



Dear Parents,

This week our new Kindergarten children arrived for their first day at school. Although their first day was rainy they did remarkably well and I know they will continue to grow and thrive as they learn the routine of school and begin to form relationships with their teachers and classmates.

One of the most common responses parents have when their child first starts school is that they are feeling nervous. This is such a natural response especially as parents may be leaving their little child in a strange environment for the first time. I can imagine some of their concerns are around the adults at school identifying their child's needs and they may question their child's ability to articulate them. Situations such as; being able to make friends, knowing where the toilets are and using them successfully, opening up their lunch boxes or using their drink bottle, taking out notes for the teacher, following new routines and generally being able to know what to do, may be upmost on their minds.

The best advice I can share is that the school employs many experienced and well trained staff who are used to managing children. They understand that learning cannot take place if children do not feel safe and confident and having their basic needs met is extremely important. It is also good to remember that staff do not work in isolation and it is usual for there to be more than one teacher or a teacher assistant in the learning space. The children are observed continually and it is not long before the staff begin to understand the children's personalities and expressions and habits; and I haven't started speaking about learning yet.

Our experienced parents know that there is no question too small to ask; the school is here to support parents as well. If you or your child have any concerns here are some tips:

- The school is here to support and work with you for the education and well being of your child
- Listen to your child and stay calm; I find there is always a solution or a answer to most questions
- Feel welcome to make an appointment with your child's classroom teacher to discuss your concerns. An appointment provides both the time and environment conducive to discussion. Teachers are not permitted to discuss lengthy matters when they are meant to supervise children. This is a duty of care matter.
- Remember that your child is relaying what they perceive and that sometimes there are other pieces of information involved.
- If teachers are concerned about any element of your child's progress they will contact you.
- I encourage you to respect your child's progress, they might just need a little extra time.
- Some children take longer to make friends; encourage this process by having 'play dates' with other children in their class.
- Assist children to be as independent as they can. Age appropriate responsibilities leads to successes. This helps to increase confidence and the very important risk taking in their learning.
- The school has access to a number of support services including a school counsellor who is more than happy to assist.
- **If at any time a parent feels dissatisfied with the outcome of a concern the school has a Complaints and Grievances Policy which is available through the school's website.**

Please follow this link <https://education.nsw.gov.au/public-schools/going-to-a-public-school/primary-schools/starting-school> to take you to the NSW Department of Education website where you can read further about transitioning to school. If you scroll down the page you will find some colourful E-Books which you can read to your child about starting school. These picture books are named: [Daisy's First Day at School](#) and [A Special Place](#)

Please continue to keep our newest students and their family in your prayers as they commence this very important educational journey with their little ones.

God bless you and your family  
Bernadette Fabri  
Principal

## 2020 Dates to Remember

### Week 2

Friday 7th February

9.15am Opening School Mass St Patricks Cathedral

### Week 3

Monday 10th February

Triskills Commences

Tuesday 11th February

Triskills continues

Cumberland Zone Swimming Carnival—Mt Druitt Pools

Friday 14th February

Whole School Assembly—Presentation of Semester 1 SRC and Year 6 House Captains badges

### Week 4

Monday 17th February

Triskills Commences

Tuesday 18th February

Triskills continues

Thursday 20th February

Bushfire Fundraiser

Friday 21st February

**STAFF DEVELOPMENT DAY—NO CHILDREN ATTEND SCHOOL**

### Parent Teacher Information Nights

Year 4—Monday 10th Feb 7pm	Year 6—Monday 10th Feb 8pm
Year 1—Tuesday 11th Feb 7pm	Year 3—Tuesday 11th Feb 8pm
Year 2—Wed 12th Feb 7pm	Year 5—Wed 12th Feb 8pm
Kindy—Thursday 13th Feb	

### Opening School Mass

Tomorrow Friday 7th February you are invited to join us as celebrate Eucharist and ask God's blessing for the school's year. Mass will begin at 9:15am and is a wonderful way to welcome back returning students, parents, staff and especially our new Kindy students. **During the Mass the 2020 school leaders will receive their badges and will pledge to work together to share God's love in word and deed.**

### **ISSUE REGARDING CAR PICK UP DRIVE THRU**

Dear Parents and Caregivers,

As a result of community complaints I have been asked by Parramatta Council Traffic Authorities to request all drivers on Car Pick Up not to park in Ross Street until the designated time on the signage. Drivers who are parked in the 'No Parking' zone at 2.30pm will be asked to move on and drive around the block by the rangers. **After explaining our complex situation they have given us permission to start parking and waiting for the drive thru to begin, from 2.50pm.** I explained that our community is extremely cooperative and have been very patient in our 6 year endeavour, with the council, to create a system that is safe and functional for our children. The school will continue to appeal for understanding and support from the council to assist parents.

In the meantime can all parents please follow the traffic rules and guidelines and ensure that at no time do we block driveways or stop traffic unnecessarily.

Thanking you as always for your cooperation.  
Bernadette Fabri

## SRC and House Captain Assembly

There will be an SRC Assembly on Friday the 14th of February at 2pm.

We will be congratulating all of our Semester One SRC students and Year Six House Captains. You are welcome to come and support these students as they receive their badges of leadership.

## SRC - Semester 1, 2020

Class	SRC Names	Class	SRC Names
KA	Boy: Louis Wehbe Girl: Cienna Joachim	3L	Boy: Nicholas Reyes-Mangabat Girl: Olivia Fayad
KM	Boy: George Nassif Girl: Rosalia Daher	3T	Boy: Joseph Norman Girl: Sara Lorenzo
1C	Boy: Maximillian Markovic Girl: Daniella Fayad	4B	Boy: Isaiah Johnston Girl: Jazmyne Drosos
1S	Boy: Oliver Jakopovic Girl: Olivia Pijaca	4G	Boy: Lachlan Moore Girl: Maryam Thomas
2M	Boy: Daniel Jurisic Girl: Sophia Bousimon	5C	Boy: Noah Reyes-Managbat Girl: Fidelle Youssef
2Y	Boy: Anton Bayssari Girl: Mary Gilchrist	5T	Boy: Alexander Markovich Girl: Jo Harb

Kind Regards

Chantal Tuetue  
Religious Education Coordinator

## Sports Days for Term 1

Children will be participating in Gymnastics in Term 1, so will be required to wear their sports on the following days for Term 1:-

KA	Monday & Wednesday	1C	Monday & Thursday	2M	Tuesday & Friday
KM	Tuesday & Friday	1S	Tuesday & Wednesday	2Y	Monday & Thursday
3L	Tuesday & Wednesday	4B	Monday & Thursday	5C	Monday & Wednesday
3T	Monday & Wednesday	4G	Tuesday & Thursday	5T	Tuesday & Thursday
6P	Monday & Friday				
6W	Tuesday & Friday				

## 100% Yearly Attendance



Congratulations to the following boys and girls who were able to achieve 100% attendance in 2019. Whilst sometimes attendance is often out of the control of children as they do get sick and need to stay at home we still feel that this is an enormous achievement and worth recognising.

100% attendance means that the student had no absences or partial absences for the entire year. Looking forward to presenting these students with a special medallion at the first assembly next week.

Congratulations to: Phillip Ayoub, Rafaella Bautista, Melissa Black, Angelina Bounassif, Isabella Bousimon, Sofia Bousimon, Jake Buxton, Sienna Golossian, Esperanza Thompson.

## Primary Choir

Is your child interested in joining the choir? If they are not already in the choir and they are interested they will need to tell Mrs Rodricks when she comes to visit their classroom on Friday 7th February

Choir practice will be held every Wednesday morning at 8.20am sharp. Students will have to bring a plastic folder with their names written on it.

Students in the choir will have the honour of participating in the First Holy Communion Mass, Confirmation, Christmas Carols and any other choir activities that the school organises. Notes will be sent home in plenty of time with a permission slip.

Being part of the school choir is an honour and privilege and we appreciate your support in modelling the importance of this commitment to your child.

Thank you for your continued support and understanding.  
Mrs Rodricks

### ASSEMBLIES and CELEBRATIONS OF LEARNING 2020

In 2020 we will be continuing the model for assemblies and Celebrations of Learning from last year.

In summary each term every grade will have either:

1. a Friday Assembly which will be held at 2.15pm (Weeks 2 - 6)

Or

2. a Celebration of Learning held in the classroom or other learning space.

As already explained days for these Celebrations of Learning will vary and may not be on a Friday so as to cater for parents unable to make Fridays. ( Weeks 7 - 11)

For example if a grade had a Friday Assembly presentation In Term One, they will have a Celebration of Learning the following term and visa versa.

These dates will be available as soon as possible and will be advertised in the newsletter, through the Skoolbag Alert or through individual class correspondence. Accommodations will continue to be made to ensure that children will receive their awards.

On occasion there will still be whole school assemblies and Open Days as per previous years.

## FEEDBACK and COMPLAINTS

St Patrick's Parramatta staff always welcome feedback and ideas from the parent community. If you have any feedback, concerns or complaints please do not hesitate to contact your child's class teacher, Mrs Standring (behaviour) or Miss Fabri through the school office (8832 4600), school email address [stpatsricksparra@parra.catholic.edu.au](mailto:stpatsricksparra@parra.catholic.edu.au), or through Skoolbag App. The school follows the CEDP Complaints Handling Policy.

<https://www.parra.catholic.edu.au/About-Us/Policy-Central>



## Condolences

We wish to extend our deepest sympathy to the families affected by the recent tragedy in Oatlands.  
Please keep these families in your prayers.



### Spotlight

Today we are focusing our Spotlight on....  
Our Year 6 teacher Mrs Fardell

#### **Mrs Fardell**

##### **Least favourite dish?**

There is not much food that I don't like or won't eat as I am a food lover and passionate eater, but I'd have to say I don't like the taste or smell of brussel sprouts and asparagus.

##### **What is your biggest fear?**

My biggest fear is heights. I hope I can overcome this one day as I would love to complete the Harbour Bridge Climb

##### **If you were to have a superpower, what would it be?**

I would like to have the power to become invisible as I think it would be funny to sneak up on people and play tricks on them.

##### **What's your favourite place in the world?**

From the places I have been to I would have to say Hawaii because it was so relaxing and there were so many interesting things to do. Also the Cook Islands as the people there are so humble, friendly and strong in their faith.

##### **What is your favourite movie?**

Anne of Green Gables because my name is Anne and I love her strong personality and determination. I also like when she corrects people who spell her name incorrectly by saying "Anne with an e" because I dislike it when people forget my e too.



**Happy Birthday to all the children who will celebrate their birthday in the coming week** — Jaidyn Shehadie, Chloe Geagea, Mia Wehbe, Alicia Remaili, Fareeda Daher, Angelica Beame, Amelia Coles

### **Understanding School Talk ???**

CEDP

Catholic Education Department

Parramatta

### **SCHOOL WELL-BEING COUNSELLING SERVICE**

The wellbeing of children and young people in Catholic Education Diocese of Parramatta schools is of paramount importance. A sense of well-being and connectedness in schools promotes optimal development of the person and contributes to academic success.

Access to counselling services can be made by contacting your child's classroom teacher or Ms Fabri, who will then put forward a referral. Mrs Ricketts will then contact you for further information.

## Fact Sheet for Parents and Caregivers - Explanation of Absences

CEDP promotes daily school attendance. Going to school every day is the single most important part of your child's education.

If your child is sick or absent you are required to notify their school on the first day of absence if at all possible. **All explanations to the school must be provided within 7 days from the first day of any period of absence.**

Absences can be explained using one of the following methods:

- Online: log the absence directly using *Skool Bag App* (**preferred option completed daily**)
- Email: the school at **[stpatricksparra@parra.catholic.edu.au](mailto:stpatricksparra@parra.catholic.edu.au)**
- Telephone: the school office **8832 4600**
- Note sent with your child

Where an explanation has not been received within the 7 day timeframe or the explanation has not been accepted, the school will record the absence as unexplained or unjustified on the student's record. The school will not be able to accept explanations which are not received within the 7 day timeframe.

Justified reasons for student absences may include:

- being sick or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstances e.g. attending a funeral

### **Why do I need to notify the school if my child is absent?**

Parents of children aged 6 to 17 years are legally required to ensure their children attend school every day or provide an explanation if they are absent. Notifying the school and providing an explanation for your child's absence will fulfil this legal responsibility.


The safety and wellbeing of students are the highest priorities for schools. Parents need to know if their child isn't at school, and schools need to know when and why a child is absent. Notifying the school of your child's absence helps ensure the safety and wellbeing of all children in school.

### **What is your responsibility?**

- Ensure your child attends school every day
- Notify the school immediately if your child is absent
- Provide an explanation for any absences within 7 days
- Make sure the school has your correct contact details so that you can receive attendance information about your child

every learner every day 



 SCHOLASTIC

# Book Club

Dear Parent,

The best gift any parent can give a child is the love of books and the joy and benefits of independent reading for fun. Children who read at home, or are read to, have a head start on reading success in school.

Our School is participating in **Scholastic Book Club** this year. Up to twice a term, during the school year, I will send home a Club catalogue with a different selection of books offered for all ages.

You'll find award-winning books and bestsellers, as well as old and new favourites. I recommend them because the books span a wide range of children's reading levels and interests and because they are inexpensive (some books cost as little as \$2).

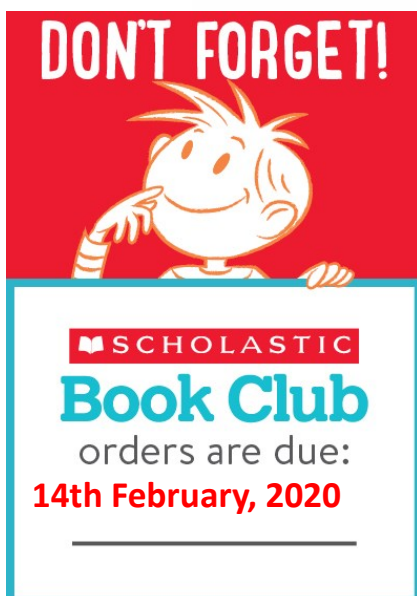
It is easy to order. The **Book Club LOOP** platform for parents allows you to pay by credit card. Your child's order is submitted directly to school safe and sound and the books will be delivered to class. You can place your child's order at [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) or using the **LOOP** app, which can be downloaded from the App Store or Google Play.

Owning your own books is something special! I hope that you will encourage your child to order books this year. Each order helps earn free books and teaching materials for our classroom, however there is never any obligation to order. I know of no better way to encourage reading than to allow children to choose the books they want to read.

Sincerely,

Mrs Jones

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We do not accept any cash and all orders must be placed through the LOOP platform. If you need help ordering books please come into the office and see Mrs Jones

# 2020 School Banking Day is TUESDAYS

Should your child wish to start the school banking program please open a Dollarmite account and bring into the office with your BSB and account no and I will provide the folder and deposit book.

Thank you Mrs Jones

## School Banking newsletter.

Term 1 update.

### CommBank Bushfire Support

In light of the recent devastating bushfires, we want to share how we can help. Applications are now open for Bushfire Recovery Grants to help rebuild community facilities, schools, fire brigades and replace lost or damaged equipment. Please encourage your local community groups to apply by 31 March 2020, for grants of up to \$50,000. If you're a CommBank customer and you've been affected, we can also give you a hand with your finances.  
[commbank.com.au/bushfirerecovery](http://commbank.com.au/bushfirerecovery)

### 2020 Treetop Savers Adventure.

This year, the Dollarmites (Pru, Addy, Spen, Lucas and Pat) are ready to take children on a Treetop Savers adventure to the enchanted Treehouse of Savings. Here they'll discover lots of fun financial activities and rewards for saving.

Many surveyed parents think it's important to make learning about money engaging and to reward good saving behaviour\*. And this year, we're changing our School Banking rewards for the better. We're introducing new eco-friendly and reusable rewards, alongside other rewards that encourage creativity, as well as indoor and outdoor play.

#### Activity 1: Add up Addy's pocket money

Addy gets \$2 pocket money every time she does a job in the Treehouse of Savings. If she does 9 jobs, how much will she have earned?

A: \$\_\_\_\_\_.

#### Activity 2: Find and count how many frogs and butterflies you can see

A: \_\_\_\_\_ Frogs and \_\_\_\_\_ Butterflies.



### Term 1 Treetop Savers rewards

When your child makes 10 deposits with School Banking, they can redeem one of our Treetop Savers rewards. Term 1 rewards are available now, while stocks last.



Terry Denton's  
Activity Book



Mini  
Soccer Ball

Any questions about the School Banking program? Ask your School Banking Co-ordinator for a parent's pack or visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

\*Parents of Australian primary school children, School Banking Research, conducted by Fiftyfive5, May-June 2018.  
Commonwealth Bank of Australia ABN 48 123 123 124

Answer: Activity 1: \$18. Activity 2: 10 frogs and 11 Butterflies





# 5 Easy Steps to Staying Informed

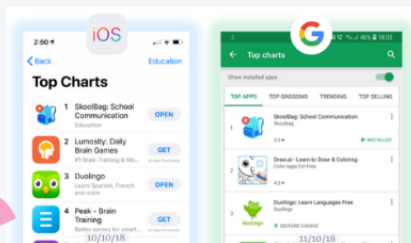


SkoolBag is the easiest way to stay up-to-date with school events, last minute notices, newsletters and all your school's communications.

## 1. Download SkoolBag

Search SkoolBag in the Apple App or Google Play Store, download the FREE app:

SkoolBag: School Communication

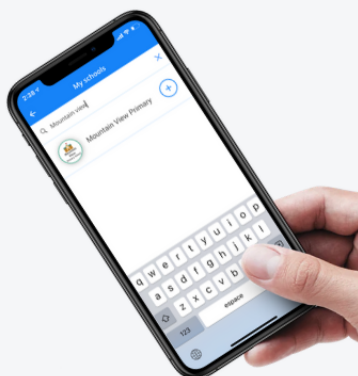


## 2. Create an Account

Follow the prompts to create your account in seconds.

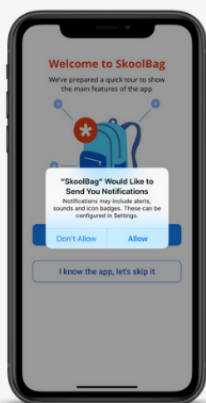
## 3. Add your School

Type your school's name and press enter. Tap the plus icon to add.



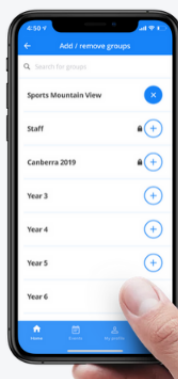
## 4. Allow Notifications

Ensure you Allow SkoolBag to send you push notifications when prompted.



## 5. Subscribe to Groups

Select Year Groups / Sports Teams to appear in your feed.



## Skoolbag App

Please find to the left the instructions on how to download our Skoolbag app.

The Skoolbag app is used for all communication including the weekly newsletter. We do not provide hard copies however there are a small number available in the foyer of the school office.

**Please ensure you subscribe to both your child's year group and all school, so you get the targeted messages from your child's teacher. If you have already subscribed to a year group please update to your new grade.**

You can use the app for change of addresses, sending the school an email or sending an absentee form.

The permission notes for excursions are also completed online.

If you require any assistance in downloading the app or how it works please come into the school office where I can help.

Mrs Jones



## ANAPHYLAXIS & ALLERGIES

Several children at our school suffer from food allergies – **some very severe**. Action plans are currently in place to administer medication to these children if it is required. To assist the staff and to help safeguard the health of these children I ask that you impress upon your own children the dangers of sharing their lunches with other students. In line with this policy we ask that you do not send birthday gift items such as lollies, cakes, easter eggs, etc for your child to give to other students. At times, teachers may give food treats to the children but they always check the suitability of these treats with the parents of allergy sufferers. **St Patrick's follows "nut aware" guidelines, due to the number of children who are allergic to nut products. We ask for your co-operation in not sending nut products (especially Nutella, peanut butter and foods containing sesame seeds).** We will continue to educate the children in the classroom about only eating their own lunches and I will keep you informed of any other protocols we may need to put in place. Thank you for your co operation.

**If you wish to find out more information on Allergies and Anaphylaxis please follow this <https://allergyfacts.org.au/resources/videos-from-aa/children-food-allergy-management-and-risk-of-anaphylaxis>**

## Consent form: Photography, Video, Audio and Works

From time to time children will be photographed for special occasions or during learning.

On your enrolment form consent was sought for the use of photography, video, audio and works.

If you wish to change consent for the use of students' images and/or works, please contact the office.

***If a parent/student changes their consent, it will not be retrospective e.g. already published photos and works will be unable to be taken down/destroyed.***



Our **VISION** is to be a child centred faith community within an innovative, interactive learning environment.



*sub tuum  
praesidium*

Our **MISSION** is to –

Live out the Gospel Values in a visibly Catholic tradition

Nurture students for Christian Leadership

Create a range of learning experiences which allow children to progress at their own level

Assist our students to develop into independent thinkers with a deep sense of responsibility and justice

Lead each individual towards reaching his/her potential

Generate a sense of community and compassion in which all Experience belonging.

***Opportunity for all***

### **MASS TIMETABLE FOR ST PATRICK'S CATHEDRAL PARRAMATTA**

#### **Weekend Masses**

Saturday 8.00am, 6.00pm (Vigil)  
Sunday 8.00am, 9.30am (Family)  
11.00am (Solemn), 6.00pm

#### **Weekday Masses**

Mon to Fri 6.30am, 12.30pm  
Public Hol 8.00am

#### **Pastoral Team**

**Bishop of Parramatta Most Rev.**

**Vincent Long Van Nguyen OFM CONV**

Very Rev Fr Robert Bossini

Fr Christopher Del Rosario Rev Deacon Willy Limjap

Meg Gale ( Sacramental Coord)

Milli Lee (Parish Admin Asst) Mindy Mercado (Youth Co-ord)

Patricia Preca (Parish Secretary) Donna Missio (Receptionist)





## COLD Specials R: \$10.00 (L: +\$2)



Includes fresh seasonal fruits!

WED ONLY

### Seared Salmon Nigiri (GF)

Freshly cut salmon topped with teriyaki sauce and mayonnaise seared to a lightly charred finish. Served (R) 4 pieces and (L) 6 pieces.  
*Hurry - Limited availability!*



THURS ONLY

### Salmon & Avo Roll (GF)

Freshly cut salmon with avocado rolled inside out. Served (R) 6 pieces and (L) 9 pieces.  
*Hurry - Limited availability!*



## HOT Specials R: \$7.00 (L: +\$2)



Includes fresh seasonal fruits!

MON & TUES ONLY

### Gourmet Pastries

Made fresh with goodness specially for the little ones

- Beef or Chicken Vege Pie
- Sausage or Spinach Ricotta Roll

Served (R) 2 pieces (L) 3 pieces.



### Chickee Bites (GF)

Fried fresh chicken marinated in our secret soy and honey sauce with crunchy coating, served with rice.

Add Sauce: Tomato (GF), BBQ or Mayo (GF) (+\$0.50)



THURS & FRI ONLY

**Welcomeasy (.we.)** are a family owned and operated business specialising in healthy (nut free) children's meals. **.we.** are passionate about a healthy lifestyle for children and are committed to working together with you to benefit your school community.

**.we.** acknowledge the important role that nutritious food plays in the growth and development of children and are therefore committed to providing students with a variety of fun & healthy menu options every day. All ingredients are carefully selected for high sources of nutrients whilst limiting saturated fat, sugar and salt intake and ensuring that it's delicious to eat!

## HOW TO ORDER

Order through our website till 10:59PM for delivery next school day #welcomeasylife ☺

Single meal order is available or SAVE up to 30% on your meals by subscribing to a 3-day or 5-day meal, drink and snack plan.

**Note:** (R) denotes Regular meals and (L) are for Large.



# SUMMER Menu



**Welcomeasy**

Healthy communities through meals

🌐 [www.welcomeasy.com.au](http://www.welcomeasy.com.au)

✉ [ask@welcomeasy.com.au](mailto:ask@welcomeasy.com.au)

Find us on **f** @Welcomeasy



## Sandwiches & Salad Meal Pack

- Sandwiches (GF) ..... \$4.00 (+\$1.50)  
Wraps (GF) ..... \$6.00 (+\$1.50)  
Garden Salad (GF) ..... \$5.50  
Includes fresh seasonal fruits!

**Basic Sandwiches** (*Smooth Wholemeal or GF*)

- Vegemite, Ham, Cheese, Jam or Egg Mayo \*NEW\*

### Wraps

(*White, Wholegrain or GF*)

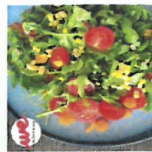
- Ham, Cheese & Tomato
- Chicken, Lettuce & Mayo
- Egg Mayo & Salad \*NEW\*
- Tuna Mayo & Salad
- Cheese & Salad



### Kids Garden Salad (GF)

(*Lettuce, carrot, tomato and corn*)

- Add: Pasta or Cheese (+\$1.00)
- Add: Chicken or Tuna (+\$1.50)



## Sushi Variety Packs

- Mini Rolls 8pcs (GF) ..... \$7.00 (+\$1.50)  
Sushi Wrap (GF) ..... \$5.00 (+\$1.50)  
Includes fresh seasonal fruits!

### Mini Sushi Roll

Healthily balanced sushi pack with teriyaki chicken, tuna mayo, avocado and cucumber rolls (2 of each kind).  
Perfect finger-sized meal. (GF Available)



### Sushi Wrap \*NEW\*

- Tuna & Avocado
- Teri Chicken & Avo
- Schnitzel & Avo
- Avo & Cucumber
- California



## Seasonal Special R: \$7.00 (L: +\$2)

Includes fresh seasonal fruits!

WED ONLY

### Classic Mini Burger

Toasted Soft buns topped with lettuce and choice of sauce. (GF Available)

- Angus beef w Tomato
- Chicken Schnitzel w Mayo
- Vegetable Pattie w Tomato



## HOT Favourites From \$5.50 (L: +\$2)

Includes fresh seasonal fruits!

### Penne Pasta with:

- House-made Bolognese Sauce
- Vegetarian Bolognese
- Meatball Bolognese (Kids fav!)



### Fried Rice (Chicken or Vegetarian)

### Mild Butter Chicken w Rice \*POPULAR\*

### Fried Noodles (Chicken or Vegetarian)



WEBSITE ONLY!

Visit our website for our fortnightly fresh, exciting and fun Chef's specials!



## SUGAR FREE-ZIES! \$2.00

Frozen 100% Natural Icy Poles

A treat for the kids without the GUILT!

\* \$1 if purchased with any meals \*

## Snack Bag

\$4.00



Includes mixed fruit snack!

### Crunchy Vege Mix (GF)

### Welcomeasy Mixed Berry Yoghurt Cup (GF)



### Edamame or Corn Cob (GF)

### Baked Mini Pretzels Or Crunchy Rice Bites

### \*NEW\* Home-made Mango Pudding



### Fresh Muffins - Cocoa or Banana Bread (GF)



### Creation\*Fresh Organic Popcorn (GF)

## Drinks (Served chilled)

### Pure Spring Mini Bottled Water ..... \$1.90

### Milk

Full Cream, Chocolate, Strawberry ..... \$1.90

### Soy Drink

Original, Chocolate ..... \$2.50

### Organic 100% Juice

Apple, Orange, Apple & B'currant, Tropical .... \$2.50

Coconut Water ..... \$2.50



Healthy communities through meals

**SAVE up to 30% with a 3-day or 5-day meal, drink & snack plan subscription**

Please check our website for allergens and dietary details of what's inside all meals.



[www.welcomeasy.com.au](http://www.welcomeasy.com.au)

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