

ASHFORD CENTRAL SCHOOL NEWSLETTER

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AROUND THE SCHOOL





UPCOMING EVENTS

WED MAR 5

Elevate Education Workshops

WED MAR 5-FRI MAR 7

STUDEC Camp - Green Valley

FRI MAR 7

Science and Engineering Challenge

MON MAR 10

Primary NW Swimming Trials

TUE MAR 11

Secondary NW Swimming Trials

WED MAR 12

NAPLAN starts for years 3, 5 and 7

FRI MAR 14

2025 Zone Rugby 7's Trials

TUE MAR 12 - MON MAR 24

NAPLAN -Year 3, 5 and 9

THU MAR 20

P&C Meeting at the Ashford Bowling Club



02 6725 4101



Ashford Central School



51 Martyn Street, Ashford NSW 2361 ashford-c.school@det.nsw.edu.au



https://ashford-c.schools.nsw.gov.au/



SCHOOL UPDATE

FROM THE PRINCIPAL

Welcome back to Ashford Central School for 2025. I hope that everyone had a safe, happy and enjoyable holiday period.

As parents and family members it may have seemed as if the school holidays went on forever. However, it's now time for our students to pull their sleeves up and get to work. They have hit the ground running with our teachers working hard to deliver curriculum at a suitable level for all of our students.

It has been fabulous to see all of our new Kindergarten students start their educational journey at Ashford Central School and dive into learning with Mr Cowley. I have spent some time in the Kindergarten classroom too and it has been enjoyable to get to know all of them and their personalities.

I would like to welcome a new staff member to our school, Miss Natasha Wynter. Natasha is our new English teacher and will be working with all grades 7 - 12. If you have any questions about your child's progress, please feel free to contact the school and make an appointment. Welcome Natasha, we look forward to working with you.

On Monday 17th February Mrs Alexander, together with Chloe Drysdale and Kaleia Macdonald travelled to Inverell for the U15s Touch Football trials. Our students played very well. Congratulations and well done. Thank you to Mrs Alexander for her ongoing support of sport at ACS.

We also had Mrs Sargeant take a group of students into Macintyre High School for the University Showcase. This was a great opportunity for our students to speak with universities about the options that are available in the future. Mrs Sargeant reported that the students had a great outing and gained some great insights into their future options. Thank you to Mrs Sargeant for her organisation of this excursion.

Last Tuesday we held our annual Swimming Carnival at the Ashford Swimming Pool. It was a beautiful day with the weather being kind and not getting too hot. Our students did a great job and participated in a lot of events. Congratulations to all of our race winners and age champions, you all competed with a great attitude. It made me extremely proud to see how our older students supported our younger students to participate in races in the big pool. This support is why I love working at Ashford Central School, it is the supportive environment that fosters friendship and sharing the learning journey with other community members.







SCHOOL UPDATE

On Wednesday afternoon last week, our Ashford Central School P and C held their first meeting of the year at the Ashford Bowling Club. They would love some new members to help out with the organisation of events and have input towards supporting our great school. If you can give some time to help out it would be much appreciated.

Last Thursday I had the absolute pleasure of being the emcee for the STUDEC Induction Assembly. It was great to induct all of our elected members for 2025. We had a number of parents and family members who were able to attend and stay back for morning tea afterwards. Being elected as a representative of your school is such an honour and we look forward to seeing the input from them this year. Their formal duties will begin next week when they attend the Leadership camp at Green Valley Farm. They will hold discussions about leadership as well as plan out all of their events for 2025. Well done to all of these students and thank you to the parents and family members who were able to attend the assembly.

Last Friday four of our primary students qualified for, and competed at, the Inverell Zone Swimming Trials at Warialda Swimming Pool. All of the swimmers were able to gain personal best times in their events with two of our swimmers qualifying for the regional trials. Congratulations to Kytiana Irving and Letti Irving on reaching the regional trials, we are extremely proud of you.

Last weekend the Ashford Show Society held the Ashford Show. We had a number of our students who were stewards in the pavilion and they all did a remarkable job. They took entries, sorted them into categories, worked with judges and placed ribbons and certificates onto the winners and place getters. I was so proud to have a number of community members seek me out to tell me what an amazing job they all did. Well done to each and everyone of them. Their sense of community and giving back is inspirational and I also hope that it can become contagious.

Our Yrs 3 - 6 students participated in cyber safety sessions this week. These were to help students to navigate the risks associated with playing games online and ensuring that they navigate the internet safely. Thank you to Mr Simpson for his organisation.

As always, if you would like to arrange a time to meet with your child's teacher, please feel free to contact the front office to make a suitable time to meet with them. We always value your input into your child's learning and share the same goal of seeing them succeed.

Mr Wrobel









P&C MEETING

Our fist P&C Meeting for the year took place on Wednesday, 19th February. We had a busy meeting with lots to talk about, including:

- The P & C will continue to support students by subsidising Years 6, 10, 11 and 12 jumpers and shirts.
- The P & C will be supporting the Ashford Easter Reunion by hosting morning and afternoon tea in the hall on Easter Saturday. CAKES, SLICE AND BISCUIT DONATIONS APPRECIATED!
- Show entries by ACS students will once again be paid for by the P & C.
- New representative uniforms for sport, new saddle cloths for horse sports and new ties all on the way, will be provided by the P & C, watch this space!
- New rowing machine for the school gym will be purchased by the P & C
- Year six shirts can be worn on Fridays. Year ten and NAIDOC shirts can be worn any day, but never for excursions unless otherwise stipulated.
- P&C meetings will be held on the second and eighth Thursday of every term at the Ashford Bowling Club from 4pm onwards.
- Anzac Day poll, please see the Ashford Central School P & C Facebook page to cast your vote would you like to see a change or stick with tradition?
- Please join us at our next General meeting, and AGM to discuss these and other matters important to your child and community.

Next P&C Meeting

Thursday, 20th March 4:00pm at the Ashford Bowling Club

Pizza and Garlic Bread will be provided

All Are Welcome !!!

HOUSE CAPTAINS 2025

Macintyre:

Captain: Tayla Stevens Vice Captain: Stuart Bradley

Severn:

Captain: Peter Dedula

Vice Captain: Jaidean Connors

Fraser:

Captain: Lexi Martinez

Vice Captain: Michayla Schneider



KINDERGARTEN 2025

KINDERGARTEN 2025

Kindergarten have had an energetic start to their first week at school. On the 18th of February, kindergarten partook in their first swimming carnival, resulting in many smiles and laughs. Kindergarten at school have been learning about school rules, routines in and out of the classroom as well as key concepts such as phoneme and grapheme awareness.

I cannot wait to watch kindergarten grow and learn as the year goes on!

Mr Rohan Cowley































SWIMMING CARNIVAL

SWIMMING CARNIVAL

Ashford Central School's Swimming Carnival took place at the Ashford Pool on Tuesday, 18th February. It was a wonderful day of sun, swimming, laughter and fun.

Congratulations to the following winners:

Primary Junior Boy Champion: Thomas Grabham Primary Junior Girl Champion: Kytiana Irving Primary 11 Years Boy Champion: Izayah Allen Primary 11 Years Girl Champion: Letti Irving Primary Senior Boy Champion: Leighton Stevens Primary Senior Girl Champion: Arya Green

Secondary Junior Boy Champion: Brendon Schneider Secondary Junior Girl Champion: Zarleah Gleeson Secondary Senior Boy Champion: Duncan Crafar Secondary Senior Girl Champion: Chloe Drysdale Secondary Opens Boy Champion: Flynn Cook Secondary Opens Girl Champion: Michayla Schneider



The winning House for 2025 is Fraser.











SWIMMING CARNIVAL



















SWIMMING CARNIVAL





















STUDEC 2025

Ashford Central School is proud to introduce our STUDEC for 2025!!

School Captain: Tiarnie Batty Vice Captain: Esther Wright Primary Captain: Arya Green

Primary Vice Captain: Codie Morley

Year 3: Bryce Irwin and Bonnie Sara

Year 4: Savarnah Batty and Emmily Morley

Year 5: Thomas Grabham and Leighton Stevens

Year 6: Jason Whalley and Johnathan Hillhouse

Year 7: Kurt Charles and Sam Baker

Year 8 Joy Doney and Claye Lavender

Year 9: Sarah Strohfeldt and Charlee-Rae Johnson-Nguyen

Year 10: George Rogers and Bailey Foelz

Year 12: Lexi Martinez and Michayla Schneider









ASHFORD SHOW

ASHFORD SHOW 2025

Ashford Show for 2025 was a huge success. Congratulations to all participating and winning students. All your art works were amazing!

Thank you to Brendon Schneider, Sam Baker, Duncan Crafar, Lexi Martinez, Claye Lavender, Esther Wright, Tiarnie Batty, Annah Smith and Makeely Hancock, our wonderful volunteers, who helped ensure that the show will run smoothly, we really appreciate your help!!















ASHFORD SHOW



ASHFORD SHOW SOCIETY INC.

Service Structure Commended Structure C

Bailey Foelz - Junior Art Champion



Joel Dehn - Primary 2nd Place



Tiarnie Batty - High School 2nd Place



Jacob Hillhouse - Primary 3rd Place



Hunter Ryan - Primary 1st Place



Infants - Mikayla Lazar Brown 1st Place, Theo Boyd 2nd Place, Jaxon Charles 3rd Place

TOP SCHOOL ATTENDERS

Congratulations to the following students for achieving above the state average of 92% attendance.



Kymarni ALLEN	Flynn COOK	Bryce IRWIN	Mia STEWART
Leroy ALLEN	Kane COOMBES	Hamish IRWIN	Nina SUNDERLAND
Alaynah ARCHER	Lillie-Anne DELL	Charlie LARFIELD	
Lincoln ARCHER	Madeline THOMAS	Harriette THOMAS	
Sam BAKER	Izaiah DEVER	Jack MACKAY	
Indigo BATTY	Adam DONEY	Lucas MACKAY	
Lachlan BATTY	Joy DONEY	Lexi MARTINEZ	
Savarnah BATTY	Mae DONEY	Colt MURPHY	
Tiarnie BATTY	Eve EDWARDS	Hailee-Mae MURPHY	
Miriana BLOGG	Bailey FOELZ	Jack MURPHY	
Theo BOYD	Zarleah GLEESON	Mia MURPHY	
Stuart BRADLEY	Ella GRABHAM	Sophie RODDA	
Alyna BRIGGS	Thomas GRABHAM	Xavier ROLLINSON	
Jaxon CHARLES	Arya GREEN	Axel RYAN	
Kurt CHARLES	Scarlett HALLORAN	Ryley RYAN	
Zane CHARLES	Kytiana IRVING	Bonnie SARA	
Deacon COLLISON	Leonard IRVING	Ruby TAYLOR	
Jaidean CONNORS	Letti IRVING	Tayla STEVENS	







STAR TICKET CANTEEN VOUCHER WINNERS

CONGRATULATIONS

Kinder	N/A	N/A
1/2	N/A	N/A
3/4	N/A	N/A
5/6	N/A	N/A
Secondary	Ford Ngatamariki	Lilly Taylor

Star tickets are token rewards that are handed to students displaying positive behaviour in any setting to reinforce expectation. It is the students responsibility for placing the completed star ticket into their allocated star ticket box, which is located in the Ashford Central School Library. Tickets are drawn out of the star ticket box by the teacher at fortnightly assembly.

TOP MERIT AWARD RECIPIENTS

PRIMARY

SECONDARY

Duncan Crafar Stuart Bradley Charlee-Rae Johnson-

Nguyen
Chloe Drysdale
Makeely Hancock
Bailey Foelz
Tiarnie Batty
Sophiee Whalley
Joy Doney
Kaleia MacDonald
Joe Beveridge

Brendon Schneider

Birthday!

Happy Birthday to our students who celebrated their birthday recently:

Rubin Stewart

Emmaleen Boney

Johnathan Hillhouse

Leighton Stevens

Thomas Grabham

Alaynah Archer

Isabelle Williams

Allakae Hillhouse

Kane Coombes

Bailey Foelz

Eve Edwards

Adam Doney
Joel Dehn
Xavier Rollinson
Claye Lavender
Tyiler Schumann
Zane Charles
Duke Beveridge
Madeline Thomas
Annah Smith

ASHFORD CENTRAL SCHOOL

CANTEEN MENU

Term 1, 2025

SANDWICHES Cheese or vegemite on jam \$3 Chicken or ham or egg \$4 Egg and lettuce \$5 Chicken, lettuce + mayonaise \$5 Chicken or ham + salad \$6 toasted cheese \$4 \$4 toasted ham + cheese toasted spaghetti \$4 WRAPS Chicken, lettuce and mayoniase \$5 Chicken or ham + salad \$6 Chicken caesar salad \$6 HOT FOOD cheese Muffin \$1.50 Muffin pizza \$2 Hash brown \$2 Fried Rice \$4 Cheeseburger \$4.50 Chicken tender slider \$4.50 Spaghetti bolognese \$5 Savoury mince & rice \$5 taco bowl with corn chips \$5.50 \$6.50 Chicken korma & rice Hamburger \$7 SALADS Garden Salad \$4.50 Garden Salad with chicken \$6.00 Garden Salad with ham \$6.00

Chicken caesar salad + egg



SNACKS

orange	\$1
Apple	\$1
Rockmelon cup	\$1
Watermelon cup	\$1
Custard	\$1
Yoghurt - berry or vanilla	\$1
Pikelet and jam	\$1
Brownie GF	\$1
Fruit Cake	\$1

SPECIALS

tuesday - rice paper wrap	\$4.50	
Wednesday - sushi	\$4	
thursday - Hot dog	\$5	
Friday - Plain pie	\$5.50	
Sauce - BBQ or tomato	50c	

DRINKS

200ml 100% Juice Popper	\$2
300ml water	\$1
600ml water	\$2
300ml strawberry milk	\$2
300ml chocolate milk	\$2
300ml chocolate milk	\$2
Smoothie - berry or mango	\$5

DRINKS - SECONDARY ONLY

500ml strawberry milk	\$3.50	
500ml chocolate milk	\$3.50	
500ml vanilla malt milk	\$3.50	
500ml caramel milk	\$3.50	

EFTPOS AVAILABLE

\$6.00

- ORDER ONLINE VIA SENTRAL APP FROM WEEK 3
- ORDERS MUST BE PLACED BY 9.30 AM EACH DAY



COMMUNITY NEWS



We're coming to your community



We're bringing NSW Government services to: Ashford

Wednesday, 5 March 2025 10AM - 3PM

Visit our Mobile Service Centre to access services like:

- · Driver Knowledge Tests
- · driver licence, mobility parking and photo card applications
- · Working with Children Checks
- · NDIS Worker Checks
- · birth, death and marriage certificates
- · cost of living support and more.

Call 13 77 88 or visit service.nsw.gov.au to check our latest timetable.

Severe weather may mean our timetable has to you check on the day.









RIDDLE Of the Week

I have branches, but no fruit, trunk or leaves. What am I?

Answer on the back page

UPCOMING COMMUNITY EVENTS

FRI FEB 28 - SAT MAR 1

Inverell show

WED MAR 5

Service NSW will be coming to Ashford between 10am-3:00pm.

School Tennis Courts 39 Albury Street

FRI MAR 7 - SUN MAR 9

Minerama, Fossicking, Gem & Jewellery Show Glen Innes Showground

SAT MAR 8

Women's Day Morning Tea Inverell Art Gallery, 10:00am

SUN MAR 9

Inverell Swap Meet Market at the Inverell Show Ground. 6:00am-5:00pm.

SAT MAR 15

Teddy Bear's Picnic at McRAE Park in Ashford. A community event including entertainment and food for the whole family. 10:00am - 4:00pm.

SAT MAR 15

Multicultural Food Festival combined with the Grafton to Inverell Finish Line celebrations. Victoria Park, Inverell, starting 10:30am.

SUN MAR 16

Inverell Classic Motor Show At the National Transport Museum, Gates open 7:30am

To have your community event or news listed on this page, please contact the school.



02 6725 4101



ashford-c.school@det.nsw.edu.au



TEDDY BEAR'S PICNIC FREE COMMUNITY EVENT

Saturday, 15th March McRAE Park Ashford 10:00AM-4:00PM

ENTERTAINMENT FOR ALL AGES

Best decorated push bike
Jumping castle
Raffles
Trains
Yabbie racing
Games, novelty events & stall holders
Sausage sizzle, hot chips and cold drinks

TEDDY BEAR COMPETITION

Best dressed bear; Biggest bear; Most loved bear; Categories: juniors/open/seniors





Supported by Inverell & Inverell MacIntyre, Ashford, Bundarra, Glen Innes & Glen Innes Highlands Lions Clubs Sponsored by Print Anything

Today is a day to celebrate the women of Ashford!



Gift packs <u>may</u> include baby products, sanitary products, beauty products homewares and other gifts tailored to the age of each woman attending.

Let us help each other to face barriers and challenges, creating a world where every women and girl has the opportunity to fulfill her potential.

Here's to all the incredible women - THIS WORLD IS A BETTER PLACE BECAUSE OF YOU!









THE PIONEER VILLAGE
VINTAGE TRACTOR SHOW
WITH TRACTOR PULL DEMONSTRATIONS

29TH AND 30TH MARCH 2025 AT PIONEER VILLAGE 9:00AM - 5:00PM





Position Vacant

REGISTERED NURSE

Sunhaven Hostel

We are looking for a person with a passion for caring for the clinical needs of our residents.

ESSENTIAL CRITERIA

- Current AHPRA registration
- Empathy and compassion for older people
- Commitment, punctuality, politeness and a great work
- Current police check or willingness to obtain
- First Aid Certificate or willingness to obtain
- Up to date COVID19 vaccinations not mandatory but recommended.

DESIRABLE

- Previous experience in an aged care environment
- IPC Lead Certification

If you require more information, please phone the Manager on 0267254223.

To apply, please send a cover letter and resume to: The Manager Sunhaven Hostel 10 Kneipp St ASHFORD 2361

Or email: manageresunhavenhostel.com.au

Expression of Interest CONTRACT CLEANER **Kwiambal National Park**

A Part Time Contract Cleaner for the Visitor Accommodation at Kwiambal National Park.

30 Minutes from Ashford. Flexible hours to suit operational requirements. Must have an ABN and insurance.

Please contact National Parks for more details and expression of interest:

Phone number - 02 6739 0700 Email minyon.landers@environment.nsw.gov.au

Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636 beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am to 1am daily)

For webchat, visit: headspace.org.au/ eheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800 kidshelpline.com.au

1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732 1800respect.org.au

OLife

LGBTI peer support and referral

1800 184 527 (3pm to midnight daily)

qlife.org.au (online chat 3pm to midnight local time, including over holidays.)

Lifeline

24/7 crisis support and suicide prevention services

13 11 14 lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467 suicidecallbackservice .org.au

Mensline

24/7 counselling service for men

1300 78 99 78 mensline.org.au

13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

13 92 76

13yarn.org.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.









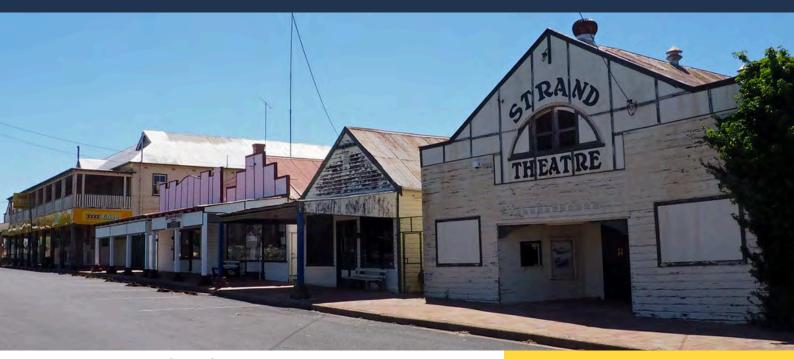




SATURDAY 19TH - SUNDAY 20TH APRIL 2025 (EASTER)

BACK TO ASHFORD REUNION

Organised by The Ashford Business Council



PLANNING IS WELL UNDERWAY FOR OUR BACK TO ASHFORD REUNION

The Ashford Business Council have been working hard to organise our Back to Ashford Reunion next Easter.

At this early stage the program will include an Easter Hat Parade, street stalls, memory lane in the school hall, morning tea, golf and bowls games, kids activities including a scavenger hunt on bikes, trivia night with dinner, a raffle, and many more activities to be confirmed.

The Ashford Central School, P&C, Bowling Club, Golf Club, Aboriginal Land Council and the Lions Club, are all on board to make this event the best it can be.

Gather up your Ashford memorabilia and art works /textiles for the historical display and art exhibition in the hall!!!

We set up an 'Event' on the Ashford NSW Facebook page, please register 'Going' if attending

IDEAS AND INPUT ARE WELCOME

Please Contact:

Rosemary Gordon 0493094837

OR

Leeanne Vickers 0428254058

Or Email ashfordcelebrations@gmail.com



MEMBERSHIP

\$50 Adults - \$20 School Children

SOCIAL TENNIS

\$5 Key Deposit
(Refundable on Key Return)

\$5 Adults - \$3 Kids

Social tennis starting soon

HIRE OF COURTS

Contact Maree for arrangements.

President:	Gilbert Fitzhannim	0428 195 501
Vice President:	Mark Thorn	
Secretary:	Maree Akhurst	0438 294 646
Treasurer:	Leza Luckett	0458 404 765



Anyone wishing to book Ashford
Showgrounds for an event or simply wanting
to contact The Showground Land Managers
Trust, please contact the Secretary.

Secretary/Treasurer: Trevor Tindall
Ashford Show Grounds Statutory Land Manager
1276 Wallangra Road, Ashford NSW 2361
Email: rusty-tinebigpond.com
Mobile: 0448 811 813

If the secretary can not be reached, please try David Thompson (President) on 0488 507 824.



OPEN 7.00AM - 7.00PM 7 DAYS

Hot Food ~ Coffee ~ Groceries Meat & Veges ~ Lotto ~ Bait Phone Credit ~ Bottle Shop

NUMEROUS SPECIALS ON SNACKS AND DRINKS

CALL 02 6725 4070 FOR FOOD ORDERS OR ENQUIRIES

26 DUFF STREET, ASHFORD



Matthew & Sons Drilling Services

Matt has been drilling water bores since he was 10 years old. With 40 years experience and a NSW class 6 licence, he can handle most water bore drilling jobs.

We have 3 drill rigs and are experienced in rotary air, rotary mud, casing advance, cable tool (percussion) for gravels and artesian.

Located in Graman and Inverell

Call or text Matt 0418 362 968

Fmail:

mattematthewandsons.com.au

Website:

matthewandsons.com.au

ABN: 28 157 677 391





Campbell & Freebairn

PHARMACY

ALBURY STREET, ASHFORD PHONE 02 6725 4013

ALL HEALTH CARE NEEDS
DISTANCE DISPENSING SERVICE
BABY CARE & NUTRITION
WOUND CARE SUNGLASSES
HEALTH AND BEAUTY PRODUCTS

ASHFORD COMMUNITY CHURCH



Presbyterian Parish Office 02 6721 0511 Anglican Office Inverell 02 6722 3179

CHURCH SERVICES:

ALTERNATE SUNDAYS AT 9AM AT THE PRESBYTERIAN OR ANGLICAN CHURCH

Service held bi-monthly in the Sunhaven Activity Room



Jesus is moving, Jesus is present, Jesus is Lord.

ST PATRICKS CATHOLIC CHURCH

MASS TIMES

EVERY 3RD SATURDAY 3:30PM

CHRISTMAS EVE MASS:

5:00PM TUESDAY DECEMBER 24

ENQUIRIES:

SACRED HEART PARISH INVERELL 6722 1103 FR PAUL CHANDLER ADM LOCAL CONTACT:

CATHY FOELZ 0427 879 595



ASHFORD POLICE

ASHFORD POLICE STATION PH 6721 8320 INVERELL POLICE STATION (24 HRS) PH 67220599 EMERGENCY 000 POLICE ASSISTANCE LINE 131 444

ACCESSING MEDICAL SERVICES IN ASHFORD

ASHFORD DOCTOR Dr Abbas Hussein

Saturday Only 8.00AM : Blood Tests 8.30am - 3.00pm : Appointments

Phone (SAT): 02 6726 2000

To make appointments please phone Campbell and Freebairn Ashford on 02 6725 4013.

CHEMIST Campbell & Freebairn Ashford

Open Monday to Friday 9am - 5pm

Closed for lunch between 12.30pm and 1.00pm daily.

Drop prescriptions in by 11.30am for afternoon collection after 2.30pm.

HELPFUL PHONE NUMBERS Community Health Centre Ashford 02 6726 2030

Texas Doctor: Dr Abbas Hussein 07 4653 1363

HACC - Ashford Home & Community Care 02 6725 4479

BLOOD TESTS

Blood tests are conducted every 2nd Thursday at Community Health. Phone 02 6726 2030





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Lic No: 158982C NSW Lic No 1104272 QLD ABN: 69 041 866 798



ASHFORD MEMORIAL BOWLING CLUB

CATERING ON THURSDAY, FRIDAY AND SATURDAY NIGHTS

FRIDAY NIGHTS | DINNER

5.30PM - 8.00PM

SATURDAY | LUNCH & DINNER

12.00PM - 2.00PM AND 5.00PM - 8.00PM

SUNDAY | LUNCH

12.00PM - 2.00PM

EFTPOS AVAILABLE
BOOKINGS FOR LARGE GROUPS DESIRABLE

PHONE 6725 4441 OR 6725 4202

WWW.ASHFORDBOWLING.CLUB OFFICE@ASHFORDBOWLINGCLUB



ALANA'S TRASH &TREASURE ASHFORD

OPSHOP

All money raised will be distributed back into the community.

Donations of household and various items welcomed.

OPEN TUESDAY & THURSDAY

10.30AM - 3.30PM

SATURDAY

10.30AM - 1.00PM

Enquiries: 0423 348 419

Looking forward to your support in the future!



RECIPE OF THE WEEK

FLAVOURS FROM ASIA





PAD THAI

Ingredient List:

- 250g packet rice stick noodles
- 2 tbsp lime juice
- 2 tbsp fish sauce
- 2 tbsp brown sugar
- 2 tbsp peanut oil
- 2 chicken breast fillets, thinly sliced
- 500g green prawns, peeled, deveined
- 3 green onions, thinly sliced diagonally
- 2 small red chillies, deseeded, finely chopped
- 2 Coles Australian Free Range Eggs, lightly beaten
- 1 cup bean sprouts, tails removed
- 1/4 cup roasted peanuts, finely chopped, optional
- 1/2 cup coriander leaves
- lime wedges, to serve



Answer: A bank!

Method:

- Place noodles into a heat-proof bowl. Cover with hot water. Stand until tender. Drain. Rinse under cold water.
- Combine lime juice, fish sauce and sugar in a jug. Whisk with a fork to combine.
- Heat a wok over high heat. Add oil. Swirl to coat.
 Add chicken. Stir-fry for 2 minutes until golden.
 Add prawns, onions and chillies. Stir-fry for 2 to 3 minutes or until prawns turn pink. Add noodles. Stir-fry for 2 minutes.
- Add lime juice mixture to wok. Toss to combine.
 Slowly pour eggs over noodles. Stir-fry for 1 minute.
 Add sprouts. Toss well.
- Spoon pad Thai onto plates. Sprinkle with peanuts and coriander leaves. Serve with lime wedges.



https://www.taste.com.au/recipes/pad-thai05051bde-860e-4a63-9736-f7f2df7eb7fc