric, chili, coriander, and lemon juice in a large bowl and whisk to combine. Add in the water.
2. Once you've got a thick batter, add the onions slices and stir to coat with the batter. I find this step is easiest if you just mix with your hands.
3. Heat a large wok on the stove top on a medium heat and melt enough coconut oil so that you've got about a half inch layer of oil.
4. Carefully drop tablespoons of the batter into the hot oil cooking about 3-4 bhajis at a time. Fry for about a minute on each side and then flip the bhajis to get the other side until golden. Remove each bhaji with a slotted spoon and place on a plate lined with a paper towel to drain the excess oil. Continue until all of you batter in gone.
5. Serve these hot with a cucumber mint raita and enjoy!



Terrigal Public School Hunger Haven Menu

Winter Warmer Menu

Term 2 & 3, 2018

Open Monday to Friday from 8.30am

For information, please contact Lyn at the canteen

Have you seen our Facebook page? Search for TPS~~Canteen~~ and 'like' our page for details of specials, pictures of our menu items and to stay up to date with what's happening in the canteen!

Breakfast - Served 8.30 - 8.55am daily

Cheese & bacon roll - half \$1.00
Anything from the fridge (prices as listed) - including Up & Go, Oak milk, fresh yogurt cups, fruit etc

RECESS - Everyday

Fresh fruit **GF, DF** (apple, banana & seasonal) \$1.00
Fresh Fruit Cup **GF, DF** \$1.00
Rice crackers only with hummus * **GF, DF** \$1.00
Veggie Sticks * **GF, DF** (carrot, cucumber, celery) \$0.70
Rice crackers * **GF** (with cheese & carrot sticks) \$1.20
- Add hummus **GF, DF** (to above 2 options) \$0.30
Vanilla or Fruit Yogurt Cup **GF, LF** \$1.00
Fresh fruit & custard cup * **GF, LF** \$1.00
Custard Cup **GF, LF** \$1.00
Cheese & bacon roll - half \$1.00
Popcorn **GF, DF** \$1.00
Red Rock Sea Salt chips 28g **GF, DF** \$1.40
Small hot cheese roll * \$1.00
Small hot cheese & ham roll * \$1.50

**** Tomato or BBQ sauce squeeze pack** \$0.30**

GF = Gluten free options
LF = Low fat variety of this option
DF = Dairy free options
*** = orders only**

**** Students must collect their own recess orders from the canteen ****

Daily Recess Specials

Monday
Cheese & ham pasta cup \$1.50
Garlic bread (2 slices of long roll) \$0.50

Tuesday
Fairy Bread 1/4 slice (max. 4) \$0.10
Fresh fruit muffins **GF available** \$1.00
Quesadilla wedges (cheese with choice of ham, tomato, salsa, chicken or plain - each wedge is 1/6) \$0.50

Wednesday
Pikelet - plain or fruit \$0.50
Pizza Muffin Melts (half english muffin w/ ham, cheese & tomato or BBQ sauce) \$1.20

Thursday
Cheese & ham pasta cup \$1.50
Garlic bread (2 slices of long roll) \$0.50

Friday
Yummy Drumsticks \$1.20
Pikelet - plain or fruit \$0.50
Fairy Bread 1/4 slice (max. 4) \$0.10

Drinks

Water 350ml \$1.00 600ml \$1.50
Plain low fat milk \$1.00
Oak flavoured milk (light) \$2.00
(chocolate, strawberry, banana)
Up & Go \$2.00
(chocolate, vanilla, banana)
Small juice cup (orange or apple, blackcurrant) \$1.00
Juice poptop \$2.00
(apple, orange, blackcurrant)

Frozen Treats - all available at lunchtime

Frozen orange slice **GF, DF** \$0.10
Frozen grapes - 4 (when available) **GF, DF** \$0.20
Quelch sticks **GF, DF** half \$0.30 whole \$0.60
Icy cups **GF, DF** (blackcurrant, or apple or orange) \$1.00
Moose (banana, blue moon, chocolate or strawb.) \$1.30
Juicies - fruit juice ice block **GF, DF** \$1.30
(Wildberry, Orange, Lemonade or Tropical - all juice)
Vanilla light ice cream dixy cup **GF, LF** \$1.50
Frozen yoghurt - all natural **GF, LF** \$2.00
(strawberry & vanilla, chocolate & vanilla or mango & watermelon)

All profits from the canteen are returned to the P&C to benefit our students.



Please ensure **students name and class** are written on the bottom of the bag, and that recess and lunch orders have separate bags (10c each if canteen supplies these).

Online ordering is available at www.flexischools.com.au - you can register anytime.

All orders must be received by 9am please, and must be paid for on the day.

Serving our school community healthy food is not the only duty of the canteen - teaching children about value for money in a safe environment is also important.

LUNCH - Everyday

Sandwiches / Wraps / Rolls / Toasties

Choose your own adventure!!

** Start with your choice of bread; **

Buttered wholemeal bread, white roll or wrap (please note if you don't want butter)

Gluten Free bread

** then add what you want from the following; **

Toasting / Warming in oven

Vegemite

Cheese **GF**

Ham, tuna or egg **GF** (egg is mixed w/mayo)

Poached chicken breast **GF** (canteen made)

Full salad **GF**

(tomato, carrot, cucumber, lettuce, beetroot)

Any one salad item from above

Pineapple **GF**

Baked Beans (**GF**) or Spaghetti

Sauce - tomato/ BBQ/ mayo/ Sweet chilli

Salad box **GF**

Salad of lettuce, tomato, cucumber, celery, carrot, beetroot, pineapple and cheese

Add egg, tuna, ham or poached chicken

Add GF chicken tender

Class lunch order boxes are picked up by delegated students & taken back to the classroom or to designated eating areas.

Daily Lunch Specials

Monday

Tomato, veg & cheese pasta **GF available** \$3.50

Tomato passata, seasonal veg & cheese. *GF pasta \$1 extra*

Canteen made pizza \$4.00

Choose tomato or BBQ sauce, chicken, ham, pineapple, capsicum

Tuesday

'Toastie Tuesday'

Choose any fillings, on wholemeal bread only (no wraps etc)

Bolognese Pasta **GF available** \$4.00

Canteen made beef mince in tomato based sauce with five veggies and cheese *GF pasta \$1 extra*

Wednesday

Canteen Made Fried Rice **GF** \$3.50

with carrot, celery, peas, corn, ham, egg & gluten free soy sauce

Hot chicken Sub

Our canteen poached chicken, cheese & choice of sauce - tomato, BBQ, mayo, or sweet chilli - hot from the oven

Thursday

Nachos **GF** \$5.00

Canteen made Mexican spiced beef mince with kidney beans, onions & tomato, served with salsa & cheese on a bed of corn chips

Friday

Lasagne

Individual serves of Enrico's lasagne

LUNCH - Everyday

Hot Food

Corn cob **GF, DF**

Hot Garlic roll

Hot Cheese roll

Yummy Drumsticks (each)

Gluten Free Chicken Tenders **GF, DF**

Ham & Pineapple pizza

Sausage Roll (120g)

Meat Pie (200g)

Gluten Free Meat Pie **GF**

**** Tomato or BBQ sauce squeeze pack ** \$0.30**

Burgers

Cheeseburger

Buttered roll with cheese, choice of sauce, and either beef, chicken or veggie pattie

'Stacks on' burger

Buttered roll with full salad, cheese, choice of sauce and either beef, chicken or veggie pattie

Chicken burger

Chicken pattie, lettuce & mayo

*** Make yours a Chargrilled Chicken breast on any burger for \$1.00 extra ***

***** Lunch order drinks and frozen items are not placed in lunch bags. Children must return their stamped lunch bag to the canteen to collect these items *****

Learn to swim!

Skills for life

**25m indoor
heated pool**

ENSURE YOUR CHILD LEARNS TO SWIM



**We conduct classes for
all ages including:**

- Baby aqua classes
- Private tuition
- Learn to swim group classes
- Stroke correction
- Squads – Mini-Junior-Advanced
- Morning surf squad – great for Nipper training
- Adult squads
- Adult learn to swim and stroke correction
- New gym & Be Fit memberships
- Aquaerobics
- Lap swimming (includes spa)
- Hydrotherapy
- Enjoy coffee and cake at the café

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SUPPORTING OUR COMMUNITY



Property Central will donate **\$110**
to Terrigal Primary when you sell
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*Money will be given on settlement when you
sell your home through Property Central.

