

# Merimbula Public School

Wednesday, May 3<sup>rd</sup> 2017

Dear Parents and Caregivers,

The Stage 3 (Years 5 and 6) Canberra Excursion is finally upon us. There is still some housekeeping that needs to be organised.

## **FOOD ALLERGIES & REQUIREMENTS**

Please advise us if your child/ren have any specific food allergies or requirements, such as: Do they require Halal meals? Are they allergic to certain food? Do they require an EpiPen for certain food?

## **MEALS**

Students are required **to provide their own packed lunch, recess and water for the bus trip on Tuesday. Please do not pack this in their larger bags.** They will not be able to get these from under the bus during the trip. All other meals will be provided.

	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	At home ☺	Scrambled eggs Baked beans Sausages Trio of cereal Toast and spreads	Scrambled eggs Bacon Baked beans Trio of cereal Toast and spreads	Scrambled eggs Baked beans Sausages Trio of cereal Toast and spreads
<b>Lunch</b>	Please provide	Beef, Chicken or Ham Sandwich <i>All lunches will have lettuce and cheese, pieces of grated cucumber and carrot as a filling.</i> <i>All Lunches served with a bottle of water, and piece of fresh fruit, and biscuits, shapes and/or packet of chips.</i>	Beef, Chicken or Ham Sandwich <i>All lunches will have lettuce and cheese, pieces of grated cucumber and carrot as a filling.</i> <i>All Lunches served with a bottle of water, and piece of fresh fruit, and biscuits, shapes and/or packet of chips.</i>	Beef, Chicken or Ham Sandwich <i>All lunches will have lettuce and cheese, pieces of grated cucumber and carrot as a filling.</i> <i>All Lunches served with a bottle of water, and piece of fresh fruit, and biscuits, shapes and/or packet of chips.</i>
<b>Dinner</b>	Beef casserole Macaroni and cheese Steamed vegetables Steamed rice Chocolate cake	Spaghetti Bolognese Chicken stir fry Medley garden Vegetables Pine lime splic and/or Twisted paddle pops	Soy honey chicken wings B.B.Q Sausages Served with Vegetables and roast potatoes Jelly cups	At home ☺

## **PLEASE NOTE:**

**Refreshments will include: Apple and Orange juice and Still water**

**Tomato sauce and butter portions will be provided**

**Soy Milk and Gluten Free bread will be available upon request**

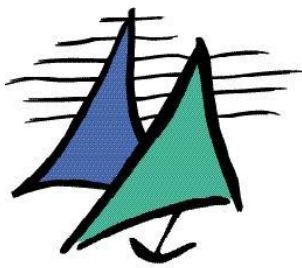


Education &  
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Proud to be part of the  
Sapphire Coast Learning  
Community!



# Merimbula Public School



Thank you for your assistance. If you have any questions or requests, please contact your child's class teacher.

**Please return this note to your class teacher by Wednesday, May 10 2017**

My child \_\_\_\_\_ of class \_\_\_\_\_ has the following food allergy and/or requirement:

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Signed: \_\_\_\_\_ Date: \_\_\_\_\_

