

## ‘Serving the Homeless’

### Service Learning Meal Roster for 3R – Term 1, 2021

Food required	TERM 1 WK 5 26/2/2021	TERM 1 WK 6 12/3/2021	TERM 1 WK 7 12/3/2021	TERM 1 WK 8 19/3/2021	TERM 1 WK 9 26/3/2021	TERM 2 WK 2 30/4/2021	TERM 2 WK 3 7/5/2021
Main Meal	Jeremy Au	Zac Bose	David Green	NO SERVICE YEAR 3 CAMP	Aaron Huo	Saihej Pal	Logan Park
Main Meal	Owen Pike	Ziggy Pisani	James Pritchard		Oliver Radford	Keerut Sharma	Aarav Sidhu
Main Meal	Max Simpson	Bennett So	Nicholas Still		Callum Sweeney	Lachlan Tang	Luke Viviers
Main Meal	Flynn Wijesuren	Ethan Woo	Alvin Yuen		Alan Zhu	Flynn Wijesuren	Ethan Woo
Fruit Parcel/Dessert	Aaron Huo	Saihej Pal	Logan Park		Jeremy Au	Zac Bose	David Green
Fruit Parcel/Dessert	Oliver Radford	Keerut Sharma	Aarav Sidhu		Owen Pike	Ziggy Pisani	James Pritchard
Fruit Parcel/Dessert	Callum Sweeney	Lachlan Tang	Luke Viviers		Max Simpson	Bennett So	Nicholas Still

Dear Parents and Boys,

Week Five (5) heralds our very first rotations of the 3R contributions to the DISH for 2021. Thank you in advance for your generous meal contributions. Please leave the meals at the office in Ewan House for collection by 8:30am.

If you have a busy week for your allocated week and need to swap, please contact one of your classr to arrange a change. It would also be wonderful if you could also take a photograph of yourself cooking meal so that we can add it to our DISH wall display.

Thank you in advance for your support and contributions,

Mrs Tina Ruddock



# The Dish of St John's Wahroonga



3 Stuart Street  
Wahroonga

## Yr 3 Knox Food Service – The Dish

Thank you for providing a nutritious meal for the vulnerable in our community. We greatly appreciate your support.

In these challenging times we are adapting to doing things differently and The Dish is no exception.

When preparing a meal for people attending The Dish, your teacher will allocate to you either;

- 3 x complete meals (meat, vegetables, rice/potato/pasta) – suggestions; baked dinner, beef casserole, Butter Chicken & rice, cannelloni & vegetables.
- 3 x dessert – eg cake/slice/fruit salad

Due to the current Covid requirements we are requesting that meals be provided in Take Away Containers (suggested size 17cm x 11cm x 5cm) clearly labelled with what the meal is, ingredients and date it was made – see photos below, form & labels attached).

This will help us comply with all the COVID regulations.



Thank you again for your continued support with this valuable service to our local community.

Leisa Liddelow  
Operations Coordinator  
The Dish

## *The Dish* of St John's – Knox

Please complete the form below for our records, and affix a smaller label as attached onto your containers.  
Please return the form to the front desk when delivering your meal.

Meal Cooked:	
Cooked by:	
Date:	
Ingredients:	
Is this meal:	<ul style="list-style-type: none"><li>• Vegetarian</li><li>• Gluten Free</li><li>• Suitable to Freeze</li><li>• Contain nuts</li><li>• Other</li></ul>

I understand that safe food handling practices must be used when preparing food for others, including but not limited to;

- wearing gloves when handling food
- keeping chopping boards for raw meat separate to fresh fruit & vegetables
- cooking food to the appropriate temperatures (min 75 degrees)
- cooling food to the appropriate temperatures (refrigerate immediately once steaming has stopped)
- sealing containers appropriately
- refrigerating food (below 4 degrees)
- transporting food safely to school.

Your service to The Dish is appreciated.

Thank you

Please affix one label onto each of your meals provided, thank you.

	<i>The Dish</i> of St John's
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Date:	
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