Thank You to the parents/carers who have volunteered to help in canteen this year.
The canteen relies on the many parent volunteers to carry out the day to day functions of preparing lunches and serving our hungry horde of students and staff. More importantly, it cannot function if those volunteers don’t fulfil their rostered days. Illness of either volunteers or your children, important appointments, family emergencies, etc are expected and understandable reasons for not being able to come in to help in canteen but still please notify either the school office or myself as soon as possible.
Donna Falzon

**Canteen Menu**

**PLEASE NOTE** that margarine or butter are NOT used on sandwiches and rolls and that wholemeal bread is the standard used for sandwiches. If your child would like white bread or margarine please remember to specify that on their lunch order.

Please remember to check your new pricelist when ordering lunches as prices have changed for a number of items.

**NEW! Fried Rice - $2.50**
Like our current pasta lunches, Fried Rice will be now be made in the canteen and available every day for lunch orders.

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**School Canteen**

Some foods in your canteen (eg. pies, chicken nuggets or fried rice) may not look healthy, but may still be able to be sold in your school canteen. However, looks can be deceiving!

Nutrition criteria are used to decide which “sometimes” foods can be sold. These consider the saturated fat, energy (kJ), sodium or fibre content of the food, as well as the serving size.

Some manufacturers have altered existing products to meet these criteria. This has been done by reducing the fat content, changing the type of fat in the product or reducing the serving size (among others).

It is important to note that a company's products sold to school canteens may be different to the products sold in supermarkets.

For more information, ask your school canteen manager or go to www.schoolcanteens.org.au.

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**Shrove Tuesday and Ash Wednesday**

**Tuesday February 12** is Pancake Day. Canteen will be open, at recess only, for the students to buy freshly made pikelets. If any parents are able to help from 11am to 11.30am and assist with serving the students, please let me know.

**Wednesday February 13** is Ash Wednesday – All regular canteen lunch items will be available to order as well as Fish Fingers, $30c ea and Fish Burgers, $3.50 ea for this day only.

**Helpful tips for parents/ carers**

The following websites have some very informative and helpful ideas to help make preparing school lunch boxes easier, more affordable and interesting for the kids.

healthykids.nsw.gov.au
healthy-kids.com.au
freshforkids.com.au
kidspot.com.au

Also, in the hot weather, always remember to pack lots of water and a cold/frozen ice brick in their lunch box.

As the new school year begins it is timely to remind parents that due to food hygiene standards and OH&S concerns, the canteen does not reheat students food brought from home or prepare 2 minute noodles for students.