



# Wilson Park Public School

## NEWSLETTER

TERM 1 WEEK 5

27 February 2020



Dear Parents,

### P&C Meetings

First Thursday of  
the month

9.30am to 10.30am

Followed by morning tea

**Thursday**

**5 March 2020**

**AGM**

**2 April 2020**

### February Birthdays

**Koda Gaudry**

4<sup>th</sup> February

**Edward Brown**

6<sup>th</sup> February

**Callie Bird**

16<sup>th</sup> February

### ❖ **School Photos**

School Photos have been completed. Sarah, from The School Photographer, works positively with students to give our school a good outcome. Students are looking good!

### ❖ **P&C MEETING & Annual General Meeting AGM**

Our next P&C Meeting is also the Annual General Meeting and is on next **Thursday, 5 March 2020**. Put this date in your calendar. We look forward to you joining us for the meeting and morning tea after our meeting.

### ❖ **Wyrallah Road Public School CANTEEN Menu**

We received the new menu last week so please see the canteen menu attached to this newsletter.

### ❖ **Bunnings Barbecue – Saturday, 7 March 2020**

Thank you for your offers of goods and money to support this fundraising event. See attached to the Newsletter today a note asking for help on the day. The roster is attached. If you are able to help please complete and return to school by Wednesday next week.

### ❖ **Rotary Club of Lismore West Dinner – Thursday, 19 March, 2020**

Every year we cater for a dinner for the members of the Rotary Club of Lismore West.

We now have the date and it is coming quickly! We will need help during the day for preparation and in the evening for serving and cleaning. Please see more information next week.



Helen Rea / Principal



# Wyrallah Road Public School

## Term 1 2020

Our canteen is run as a service to the school by the P&C Association. For your convenience, we operate Monday to Friday. We aim to comply with the New NSW Healthy School Canteen Strategy by providing a variety of affordable and healthy meal, drink and snack items.

### CANTEEN HOURS: 8:30am—2:30pm

Sign up to flexischools at [www.flexischools.com.au](http://www.flexischools.com.au)  
-our preferred way to order your lunch online.

Online and over the counter Recess and Lunch orders  
must be placed by 9.15am

Counter Lunch and Recess orders on separate bags Please!  
Bags available 20 for \$0.60 at canteen



Before School Items are restricted to over the counter sales only and include:

Toast (with spread), Raisin  
Toast, Custard, Yoghurt,  
Water, Milk, Fruit and Juice.

### Healthy Sandwiches, Rolls & Wraps

All SANDWICHES are made on GRAIN or WHITE BREAD

GF Wrap or Bread add	\$1.40
White Bread Rolls add	\$0.40
Chicken	\$3.20
Chicken Lettuce & Mayo	\$3.90
Chicken & Salad	\$4.80
Ham	\$2.50
Ham & Tomato	\$2.90
Ham Cheese & Tomato	\$3.70
Ham & Salad	\$4.10
Cheese	\$2.00
Cheese & Tomato	\$2.40
Cheese & Salad	\$3.60
Egg & Lettuce (Plain or Curried)	\$2.90
Egg & Salad	\$4.10
Tuna	\$3.20
Tuna Lettuce & Mayo	\$3.90
Tuna & Salad	\$4.80
Salmon	\$3.20
Salmon Lettuce & Mayo	\$3.90
Salmon & Salad	\$4.80
Salad Only (Lettuce, Tomato, Carrot, Cucumber)	\$2.80
Tomato	\$1.60
Vegemite, Jam or Honey	\$1.50

#### EXTRAS:

Onion, Pickles, Mayonnaise, Hommus	\$0.30
Lettuce, Beetroot, Carrot, Cucumber, Tomato	\$0.40
Cheese	\$0.80



### Toasted Sandwiches

Cheese	\$2.50
Cheese & Tomato / Ham	\$3.00
Ham & Cheese	\$3.50
Ham Cheese & Tomato / Chicken & Cheese / Tuna & Cheese	\$4.00

### Healthy Salad Tubs

#### (Lunch Only)

Garden Salad	Small	\$3.20	Large	\$4.80
- lettuce, tomato, celery, carrot, cucumber, & beetroot				
Greek Salad				
- lettuce, tomato, cucumber, feta, olives, red onion				
Add				
- chicken / tuna / salmon				\$2.00
- ham				\$1.30
- egg				\$1.00
- cheese				\$0.80
- onion / mayo / pickles / hommus				\$0.30

NB: Please note no changes or substitutions to base salads.

### Healthy Homemade Pasta (Tuesdays Only)

#### (Lunch Only)

Cup of cooked pasta	<b>VEG</b>
- Plain -	\$1
- Parmesan -	\$1.50
- Pesto -	\$2

### Hot Wraps & Subs

#### (Lunch Only)

Chilli Chicken Tender Salad Wrap	Full	\$6.60
	Half	\$3.30
Chilli Chicken Tender Lettuce Mayo Sub		\$4.30
Chicken Nugget Lettuce Mayo Sub		\$4.70
Chicken & Gravy Sub		\$4.00

## **Burgers**

### **(Lunch Only)**

Beef or Vegie Burger	\$5.50
- Tomato Lettuce Beetroot	
(Sauce available Tomato, B.B.Q, Sweet Chilli, Hommus)	

## **Hot Food**

### **(Lunch Only)**

Garlic Bread Roll	\$2.00
Chicken Nuggets	(GF) \$0.60 \$0.60
Chilli Chicken Tender	\$2.00
Pizza – Ham & Pineapple / Cheese & Bacon	\$2.80
Small Pie (100g)	\$3.00
Potato Top Pie	\$4.00
Beef Pie (Cruiser)	\$4.00
Sausage Roll	\$2.90
Lasagna	\$4.00
Mac & Cheese	<b>VEG</b> \$4.00

### **Squeeze Sauce:**

Tomato / BBQ / Sweet & Sour	\$0.30
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## **Recess Snacks**

(Also Available at Lunch)

### **Everyday Snacks**

Fresh Fruit (Seasonal)	\$1.00
Boiled Egg	\$1.00
Veggie Sticks	\$1.00
Vegie Sticks with Hommus	\$1.60
Rice Crackers with Hommus	\$0.70
Toast (with spread)	\$0.60
Raisin Toast	\$0.90
Garlic Toast	\$0.60
Vita Weats / GF Rice Cakes = 2 Biscuits	
- Vegemite	\$0.60
- Tomato	\$0.70
- Cheese	\$0.70
- Tomato & Cheese	\$0.90
Vanilla Custard	\$1.20
Chocolate Custard	\$0.80
Yoghurt ( <i>Strawberry, Vanilla or Banana</i> )	\$0.80
Sultanas	\$0.80
Dried Apple	\$0.10
Banana Chips	\$0.05
Rice Crackers	\$0.05
Bread Sticks	\$0.10
Popcorn (Air popped)	\$0.40

## **Sometimes Snacks**

### **Muffins & Pikelets made daily in canteen**

Muffin ( <i>Chocolate, Banana, Pineapple/Carrot</i> )	\$1.20
Pikelet ( <i>Jam, Honey, Margarine</i> )	\$0.60
Red Rock Chips <i>Sea Salt</i> ,	\$1.30
Grain Waves Chips <i>Sour Cream &amp; Chives</i>	\$1.30

## **Drinks**

### **Everyday**

Water 600ml	\$1.60
Juice Pop Tops 250ml ( <i>Apple, Orange, Apple &amp; Blackcurrant</i> )	\$2.30
Milk 300ml Flavoured ( <i>Chocolate, Strawberry</i> )	\$2.40



## **Thursday Special**

**Check newsletter or specials board in  
canteen**

Please feel free to come and see us if you have any  
questions or you would like to volunteer.

Find our P&C on Facebook or via email  
[wyrallahrdps.pandc@gmail.com](mailto:wyrallahrdps.pandc@gmail.com)

Wyrallah Road Public School proudly stands on  
Bundjalung land.

152 Nielson Street, Lismore 2480  
Ph. 6621 3363

[wyrallahrd-p.school@det.nsw.edu.au](mailto:wyrallahrd-p.school@det.nsw.edu.au)  
[www.wyrallahrd-p.schools.nsw.edu.au](http://www.wyrallahrd-p.schools.nsw.edu.au)

# ***Wilson Park Public School***



## **BUNNINGS BBQ – Fundraiser Roster**

**Saturday 7<sup>th</sup> March 2020.**

If you are able to help out on the day please place your name beside a time slot and return it to school as soon as possible.

We only require people to work for a 1 hour session.

<b>Time</b>	<b>Name</b>
<b>8-9am Setup</b>	
<b>9-10am</b>	
<b>10-11am</b>	
<b>11-12 am</b>	
<b>12-1 pm</b>	
<b>1-2 pm</b>	
<b>2-3 pm</b>	
<b>3-4 pm</b>	
<b>4-5pm Clean Up</b>	

Thank you  
Cathy Armbruster