

COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER



MARCH 2021

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Ms M Doolan, Principal

Ms Karine Williams P&C President

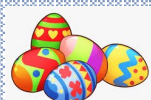
Upcoming Dates:

P&C Meeting and AGM
29-03-21
5.30pm School Library
All Welcome

Athletics Carnival
30-03-21 Half Day
31-03-21 Full Day

Last Day Term 1
01-04-21

Good Friday/Easter
02-04-21



Term 2
Monday 19-04-21
Pupil Free Day

Wednesday 21-04-21
X-Country

Friday 30-04-21
RYDA Year 11 & 12

NAPLAN
10-05-21 to 21-05-21



Excellence
Resilience
Respect

Ms. Mary Doolan Principal's Report

Well, Dorothea Mackellar certainly encapsulated our "brown country" when she wrote of its "droughts and flooding rains". I doubt we had *one* wet weather sport in 2019, and now we have had three in a row! Hopefully the forecast will stay fine for our Athletics Carnival next Tuesday and Wednesday. My thanks to the PDHPE team for their organised stewardship of this event.

Our students continue to benefit from a rich range of extra-curricular activities. Yesterday, Mr Deasey took two teams to the Northern NSW Da Vinci Decathlon at Armidale. Our Year 9 team won the mathematics section and our Year 10 team the code-breaking component. Our congratulations to these students and Mr Deasey on their fantastic success!

A number of Ms Webb's agricultural students did very well at the recent Binnaway Livestock Judging Day and as I write, Mrs Jenner has a number of students participating in a virtual workshop with the amazingly talented Bangarra Dance Company.

On Monday Mrs Eshman facilitated students attending a workshop aimed at encouraging young indigenous women to pursue careers in Stem and last week we had a number of students attend a Safe Food Handling Course at Tafe.

In matters ecological, the Science staff, together with Mr. Wes Leedham from the Warrumbungle EEC, led our Year 9 students on an incursion into our adjacent bushland last week. Additionally, Mr Armstrong arranged a Medieval Music workshop for his Year 8 History class. Next Monday night our Music students will have some time to shine and perform with the incredibly talented and generous Mark Walton whom I know needs no introduction to this community.

Without question these opportunities for our students enrich their education and our community.

On behalf of staff, we wish all of our families and students a safe and happy holiday break and we look forward to working with you in Term 2 which commences for students, in winter uniform, on Tuesday 20th April 2021!

Ms. MARY DOOLAN
PRINCIPAL

Happy Easter





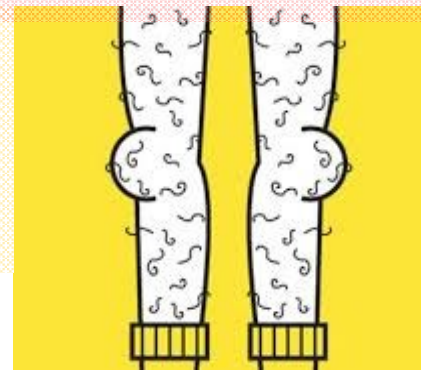
Year 7 BBQ

The Year 7 welcome BBQ provided a great opportunity for parents and teachers of Year 7 and executive members of staff to acquaint themselves with one another, as well as providing a valuable forum for important information to be communicated to parents. Families also enjoyed a BBQ dinner and the opportunity to inspect our impressive facilities. Students enjoyed the opportunity to demonstrate bunsen burners to their parents and test out our flight simulator. A great night was had by all!

Hugh Deasey



Year 12 Leg



Benton Ernest, Lachlan Eshman, Jimmy Whalan and Mr Moffat had their legs partially waxed on 24 February in preparation for the Year 12 muck up photo the next day. For a fee of \$5, other students could buy the opportunity to rip a wax strip off one of the boys' legs. Tashani Clarke played a pivotal role in organising this fundraising event that raised over \$300 for the Year 12 formal.



Above:
Wyatt Ernest about to pull a wax strip off Benton Ernest's leg



Right:
Claudia, Wilmie and Mr Moffat waxing Jimmy's leg



P & C PRESIDENT'S REPORT

Following our meeting in February, the members present agreed that it is important to try to keep the P&C functioning, as it is a very important part of our school community.

These are a few implications of having no P&C at our school:

- If we don't meet a quorum (5 members at each meeting including 2 executive position holders) – key financial decisions cannot be executed by the P&C.
- Any funds in our account will be handed to another local P&C or similar organisation, and may not be available to our school.
- We will have no mechanism for raising funds to support our school, including access to significant Grant Funding.
- The P&C will have to close the canteen – the school may decide to operate a canteen in a different format.

I urge families to consider joining the P&C and especially attending our AGM on Monday 29 March. All positions will be declared vacant and there is an opportunity for new leadership and new ideas for supporting our school.

While our P&C does raise funds for the school, that is not our sole focus – the canteen is a very important part of what we do.

We also have the opportunity to constructively raise concerns and offer ideas about our school.

If you would like to share ideas, but don't like committees, please feel free to talk to us at a meeting or email us at chspnc@gmail.com

Other news:

Planning is currently proceeding for CHS to run a canteen at the NW Equestrian Expo which will run 4 - 8 June 2021. Please save the date as we will be calling for volunteers.

A very special thank you to Sue Hincks for her many years of dedication to our school canteen. Most recently, Sue was the driving force behind our Healthy Canteen status. We wish Sue and her family all the best with their new adventure. Trish Watson will take on the Canteen Supervisor role and we welcome Belinda Meier to the team.

Karine Williams

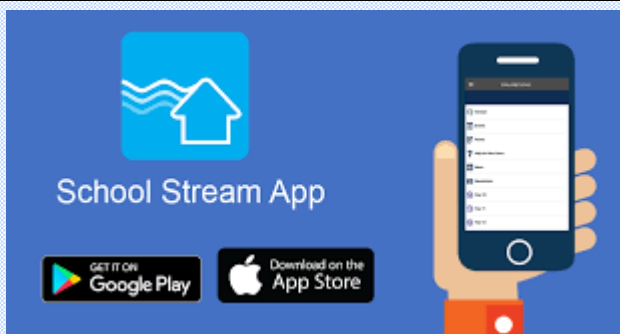


P&C Federation
Committed to Public Education



How to download your free App

1. From your mobile device go to the **App Store (iPhone iPad)** OR **GooglePlay (Android)** search for **School Stream** and download the app to your phone.
2. Make sure you agree to **push notifications**.
3. Once School Stream has finished installing, open the app, type your school name into the search **THEN** select your school.



Coonabarabran High School

P&C Meeting Monday 22 February 2021

Welcome:

Meeting Opened: 17:40

Attendance (as per attendance book)

Present: Skye Lambert, Philip van Schalkwyk, Ansie van Schalkwyk, Gary Eriksson, Duncan Graham, Mary Doolan, Narelle Pfeiffer, Sue Hincks, Trish Watson, Steve turner, Sally Turner, Debbie Mukhar, Semret Goitom, Karine Williams

Apologies: none

Motion: The apologies be accepted.

Moved:		Seconded:		Carried:	
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Previous Minutes:

Motion: The Minutes are a true and accurate record of the previous meeting.

Moved:	Sue Hincks	Seconded:	Semret Goitom	Carried:	
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Business arising from Previous Minutes

None

Guest Speaker / Special Notices

None

Correspondence

In:

Out: Thank you to RAB for Community Partnership

Motion that the Correspondence be accepted.

Moved:	Mary Doolan	Seconded:	Skye Lambert	Carried:	
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Reports

President's Report (optional)

As published in the newsletter.

Treasurer's Report

Financial Summary distributed at meeting.

Inland Rail Grant was acquitted

The Cherry Drive and Blue Sky Cheese fundraisers yielded very little for a huge amount of work and will not be run again.

Motion: The treasurers report be accepted

Moved:	Skye Lambert	Seconded:	Ansie van Schalkwyk	Carried:	
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Canteen Report

Sue is leaving the area and will only work until the end of term 1. Trish Watson will assume the Canteen Supervisor role, and a canteen assistant role will be advertised in the Coonabarabran Times on Thursday 25 February. Initially the role will be casual.

The P&C thanks Sue for her many years of working in our School canteen, and a formal farewell will be arranged for Sue.

EFTPOS is now working well in the canteen and has had a marked impact on earnings.

A request to move a few P&C boxes to a new storage area as they are hindering full use of the Gym.

Motion: The Canteen Report be accepted.

Moved:	Sue Hincks	Seconded:	Skye Lambert	Carried:	
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Principal's Report

A Health Hub building has been approved and will be implemented during 2021.

A new Student Support Officer is now working in a fulltime capacity – introduction at next meeting.

The junior toilet upgrade has been approved on a 50/50 funding basis with school funds and DoE funds. There was some discussion about why it has taken so long and that to complete the work will require many weeks and therefore will not be undertaken during term time. Current maintenance issues were discussed and it was confirmed that there is a maintenance logbook and schedule, and issues are attended to asap, within the limits of one Grounds Assistant shared between CHS and CPS.

There are current staff shortages, and a HSIE teacher has confirmed that he will be leaving at some point during the year.

The new no-phone policy is working well, with far fewer issues than anticipated.

Bonnie Hain is working part time in the school to assist students in years 7-11 who have fallen behind in their learning – the cost is covered by "Covid-learning funds"

The new school plan is being drafted with some sections mandated by the DoE and others elected by the school – principal made a strong case for "Student wellbeing" over "community engagement" – this was supported by the P&C.

P&C asked to consider a working bee to spruce up the school a little – to be held during cooler months.

Coonabarabran High School

P&C Meeting Monday 22 February 2021

Deputy Principal's Report

Report back on a successful swimming carnival in the first week.

Upcoming events:

HSC Parents evening 23 February

School photos on 25 February.

Year 11 all my own work & study skills

NW Swimming 2 March

Elevate study skills years 7-11 on 9&10 March

Parent teacher Interviews 16 March

General Business:

There will be no NAPLAN catch up for students who were in years 7 & 9 in 2020.

Some feedback was given on poor quality of school photos with a request to change providers to Montage. It's too late for this year, but will be investigated for 2022.

Narelle Pfeiffer thanked the P&C for co-funding her role for the last 3 years. The funding model has now changed, however, Narelle will still be available in the school for 21 hours a week. For details on the funding model and nature of the work, please discuss with Narelle or Mary.

Consider reviewing the site "Schools Plus" for some of the P&C fundraising requirements/ donations.

Following a lengthy discussion, the majority of the P&C voted to continue to run the canteen "The Hut" at the North West Equestrian Expo held in May/June each year. The key considerations in making this decision were:

CHS started the Expo

Participation strengthens the School/ Community collaboration

Students helping in any capacity at the EXPO is an important experience

Once the P&C relinquishes the fundraising opportunity, it will never be regained.

The food on offer at the "The Hut" canteen and how it will operate will be discussed by a small subcommittee who will report back at the next meeting.

The future of the P&C was discussed at length with feedback provided by Karine Williams based on calls to the P&C Federation to pose specific questions. Key points relating to dissolving a P&C:

The P&C Constitution provides for any funds to be handed to a "kindred organization" that is another P&C or charity.

That means that the kindred organization will receive ALL funds that the P&C has in its account and CHS will not necessarily have access to those funds. The P&C can distribute the funds before the P&C is dissolved. Any Grant Funding must be discussed with the organization that gave the grant.

If the P&C is dissolved the canteen must be closed, staff made redundant and the school will have discretion on a canteen operated by the school.

To continue to operate, the P&C requires:

- a quorum of 5 at each meeting – 2 executives, 2 paying members, the school principal; the quorum is critical for any financial decisions.

- members of the P&C can include teachers

- it is possible to reduce the number of meetings to one per term and call a special meeting if required.

A motion was passed allowing the Secretary to advertise the P&C AGM in the Coonabarabran Times

Proposed G Eriksson, Seconded Skye Lambert

Date of Next Meeting – INCLUDING AGM
Monday 29 March 2021 @ 5:30 pm (High School Library)

Meeting Closed: 18:50

Coonabarabran High School

P&C Annual General Meeting

Monday 25th March 2019

Welcome: Meeting Opened

Present: As per Attendance Book (passed around).

Apologies:

Motion that the apologies be accepted.

Moved Semret Goitom Seconded Karine Williams

Previous Minutes: Minutes of Monday 26 March 2018 - Any Comments?

Motion that the Minutes are a true and accurate record of the previous meeting.

Moved: Sue Hincks **Seconded:** Semret Goitom

Guest Speakers:

Business arising from Previous Minutes:

Correspondence In:

Auditor Report

Correspondence Out:

Motion: The correspondence be accepted

Moved: Anne Fosdick **Seconded:** Karine Williams?

President's Report

As per Newsletter

Treasurer's Report

Summary of Accounts prepared and presented by Gary Erickson

The Audit report has been done but not signed off by the auditor due to lack of supporting documentation.

Motion that the Treasurer's Report not be accepted, and a further work done to finalise the accounts and a new audit to be done

Moved: Gary Erickson **Seconded:** Anne Fosdick

Canteen Report and Canteen Treasurer's Report

Presented by Anne

Auditor report 2019

Motion: The auditors report be tabled and accepted

Moved: Anne Fosdick **seconded:** Gary Erickson

Motion: P&C recompense Auditor

Moved: Ansie van Schalkwyk **Seconded:** Karine Williams

General AGM Business – Thank you to outgoing committee members.

Request for payment of P&C fee.

Accepting P&C committee members as per canteen meeting earlier today and

Moved: Seconded

All positions declared vacant by Mary Doolan

Thank you to Merrill for being president for the last few years

Selection of:

President Karine Williams

Vice Presidents Steve Turner

Skye Lambert

Secretary Gary Erickson

Treasurer Skye Lambert

Welcome to the new Committee Members

Date of Next Annual General Meeting:

Monday 30th March 2020 (5.30pm - High School Library all welcome).

PLEASE NOTE: THE 2020 AGM DID NOT HAPPEN DUE TO COVID-19 RESTRICTIONS

D2 SUSTAINABILITY GARDEN



D2 students, Miss Rankmore, Mrs Rice and Miss Rice have been working hard on preparing the D2 Sustainability Garden at the front of D2 demountable this term.

They have put in new garden beds, built and created herb beds, planted vegetable seeds, pulled out weeds, built two new garden seats for all to use and created a brush fence to tidy up the area under the demountable.



They have put in a new Autumn crop of brussel sprouts, buk choi, beetroot, leek, parsley, snow peas and chives and can't wait to see them germinate and grow over the next couple of months.

Students will then use their tasty homegrown produce as part of their Design and Technology cooking program in the Support Unit.



They have also added a rain gauge and a thermometer to follow the weather events.

Miss Rankmore



Clean Up Day 2021



On Friday 5th March, Year 7 from Coonabarabran High School spent the afternoon cleaning up sections of the Castlereagh river near the Mary Jane Cain bridge.

Amongst the interesting items which were cleaned from both the river and the banks were a



microwave, a fridge and a shopping trolley. After the hard work they enjoyed a well earned BBQ. It was good to note the positive community feedback both in person and on social media.

Hugh Deasey



Mr Armstrong's Year 8 History class have been studying the Medieval period. On Friday 12 March they were treated to a Medieval Music Incursion - led by former staff members, Mr Paul Armstrong and Miss Di Suthons. It was a wonderfully enriching lesson for all.

Mary Doolan





North West Swimming

On Tuesday 2 March, twenty-one High School students made the trek up to Armidale to attend the North West Regional Swimming Carnival. For a change, the weather in Armidale was fantastic, clearing into a fine and warm day conducive for swimming. Everyone competed to the best of their abilities which was shown by several students recording personal

best times. We wish the following students all the best at NSWCHSSA swimming carnival in Sydney on 28 to 30 April:

Charlie Bonham 3rd 50m Freestyle
Jorian Fleming 3rd 100m Breaststroke

Four relay teams also qualified for the state carnival:

- * U/14 Boys 50M Freestyle Relay team of Cooper McGlashan, Zane Jenner, Makai Davis, Riley Mills
- * U/16 Boys 50M Freestyle Relay team of Jack Rutland-Davy, Harry Andrews, Deakon Meyers, Matson Ayoub
- * 17+ Girls 50M Freestyle Relay team of Amelia Hadfield, Maigan Meyers, Elsie Kearney, Wilmie van Schalkwyk
- * 17+ Boys 50M Freestyle Relay team of Mat Hungerford, Johnno Evans, Nick Wham-Campbell, Charlie Selmes




Monday
29 March
6:30 PM

Music

CONCERT

VENUE:
Coonabarabran
High School

FEATURING
Coonabarabran High School Students

and special guest:
Mark Walton



ENTRY IS FREE



Celebrating IWD 2021

Students at CHS recognised International Women's Day on 8 March. School Captain Claudia Eastburn, supported by a number of female students led our morning assembly with a reflection on the importance of the day.

At recess and lunch, female students from Years 10-12 sold delicious baked goods and raised in excess of \$200 for the United National International Emergency Funds Yemen Crisis appeal.



An important day in our school community which signifies the achievements of all the women in our lives who have shaped and supported us.

Mary Doolan

"Behind every
successful woman
is
Herself"

CHAPPO'S CHAT—AN ATTITUDE OF GRATITUDE

Maintaining an attitude of gratitude can be difficult when living with the ramifications of a global pandemic and more currently mice and possibly floods. There is plenty to be thankful for if we work at it. Protection from Covid19; the beauty and productivity of the land around us; our breathtaking starry skies and national park; a boost in our local economy; a plentiful supply of all we need; living in a caring community and so much more.

We can also be thankful to those who have sacrificially loved and cared for others during a very difficult year- parents & carers teaching their children alongside regular workloads; school staff, health professionals, business owners, farmers and emergency service men & women who have given so much; all those who have had to limit various activities in their lives to help keep others safe. To one another we can say a big **THANK YOU**.

As we see symbols pointing us to the coming of Easter we can be thankful for the goodness of family gatherings, Easter egg hunts, and a few days off work. For those who believe in God, it is a time to reflect and say thank you for the way HIS-story impacts ours. Easter can be a beautiful time of recognising and celebrating that each one of us is worthy of deep and sacrificial love.

During the coming school break, I encourage you to have eyes open to what you can be thankful for. I pray that during this Easter time you will find friendship, forgiveness, love and goodness and opportunities to share these with others. May it also be a time when we can express our love and care to those who are struggling with loss and grief.

Narelle Pfeiffer

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Build friendships



Develop life skills

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight = **4** weeks = Over **1** year missed

1 day per week = **8** weeks = Over **2.5** years missed

education.nsw.gov.au


ATTENDANCE

MATTERS



CAST YOUR VOTE
FOR YOUR CHOICE OF MOVIE
www.facebook.com/youthwarrumbungle
or www.warrumbungle.nsw.gov.au

In Celebration of
The Festival of Place – Summer Fund
and National Youth Week

DRIVE IN MOVIE NIGHT 16-17 APRIL 2021

FREE ENTRY

Friday 16th April, 2021 at the Coolah Showground

Saturday 17th April, 2021 at the Coonabarabran Racecourse

Gates open 6.00pm for 7.30pm start. Sitting area also available, BYO chair/beanbag. Food, drinks and snacks available or BYO picnic.

Contact Mandy Sulter on 02 6849 2000 or 0428 248 687
Email: youth@warrumbungle.nsw.gov.au



**THE FESTIVAL
OF PLACE**



Indigenous Welcome

Night



INDIGENOUS FAMILY & FRIENDS WELCOME BBQ

On Wednesday, 24 February 2021 our school hosted a wonderful welcome evening for Indigenous families and friends in The Gathering Place. The evening allowed families and staff to share a meal in an informal setting and to discuss ideas to support the education of our Indigenous students. Molly Sutherland, one of our year 12 prefects shared an Acknowledgement of Country with our guests. Thank you to all who supported the night – we are very fortunate to have such a beautiful and peaceful space in our school.

Alison Stanton



National Day of Action against Bullying and Violence

The National Day of Action against bullying and violence (NDA) is Australia's key bullying prevention initiative, connecting schools and communities to find workable solutions to bullying and violence. On Friday 19 March, with the help of Ms Rebecca Dowling, the SRC organised activities for the whole school to participate in the National Day of Action against Bullying and Violence. The conversations that were started, discussing bullying, were truly amazing amongst students and staff, and saw a wonderful involvement within our whole school community.

Verena Bukovac

National Day
of Action against
Bullying and Violence

Official NDA school

BULLYING: NO WAY!



EBM

StudentCover



\$29 per
student

Student accident insurance for full
time students.

MUST apply ONLINE only. See link below.

<https://www.ebminsurance.com/Studentcover/web/applicationform.aspx>

Further information available at the front office.



2021

YOUR VOICE



Congratulations to all students from Year 7 to Year 11 who have been chosen by their peers to become part of the Student Representative Council (SRC). It will be a pleasure working with you this year.

Within the SRC the following positions have been filled:

Vance McDonald – President

Alex Freeman – Secretary

Declan Eshman – Wellbeing representative

FOREVER DARE EXPLANATION OF THE SCHOOL CREST



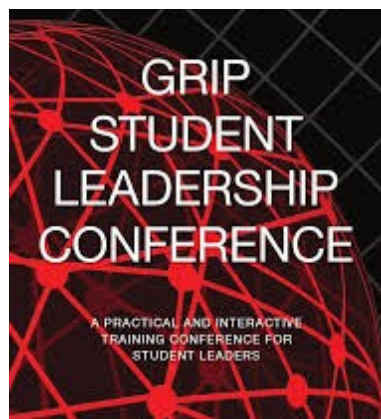
Have you ever wondered what our school crest represents?

The top left-hand quadrant is a sporting trophy and stands for doing our very best on the sporting field. The “stylised” C in the next quadrant represents both courage and Coonabarabran. The stripes in the bottom left-hand quadrant of the crest are royal blue and white, the school colours and these symbolise the pride we should have in our school. The bottom right hand quadrant is a hand holding a lighted torch. This is a common symbol associated with education and knowledge and embodies how education can be a positive force for light and learning and so it encourages students to aim high in their academic studies.

The origin of our school’s distinctive motto “Forever Dare” lies in the words of French revolutionary, Danton. Speaking in 1792, he urges his fellow revolutionaries to “Forever Dare” in the name of building a society on foundations of “Liberty, Equality, Fraternity”. In the 21st century, our motto aims to inspire students to challenge themselves to pursue new and varied opportunities and to aim for the stars whilst doing so!



Celebrating new signage at CHS front entrance.



This term all SRC and the School Captains – James Whalan and Claudia Eastburn went to Dubbo on Thursday 11 March for the GRIP Leadership Conference. They were part of 300 other students from six different schools. It was a pleasure to watch them volunteer, interact with each other and students from other schools and the older SRC students took under their wing the younger members and made sure that they were part of the conversations. In this conference, they learned some new leadership skills and ideas and will share them with our other school leaders and the rest of the school. Thank you to Mr. Cousens for being our bus driver for the day.



Two reflections from students attending GRIP:

“SRC went to a leadership Conference in Dubbo. This program was encouraging and entertaining. I learnt many things – like how to involve more students in school events and listening to other ideas and thoughts that people had. The program also gave me confidence and motivation on ideas for the school, like brightening up the quad area or making the toilets cleaner and prettier.” Annabelle Rogers Yr 8



“The Grip Student Leadership Conference was awesome. I enjoyed it so much because everyone was getting involved and having fun. But I also learnt a lot too. I learnt about ways I could improve my school, how to get the school involved and great leadership ideas. I also enjoyed getting together with other students from different schools and discussing ways to improve our school.

William Wilson Year 7



The SRC are already in the process of organising YOUTH WEEK in Week 1, Term 2 with many activities for the week which will include all students and staff.

SRC meet every TUESDAY, Week A in Room 147.

Verena Bukovac

CANTEEN MENU



Coonabarabran High School WINTER Price List



Breakfast	Cost
Fresh fruit in season	\$1.00
Bacon or Egg Muffin	\$2.00
Bacon & Egg Muffin	\$3.00
Toast (2 pieces) plain or raisin	\$1.00
Hot chocolate	Small \$3.00 Large \$4.00
Muesli & Yoghurt with fruit	\$3.50

Hot Food

Those marked with * available lunch time only—Please Order

*Honey Soy Chicken & fried rice (2 drumsticks)	GF \$5.50
*Fried Rice	\$4.00
*Hamburger	\$5.50
*Chicken Burger	\$5.50
* with salad	\$6.00
*Butter Chicken & rice	GF \$5.00
Pasta with Homemade tomato sauce	\$2.50
*Spaghetti Bolognaise-Homemade	\$4.50
Year 12 burger	\$4.50
* With salad	\$5.00
*McFoz Wrap - chicken chilli tender, lettuce, tomato, cheese, chilli sauce	
1 Tender	\$4.50
2 Tenders	\$5.50
*The Greenie Wrap	
1 Tender	\$5.50
2 Tenders	\$6.50
Meat pie	\$4.50
Sausage roll	\$3.50
Mini Pizza	\$1.50
Chicken chilli tenders (individual)	\$1.50
Soup with bun	\$5.00
Mini Taco Cup	\$1.50

Drinks

Water	\$2.00
Poppers	\$2.00
Sparkling Juice	\$3.00
Small flavoured milk	\$3.00
Large flavoured milk	\$4.00
Ice creams & Ice blocks	Varied prices

Salads (Please Order)

*Salad with Chicken/Salmon/Beef	GF \$5.00
*Chicken Caesar salad	Large \$5.00 Small \$3.50
*Homemade Quiche & Salad	\$6.00
*Homemade Frittata & Salad	GF \$6.00
*Beef Lasagne & Salad	\$6.00

Sandwiches/Rolls/Wraps (Please Order)

Chicken Caesar Wrap	\$4.50
Chicken / Salad Wrap	\$4.50
Tandoori/Salad Wrap	\$4.50
Roast beef and Salad S/wich	\$4.50
Egg & Lettuce S/wich	\$3.50
Chicken & Lettuce S/wich	\$3.50
Ham, Cheese and Tomato S/wich /toasted	\$3.50

Foccacia—chicken, red onion, sweet chilli, cheese \$5.50

OR SUGGEST YOUR OWN

Gourmet Baguettes [Baked Daily] (Please Order)

ALL \$5.00

*Turkey, cranberry, swiss cheese, avocado	
*Roast Beef, chutney, cheese, salad	
*SOA [Sandwich of Awesomeness]	
Chicken, sun dried tomato, fetta, capsicum	
*Chicken, avocado, mustard mayonnaise	
*Chicken Caesar chicken, tomato, bacon, cheese, parmesan & caesar dressing	
All Served with salad greens	
*Chicken Salsa, bacon, salsa, cheese, sour cream—served warm	

Snacks (subject to availability)

Watermelon Tub	\$3.50
Fruit Salad	\$4.00
Red Rock Deli Chips	\$1.50
Grain Waves	\$1.50
Blueberry or Apple Muffin	\$1.50

Requests Taken!

GF = Gluten Free

Please order to guarantee you choice!

CHECK POSTERS AT THE FRONT OF THE
CANTEEN FOR WEEKLY SPECIALS

