

**WAMBERAL PUBLIC SCHOOL P&C ASSOCIATION
CANTEEN MENU 2022**

BEFORE SCHOOL 9.00-9.25AM LUNCH 11.30AM-12.15PM RECESS 1.45-2.30PM

ONLINE ORDERING www.flexischools.com.au

SANDWICHES WHOLEMEAL OR WHITE	
Vegemite	\$2.00
Cheese	\$3.00
Cheese/Tomato	\$3.50
Egg	\$3.00
Egg/Lettuce	\$3.50
Chicken	\$4.00
Chicken/Cheese	\$4.30
Ham	\$4.00
Ham/Cheese	\$4.30
Ham/Cheese/Tomato	\$4.50
Salad- Tomato, beetroot, carrot, lettuce	\$4.00
Cheese/Salad	\$4.50
Chicken/Salad	\$5.00
Ham/Salad	\$5.00
Rolls	Add .50
Toasted	Add .50
WRAPS	
Salad	\$4.00
Chicken/Cheese	\$4.30
Ham/Cheese	\$4.30
Chicken/Salad	\$5.00
Ham/Salad	\$5.00
SALAD PACKS Served with a fork	
Salad Pack- Tomato, beetroot, carrot, lettuce, cucumber, cheese	\$6.00
Chicken Salad Pack	\$7.50
Ham Salad Pack	\$7.50
Egg Salad Pack	\$7.50
HOT FOOD Available Everyday	
Goujons Chicken 3 for	\$2.10
Chicken Nuggets 3 for	\$2.10
Chicken Nuggets 5 for	\$3.50
Sausage Roll Good Tucker	\$4.00
Large Pie Good Tucker	\$4.50
Macaroni Cheese Allied Chef- with fork	\$4.50
Lasagne Allied Chef- with fork	\$4.50
Hot Cheese Roll	\$3.80
Hot Ham/Cheese Roll	\$4.30

CHICKEN BURGERS Inghams Flame Grilled Pattie	
Chicken Burger:	
- plain	\$4.50
- with lettuce	\$5.00
- with cheese	\$5.00
- with sweet chilli sauce, cheese & lettuce	\$5.50
- with salad (tomato, beetroot, grated carrot, lettuce)	\$6.50
Sauce – tomato, or mayo	Add .50
DAILY SPECIALS	
MONDAY / TUESDAY ONLY	
Sushi – Teriyaki Chicken , or Tuna with Soy Sauce	\$4.00
WEDNESDAY / THURSDAY ONLY	
Hamburger with Lettuce	\$4.50
Hamburger With Cheese	\$4.50
Hamburger With Cheese/Tomato	\$5.00
Hamburger With Salad (tomato ,beetroot , grated carrot, lettuce	\$6.00
THURSDAY ONLY	
Nachos Dippers	\$5.00
EXTRAS	
Spoon	.10
Fork	.20
Tomato Sauce	.50
Mayonnaise	.50
Paper Bag (for over the counter orders only)	.20

BEFORE SCHOOL 9.00-9.25am	
FRUIT- Apples, bananas, oranges, watermelon	Seasonal prices
BEFORE SCHOOL SPECIAL Toasted Cheese Sandwich	\$2.00
DRINKS	
Water 600ml	\$1.50
Macquarie Valley Juice -Apple Orange	\$2.60
MILK	
Norco Fresh Milk 250ml -Chocolate Strawberry	\$2.60
Nippy -Iced Chocolate -Iced Strawberry -Iced Honeycomb	\$2.60
Up & Go -Chocolate -Vanilla	\$3.00
FLEXISCHOOLS ON LINE ORDERING www.flexischools.com.au Order by 9.15am	

RECESS 1.35-2.10pm	
Oranges Wedges	.10
Vegemite Bread	.50
Carrot sticks	.50
Popcorn	\$1.00
Apple or Cucumber sticks	\$1.00
Chocolate Mousse	\$1.20
Muffin Apple/Cinnamon	\$1.00
Muffin/Mixed Berry	\$1.00
Garlic Bread	\$2.00
Red Rock Deli Chips	\$2.00
PLEASE NOTE: If ordering RECESS, you must collect from the Canteen at 1.35pm	
ICE BLOCKS	
Frozen Milk -Chocolate -Strawberry	.50
Frozen Yoghurt Drops Bag	.50
Quelch Sticks, assorted flavours	.60
Juicies -ABC -Tropical	\$1.00
Snapstixs 99% juice pops 70ml Red Raspberry ,Grape ,Blueberry	\$1.00
Frozen Fruit Cup -ABC	\$1.20
Moosies Milk Freeze -Chocolate	\$1.50
Blizzard SLUSHIES	\$2.00

Our Canteen follows the NSW School Canteen Strategy.

We are run by the WPS P&C Association. All profits go back into the school community.

We are a member of the Healthy Kids Association.

For any information about the Canteen, contact our Canteen Manager Debbie Hodgson on 43841111 and ask for the Canteen.

We provide an important service to the students of WPS.

We cannot operate to our full potential without the help of volunteers. Times needed are 9.30am- 12pm. Hours can be flexible, help out once a week, fortnight, month or term. You must have completed School Induction.