

# Carlisle River Primary School

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## Newsletter

Monday 5<sup>th</sup> May 2025



### Thought for the week

“

Be yourself, everyone else is already taken.

OSCAR WILDE

Southern Living

# School Calendar

MONDAY	Tuesday	Wednesday	Thursday	Friday	SAT	SUN
<b>5<sup>th</sup> May</b> <b>Ms Nardia CRT</b> <b>Visit by Amy</b> <b>Social worker</b>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup> Indonesian lesson	9 <sup>th</sup>		
<b>12<sup>th</sup></b> <b>ART VAN</b>	13 <sup>th</sup>	14 <sup>th</sup> School council 2.20pm start	15 <sup>th</sup> Indonesian lesson	16 <sup>th</sup>		
<b>19<sup>th</sup></b> <b>Library Van</b>	20 <sup>th</sup>	21 <sup>st</sup>  Mr Douma away	22 <sup>nd</sup> Indonesian lesson Mr Douma Network Principal Conference	23 <sup>rd</sup> Mr Douma Network Principal Conference		
<b>26<sup>th</sup></b> <b>ART VAN</b>	27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup> Indonesian lesson	30 <sup>th</sup>		
<b>2<sup>nd</sup> June</b> <b>Library Van</b>	3 <sup>rd</sup> Mr Douma State Principal Conference	4 <sup>th</sup> Mr Douma State Principal Conference	5 <sup>th</sup> Indonesian lesson Imagine @ COPACC	6 <sup>th</sup>		

# Mexican chicken tortillas



## Ingredients

- 500g chicken breast fillets, thinly sliced
- 1 cup (250ml) taco sauce
- 1 tsp olive oil
- 1 brown onion, thinly sliced
- 2 zucchinis, ends trimmed, thinly sliced
- 1 red capsicum, seeded, thinly sliced
- 8 button mushrooms, thinly sliced
- 1 tbsp brown sugar
- 420g can refried beans
- 8 small wholegrain tortilla wraps, warmed
- Extra light sour cream, to serve

## Method

Step 1 Combine the chicken and taco sauce in a medium bowl. Cover with plastic wrap and place in the fridge for 5-10 minutes to marinate.

Step 2 Heat the oil in a large frying pan over medium heat. Add the onion and zucchini and cook, stirring, for 5 minutes or until the onion begins to brown. Add the capsicum, mushroom and sugar. Cook, stirring, for 5 minutes or until the sugar dissolves and begins to caramelize.

Step 3 Meanwhile, heat a large non-stick frying pan over high heat. Add the chicken mixture and cook, stirring occasionally, for 10 minutes or until cooked through.

Step 4 Place the refried beans in a small saucepan over low heat and cook, stirring, for 5 minutes or until heated through.

Step 5 Top the tortilla wraps with the onion mixture and the chicken mixture. Serve with sour cream and refried beans.

# AFL FOOTY TIPPING 2025

Name	Rnd 7	Rnd 8
Tilly	25	31
Jesse	24	27
Fiona	22	28
Callum	28	29
Mr D	27	32
Mrs M	35	42
Mr B	32	36

