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NEWSLETTER

Issue 18 · 16 Oct 2019

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Principal's Message

Dear Parents/Carers,

'Empowering students for learning and life'

We welcome staff and students back for the final term of the year as we enter the second week of Term 4. I trust all had a restful and enjoyable holiday. Term 4 is a very busy term, finalising assessments and activities for 2019 and preparing for 2020. Planning for 2020 has already begun, finalising subjects in the senior school, identifying staffing needs and ensuring we have everything in place for a smooth start to 2020. We look forward to a very productive term.

2019 School Captains

Six of our Year 11 students nominated for 2020 Year 12 School Captains. The process is three fold, where the students who have nominated for Captaincy in 2020, first must present their speech to a panel of 3 – Ms Lauren Shaw (Student Voice Leader), Mr Anthony Brannan and myself. They did this towards the end of Term 3 and they impressed the panel with their passion, public

speaking skills, pride and vision for our school.

Last week on Thursday they presented to the whole staff an abbreviated version of their speech in the morning during briefing and later that day they presented to their year 11 peers. They all did a fantastic job making the task of voting for your top 4 extremely challenging. The voting has concluded and I would like to congratulate the following students who will be our 2020 School Captains:

- Nyachristmas Kuach
- Jade Minton
- Jarold Tagaloa-leniu
- Daejanae Talo

Year 12

Our Year 12 students are in their final 2 weeks of formal classes. The year 12 VCAL students are finalising their work and ensuring they have met all their outcomes to ensure the successful completion of their Senior VCAL certificate. The year 12 VCE students are in the final stretch of their coursework and getting ready for the end

of year exams. They will have a lot to celebrate in December when they have achieved their personal best, through hard work and determination.

We are very proud of all our Year 12 students and wish them the very best of luck in finishing of their 13th years of formal schooling. We look forward to celebrating the completion of their final year of schooling and wish them all the best in their future endeavours.

Special Events for our School Community

A great deal of work has taken place over the last term by our Student Voice Leader (Ms Lauren Shaw), Our Performance Leader (Ms Claire De Niese), our VCAL and Community Leader (Ms Sue Carroll), our Sports Leader and our Wellbeing Team (Ms Jaime Rees, Ms Mel Pagano, Ms Nicles Bestel and Ms Eve Mills). All of these teams were supported by Mrs Claire Clancy who works tirelessly behind the scenes to ensure the smooth running of these events. Many events for our students have been organised, including but not limited to:

- Casey Tech working with our students in STEM
- Pasifika Program- mentoring and leadership
- Whole School Days – Wear it Purple Day; R U OK day
- 4Cs
- Wakakirri
- Interschool Sport
- City Week
- Casey 360 Bus
- House Competitions
- Working with our Primary Schools – Introducing Science

- Melbourne Football club/AFL clinics
- Supporting the Grade 5/6 visits
- Immersion in Tertiary Life – Monash University and Melbourne University visits

A special mention must be made of the upcoming performances by our students participating in the Performing Arts Academy. They have been working on some dances to perform outside Laporchetta for Cranbourne Home, on Friday 18th of October, at 10:15 am. Our students will be entertaining visitors attending a Centre Tour which is hosted by Cranbourne Homes Centre Management Team. Our students also performed in June, where they not only impressed visitors to the centre, but the CEO of Cranbourne Home saw them perform and commented on how talented our students were!

Leading into the Christmas holiday period, our students will be performing dances and our Choir will be singing hosted again by Cranbourne Home. The dates and time are still to be confirmed.

In addition to this, our students will also be performing for the Lynbrook Village Christmas Market in November. Times are still to be confirmed.

We are very proud of our talented students.

Please take the time to VOTE for our Cranbourne Home Art Competition.

Cranbourne Home have once again joined forces with Lyndhurst Secondary College to bring the

community together through art. Cranbourne Home have identified an opportunity in the centre carpark using the large hanging banners.

Lyndhurst Students submitted a piece of art that reflects 'What community means to them'. All images were scanned in and uploaded to the Cranbourne Home Facebook page on Friday for voting to take place. The top 10 images with the most 'Likes', will be reproduced on the large hanging banners. There are links on our website and Facebook/Instagram pages.

Voting closes on Wednesday 30th October 2019 at 11.59pm.



We are very grateful for the opportunities that Cranbourne Home and the Lynbrook Shopping Village have provided for our talented Performing and Visual Art Students.

Konnie Prades
Principal



Sub School News

Sub School News

Year 12 students are gearing up for exams and completing work to finish certificates. The culmination of 13 years of study and schooling comes to a head and we couldn't be prouder of the efforts of all students and their achievements. Red Frog were out at the college recently engaging in a positive workshop with our Year 12 students surrounding safe practices at schoolies. Celebrate all of your achievements but be safe and always look after each other.

Junior students should be looking at learning tasks on their compass to ensure that they are completing all work and assessments required. Year 8 camp is just around the corner. Keep an eye out for more information from the junior sub school team.

The sub schools were represented extremely well at Regional Athletics with Hope Connell winning her way through to the Sate Athletics Finals in the under 17 shot put. Well done Hope.

Subject selections for Years 9 – 12 are now available and outside the senior study area. Any

concerns can be directed to the relevant sub school teams for assistance.

Any students planning on moving onto a new setting or college in 2020 should also notify the school for the purpose of 2020 numbers.

Hopefully all students are continuing with us at Lyndhurst Secondary College but if anyone is moving on, we wish them nothing but the best for your future endeavours.

Upcoming events:

25th October: Celebration Day Offsite

13th November: Next Newsletter

22nd November: Graduation dinner (tickets can be purchased at the front office)

VYL 2019

In September, 4 students headed off to India with Mr Rogers as part of the Victorian Young Leaders program. We shared their highlights with you on facebook and Instagram. We welcomed them back during the school holidays at the end of September and by all accounts, it was an amazing experience for all those involved.

Thanks to students and Mr Rogers for allowing us to share the journey with you. See the latest newsletter from the DET.



 [VYL India newsletter .pdf](#)

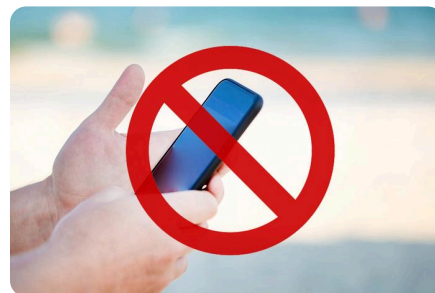
Mobile Phones

As you may be aware, the Victorian government has announced a new mobile phone policy that will require students to switch their phones off and securely store them away during the school day.

The policy is designed to support teaching and learning in an environment that is free from unnecessary distractions, disruptions and student inattention caused by the urge to check

their phones. At recess and lunch times, students will be better-placed to communicate with each other face to face and/or be involved in activities rather than being focused on a device or on social media.

The school is currently working on our own mobile phone policy



that will implement the Government's announcement in a way that reflects the needs of our own community. As such, we will be undertaking consultation with students, staff and families to ensure our approach to implementing this policy meets the needs of our whole community.

Details about consultations and the finalised policy will be made available throughout Term 4. Additional information regarding the policy is available on the Department of Education and Training's website.



Lyndhurst Academy

Academy Term Four

As we enter into our final term this year, Academies are really finding their feet, building momentum and students are loving their time spent on Wednesday afternoons!

Performing Arts Feedback

We asked the students in Performing Arts Academy what they thought about being part of their Academy. We are really pleased with the comments and appreciate this feedback. Here are some comments, unfortunately we couldn't publish all of them today but you can read them in the 2019 College Year Book out in December.

Art Wall Looks Amazing!



Woodshop



PERFORMING ARTS ACADEMY QUESTIONS — YEAR BOOK:

1. Describe the Performing Arts Academy in 5 words.
Everyone can show their talents.
2. What has been the best part about the Performing Arts Academy?
Building friendships and skills through Waikakiri.
3. What are 3 new skills that you have developed from the Performing Arts Academy?
Better flexibility, dance moves, better acting skills.
4. Why is teamwork an important aspect of the Performing Arts Academy?
Because when you perform, it shows that you are all linked and that we have all put our own touch to the show.
5. What has been the most challenging part about the Performing Arts Academy?
Transitioning our facial expressions in every scene. Hannah M

PERFOR — YEAR

1. Describe the Teamwork,
The best part
love to do it
2. What has been the best part about the Performing Arts Academy?
Building friendships and skills through Waikakiri.
3. What are 3 new skills that you have developed from the Performing Arts Academy?
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4. Why is teamwork an important aspect of the Performing Arts Academy?
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Transitioning our facial expressions in every scene. Hannah M

Fashion & Textiles

Meet Berry, a very cute and cuddly koala made by Sarah in her Fashion

& Textiles Academy this week.

In Term Three, students were focusing on sewing, crochet, felting and knitting



techniques and Ms Cresp has really enjoyed everyone's enthusiasm. Thanks also to the help and support of family members for joining us on Academy days to assist.



Wellbeing

Family Support Starting September

Family Support Group

Every Friday Morning at Lyndhurst Secondary College

Do you

- Feel like you are constantly walking on eggshells around your child?
- Feel guilty or inadequate as a parent?
- Feel you have no one to share your concerns with?

headspace can help.

When
Friday mornings 9am to 10.30am.
We will provide morning tea

Where
Enter gate 3 and look for the bright green headspace sign

Contact
Please contact Maria on 1800 367 968 for more details and to book your place

STARTING Friday 6th September

Each week there will be a short topic session which will address issues that most affect families such as managing stress, parenting strategies, local services, self-care etc.

This will be followed by a general discussion and an opportunity for parents and carers to talk about their caring roles.

Girls Connect

GIRL CONNECT

YOUTH SERVICES

Friendships | Fun Activities | Healthy Relationships | Connect
Yummy Food | Celebrating you | Trending topics

Ever want to go somewhere to chill and hang out with other girls your age? Girl Connect provides high school aged girls with the opportunity to connect with other girls in a safe environment facilitated by two young women.

Date: Every Wednesday during school terms
Time: 4.00pm – 5.30pm
Venue: Narre Warren Youth Information Centre, 52 Webb Street, Narre Warren
Who: 12-18 years old

For bookings please contact the Youth Information Centres on 9705 5200

Contact City of Casey Customer Service on
T: 9705 5250

www.casey.vic.gov.au/youth
@caseyyouth
City of Casey Youth Services

NBS: 133 677 (National Relay Service)
TIS: 131 450 (Translating and Interpreter Services)

Volunteers Needed!

VOLUNTEERS NEEDED!

Dear families, we need your help!
Can you spare some time each morning to come and help at our breakfast club? Volunteers needed from 8:00am to 9:00am each day. Even if you can volunteer for just one day, we still want to hear from you. Lets get our students off to the best start of the school day with a free breakfast.

**LYNDHURST
SECONDARY
COLLEGE**

BREAKFAST CLUB

The poster features a blue speech bubble with a cartoon character, a row of five colorful hands, and the school's logo.



Important Information

Important Dates

- Scholarship applications close - Wed October 23
- Last day of classes for Y12 - Thu October 24
- Y12 Celebration Day offsite - Fri October 25
- Melbourne Cup Public Holiday - Tue November 5
- Grade 6 Family Interviews - Tu/We November 12 & 13
- Next Newsletter - Wed November 13

2020 Booklists

We now offer parents/carers/students the option of ordering school resources (booklists) directly via the College website.

www.lyndhurst.vic.edu.au



resources (booklists) are hosted on a secure server so direct access will only be available

through the College website, bypassing the relevant code specific to Lyndhurst Secondary College.

Hard copies of the booklist can be downloaded in the 'Student Life' tab and orders can be placed online via the Campion website but you will be required to input the relevant 4-digit code listed on the hard copy.

Only Online ordering is accepted for 2020 resources.

Congratulations

We are extremely proud to announce that our Principal, Mrs Prades has been named as a finalist in the 2019 Victorian Education Excellence Awards. (September 26th Cranbourne News - best of Cranbourne)



A presentation ceremony will be taking place on October 25th in Melbourne

where Mrs Prades will be joining 35 other finalists from schools across Victoria. Good Luck to all finalists, and Congratulations.

Protect Yourself this Season



 thunderstorm-asthma.pdf

'Like' your Favourite on Facebook

Cranbourne Home have once again joined forces with Lyndhurst Secondary College to bring the community together through art.



Cranbourne Home identified an opportunity in the centre carpark using the large hanging banners. Lyndhurst Students were invited to submit an image that reflects 'What community means to them'. Entries closed last term and have now been uploaded onto Cranbourne Home's facebook page.

The Top 10 images with the most 'Likes', will be reproduced on the large hanging banners.

Please 'Like' your favourite image(s) you would like to see reproduced in centre. Voting closes on Wednesday 30th October 2019 at 11.59pm.

https://www.facebook.com/cranbournehome/?tn-str=k*F

Region Athletic results

Well done to All Lyndhurst students who took part in various sporting activities during last weeks Region Athletics tournament. A special mention and Congratulations to Hope Connell for attaining 1st place in 16-17y Shot Put, she now progresses to finals week!

Tegan Bridle who attained 2nd place in 12-13y Javelin; EJ Samu who attained 3rd place in 18-20y discus and 4th place in Shot Put; Jessica Proudlock came 12th in her 800m race and 8th in her 1500m; Gemma Inns came 5th in her 200m race and Isaac Van Rhyn came 6th in his 1500m race.

You should be very proud of your achievements, these are a great results!.

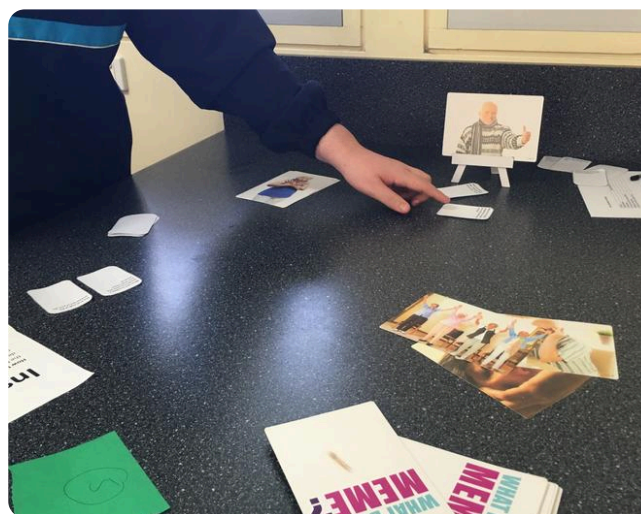




General News

Footy Friday

On the last day of Term 3 we celebrated 'Footy Friday' in support of SRC and VCAL initiatives. It was great to see everyone get involved in dressing up and taking part in the activities. Another successful fundraiser and awareness day shared by our College Community in 2019!



Thank you for your Donations

We would like to thank those families who have donated cars to the Automotive facility this year. This gesture goes a long way in our students learning and development and really does make a difference in giving them real life experiences and opportunities that support their individual achievements.

Science

It was great to see Year 9 students involved in playing self-made games in Science the first week back from the school holidays. The games looked interesting and fun, great work everyone!



Diwali - at LSC

Thanks to students in Hindi this week for letting us look at your work in class. The Lanterns looked great and were made by students to learn about and celebrate Diwali!



Diwali, one of the most prominent festivals celebrated in India, indicates the triumph of light over darkness, of good over evil. This year it will be celebrated on October 27.

The festival of lights is observed on the day of 'Amavasya' or new moon, the 15th day of Kartik, according to the Hindi calendar. Starting at the end of the cropping season, it is often associated with wealth and happiness.

Volunteers Needed!

VOLUNTEERS NEEDED!

Dear families, we need your help! Can you spare some time each morning to come and help at our breakfast club? Volunteers needed from 8:00am to 9:00am each day. Even if you can volunteer for just one day, we still want to hear from you. Lets get our students off to the best start of the school day with a free breakfast.

LYNDHURST SECONDARY COLLEGE

BREAKFAST CLUB

Uniform Sale

Beleza is now single use plastic free! Remember to BYO Shopping Bags!

BELEZA CRANBOURNE
126 High Street
P: (03) 5996 6861

VIP SALE 20% OFF*

Monday 11 Nov - Saturday 16 Nov 2019

TRADING HOURS:
MONDAY - FRIDAY: 10AM - 5PM
(TUESDAY CLOSED)
SATURDAY: 10AM - 1PM
SUNDAY: CLOSED

*VIP SALE CONDITIONS:
Discount applies ONLY to Beleza brand full retail priced items. Shoes & Discounted items excluded. Some other exclusions apply.

Please note that Beleza Cranbourne Retail Store will be closed on Saturday 26th October 2019 during the "Cranbourne GP Run". They will return to normal trading hours as of Monday 28th October.

Scholarships Closing Soon



SCHOLARSHIP
APPLICATIONS
OPEN

.....

DEADLINE
WEDNESDAY 23RD OCTOBER

Download forms from
www.lyndhurst.vic.edu.au/scholarships

The graphic features a dark blue background. At the top, a light blue square contains a white icon of three hands raised together. Below the icon, the text 'SCHOLARSHIP APPLICATIONS OPEN' is written in white, bold, uppercase letters. A horizontal line of seven dots follows. Below the square, the text 'DEADLINE WEDNESDAY 23RD OCTOBER' is written in white, bold, uppercase letters. At the bottom, the text 'Download forms from www.lyndhurst.vic.edu.au/scholarships' is written in white, with the URL in a smaller font.



Careers

Career News edition

Read the latest Career News! There's plenty of useful information from providers and important dates for your diary!

 **Berwick Career News #15 Friday**
11th October 2019.pdf

CAREER NEWS 2019 #15



CareerNews Key Dates & Reminders


Experience Day - 28th November
This one is for Year 10 and 11 students who are passionate about education, health or business.
When: Thurs 28th November
Time: 9.30am - 2pm
Visit: <https://www.monash.edu/openhouse/experience-day>

Science Experience for Year 9 & 10 Students
A 3-4 day program which takes place in laboratories and lecture theatres of a number of institutions across Australia. The cost starts at \$150 and there are still places available in November and January 2020 at RMIT and the University of Melbourne. To read more and apply visit: <https://www.sciencesexperience.com.au/when-where>

2019 Girls in Science - Save the Date!
For female students in years 9, 10, 11 and 12 to attend the 'Girls in Science Forum'.
When: Tuesday 12 November 2019
Time: 9.30am - 3pm
Where: The University of Melbourne
Cost: Free (includes lunch)
You can pre-register here: https://science.unimelb.edu.au/eventdetails/2019_gscs19event-1156

Deakin Accelerate Information Session
'Deakin Accelerate' provides high-achieving Year 12 students with university-level learning opportunities to complete two units of a first-year university subject at the same time as your Year 12 studies.
To learn more, you can choose to attend one of the below information sessions:
Melbourne Burwood Campus - Tuesday 15 October, 6-7.30pm.
Geelong Warrnambool Campus - Thursday 17 October, 6-7.30pm.
Warrnambool Campus - Monday 21 October, 6-7pm.
Online webinar - Tuesday 12 November, 6-7pm.
If you have any questions about Deakin Accelerate, please contact Isabella Rizza on (03) 9244 6929.
To register your spot visit: <https://www.deakin.edu.au/about-deakin/events/accelerate-information-session>

SEAS Applications
SEAS Applications Closes - Today at 5pm.
Scholarship Applications
Closes - Today at 5pm.
Change of Preferences
Preferences can be amended until - 14th December at 4pm for first round December 2019 offer.
Please see table overleaf for full VTAC change of preference dates.





Financial Information

Saver Plus can assist students and families with education costs



Could \$500 help you with high-school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- laptops & tablets
- specialist subjects
- uniforms & shoes
- books & supplies
- sports fees & gear
- camp & excursions

Contact your local Saver Plus Coordinator
 Phone or SMS your name and postcode to 1300 610 355
 Email CaseyCardiniaSP@bsl.org.au
 Online saverplus.org.au
 Find us on Facebook

To join Saver Plus, you must be at least 16 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



*Many Centrelink payments are eligible, please contact your local Coordinator for more information. Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Barry Street, The Returned Services and The Smith Family and with local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.brotherhood.org.au for more information.

School Rewards

The Athlete's Foot

GET FITTED BY THE EXPERTS TODAY

In partnership with



\$5 DONATED BACK TO YOUR SCHOOL

Every time you buy a pair of shoes.

<p>Ascent APEX Junior \$116* Senior \$134* 20% OFF</p>	<p>Clarks DAYTONA Junior \$138* Senior \$139* 20% OFF</p>	<p>HARRISON INDIANA II Junior \$134* Senior \$124* 20% OFF</p>
<p>Clarks INGRID Junior \$129* Senior \$129* 20% OFF</p>	<p>Ascent APEX MAX 3 Junior \$129* Senior \$149* 20% OFF</p>	<p>HARRISON INDY II Junior \$114* Senior \$124* 20% OFF</p>

Clarks & Harrison 20% OFF discount pricing valid from 1/12/2019 - 01/02/2020. School styles only.

School Rewards

Fountain Gate
Shop 10-45A Westfield Shoppingtown
033 9705 6633



General Information

Administration

Office hours 8:00am - 4:00pm

Telephone 5996 0144

Email

lyndhurst.sc@edumail.vic.gov.au

Parents should always make contact with the General Office first when visiting the school or trying to make contact with their children.

Appointments with teachers must be made via telephone or compass.

Absences

Student absences should be reported to the school before 9:00am. Please telephone 5996 0144 on the day of the absence.

A note on the day of return to the General Office is required for absences where no parent contact has been possible.

Text messages are sent to parents and carers notifying of a student absence twice daily (subject to the correct contact information being provided)

If students have appointments during the school day, a note on the day of the appointment is required from a parent or carer confirming the intended date and time of absence from school.

Late arrival to school

In order to minimise disruption to class and maximise learning opportunities for our students, we would like to remind you that students are expected to be at school before the 8:43am warning bell ready to start their first lesson at 8:50am.

We appreciate your support in this. If you have any questions please call the General Office.

Uniform

Year 7 students in 2019 will be wearing the new and improved jacket, polo shirt (short and long sleeved options) and navy shorts/ pants. New PE tracksuit pants are also available by popular demand along with cap, beanie and scarf. The new uniform items are optional for students in Years 8 to 12 in 2019. Please see our uniform

policy on the school website if you have any questions or contact the office.

There is no longer a uniform shop onsite, [Beleza School Uniforms](#) in High Street, Cranbourne is our only supplier.

You may wish to search for second hand uniform items on the [Sustainable schools website](#).

Lyndhurst Secondary College class times

School day - 8.43am - 3:00pm daily
(excluding weekends and all public and school holidays)

The College runs a 4 period day to minimise disruptions during change over.

Period 1 concludes for recess at 10:00am

Period 2 commences at 10:29am

Period 3 commences at 11:39am

Lunch 12:49pm

Period 4 commences at 1:50pm

These times will be adjusted on Mondays and shortened days.

Lost property

Please ensure all school clothes, books and personal property are clearly labelled with the student's name. Many items are not returned to their rightful owners because they are not labelled correctly or clearly.

USBs should include a folder with the student's name and form to assist in returning it to the correct person. If you have lost anything see the general office during recess, lunch or at the end of day.



College Canteen

College Cafe Menu

The College canteen re-opened on Friday 1st

February and is open every school day.

Please see our updated menu for 2019.

The canteen is open from 8am daily; lunch orders can be placed first thing or during recess.

Lyndhurst Secondary College Café Menu				JAN 2019
From The Deli Bar Fridge		\$	From The Salad Bar (Daily Special)	
Seasonal Fresh Fruit (GF)	FROM	1.00	Moroccan Cous Cous Salad (VE)	5.00
Fruit Salad (Made Fresh Daily) (GF) (VE)	FROM	4.00	Quinoa Salad (VE) (GF)	5.00
Yoghurt with Muesli		3.70	Thai Noodle Salad (VE) (GF)	5.00
Croissant (Filled extra 50 cents)		3.70	Chicken Caesar Salad (GF)	6.00
Toast with Choice of Spreads (Vegemite, Nutella, Jam)(VR)		1.00	Greek Salad (V) (GF)	5.00
Dip and Zatar Bread (VE)		2.50	With Chicken, Tuna or Beef (H)	6.00
Frittata (Vegetarian)		4.50	Gourmet Panini	
Sushi Rolls (Californian, Vegetarian, Chicken & Tuna)(GF)		2.80	Ham, cheese and Tomato	4.50
Freshly-Made Sandwiches		\$	Mediterranean Vegetable (V)(VR)	5.50
\$1.00 Extra For Rolls			Tandoori or BBQ Chicken (H)	5.50
(Gluten Free Sandwiches and Wraps upon request)			Chicken Schnitzel (H)	5.50
Cheese & Tomato (V)		3.50	Drinks	
Ham & Cheese		3.50	Apple / Orange (350ml)	3.50
Ham, Cheese & Tomato		4.00	Up and Go	3.20
Salad (Lettuce, Tomato, Carrot, Cucumber, & Light Mayo) (V)(VR)		4.30	Oak- 300ml	2.80
Egg & Lettuce (V)		4.00	Oak- 600ml	3.60
Cheese & Salad (V)		4.50	Ice Break - 500ml	3.60
Roast Chicken & Salad (H)		4.50	Bottled Water (500ml)	2.50
Ham & Salad		4.50	Bottled Water (750ml)	3.80
Gourmet Wraps		5.50	Soft Drink Can (Sugar Free)	2.00
From The Hot Food Bar (\$0.20 Extra For Sauces)		\$	Lightly Sparkling Water (Lime, Berry or Plain)	3.00
Egg and Bacon Muffin (cheese extra 50 cents)		3.20	Soft Drink 600ml Bottle (Sugar Free)	3.70
Brekky Wrap (bacon, egg and hashbrown with BBQ sauce)		4.70	Iced Tea 500ml Bottle (Low Sugar)	3.70
Hash Browns (Oven Baked) (H)(GF)(VE)		1.00	From The Cafe Bar	
Steamed Dim Sim (H)		1.00	Hot Chocolate	3.00
Homemade Sausage Roll		4.00	Cafe Latte (Lite / Full Cream Milk)	3.00
Pies		3.70	Cappuccino (Lite / Full Cream Milk)	3.00
Zinger Pocket or Burger (H)		6.50	Flat White (Lite / Full Cream Milk)	3.00
Chicken/ Beef Burger (H) (with lettuce)	FROM	4.50	Chai Latte	3.50
Oven Baked Wedges (H)(VE)		3.30	Espresso / Short Macchiato	2.50
Sweet Chili Chicken Tender (each) (H)		2.30	Long Macchiato	3.00
Sweet Chili Chicken Tender Wrap (H)		4.50	EXTRAS	
Vegetarian Spring Rolls (H)(VE)		3.00	Soy Milk/ Strong / Extra Shot	0.50
Devil Wings (H)		3.70	Medium Cup	3.50
Homemade Pizza Slice		4.00	Extra Large Cup	4.50
Beef or Vegetarian Nachos (H) (GF) (VR)	FROM	4.50	Ice Cream	\$
Chicken Souvlaki (H)		5.50	Calippo	1.00
Chicken Parma Wrap (H)		5.50	Icy Twist	1.00
Variety of Pasta (Spag, Lasagne, Tortellini, Ravioli)(GF, VR)	FROM	4.50	Paddle Pop	1.70
Variety of Rice (GF, VR), Curry, Noodle Meals	FROM	4.50	Paddle Pop Thick Shake	2.80
Roast Beef Roll (H)		5.50	Frozen Yoghurt Cup	1.70
Homemade Soup of the day (S) (H) (VE)(S)(GF)		4.50	Snacks	
Spinach and Cheese Spanakopita (H)(V)(VR)		5.00	Muffins (chocolate, blueberry, apple & cinnamon etc.)	3.50
Pide (Spinach or Lamb) (H) (VR)		5.50	Cake Slices	2.50
Baked Potato (Vegetarian, Beef (H) or Bacon) (S)(GF)		5.00	Slices	2.00
			Red Rock Deli Chips (GF)	2.50

LUNCH ORDERS

- Place order at cafe with staff prior to 8am
- Pay staff at time of order
- Collect order from Cafe at lunch break

Note:

- Items may not be available due to supplier stock - similar product will be provided.
- Gluten Free and other Dietary needs are required to be pre-ordered

H - Halal
V - Vegetarian
S - Seasonal
GF - Gluten Free
GFR - Gluten Free Upon Request
VE - Vegan
VR - Vegan upon Request