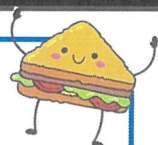




LUNCHTIME @ 11.35am & RECESS* @ 1.35pm *Limited menu available at recess

SANDWICHES



WHOLEMEAL OR WHITE

Salad: Tomato, Carrot, Beetroot & Lettuce	\$4.00
Salad & Cheese	\$4.60
Cheese	\$3.00
Cheese & Tomato	\$3.50
Egg	\$4.00
Egg & Lettuce	\$4.20
Chicken OR Tuna	\$4.00
Chicken & Cheese	\$4.60
Chicken & Salad	\$5.00
Ham	\$4.00
Ham & Cheese	\$4.60
Ham, Cheese & Tomato	\$5.00
Ham & Salad	\$5.00
Vegemite	\$2.00
Plain bread & butter	\$2.00
Rolls	Add 70c
Toasted	Add 50c

WRAPS



Salad: Tomato, Carrot, Beetroot & Lettuce	\$4.00
Salad & Cheese	\$4.60
Egg	\$4.00
Egg & Lettuce	\$4.20
Chicken	\$4.00
Chicken & Cheese	\$4.60
Chicken & Salad	\$5.00
Ham	\$4.00
Ham & Cheese	\$4.60
Ham, Cheese & Tomato	\$5.00
Ham & Salad	\$5.00

Toasted Add 50c

BURRITOS (Tuesday only)

Mexican Mince Burrito	\$5.00
Mexican Chicken Burrito	\$5.00
Filling options:	
Grated cheese	
Rice & black beans	
Salsa	
Greek Yoghurt	



HOT FOOD



Chicken Goujons x 3	\$2.40
Chicken Nuggets x 3	\$2.40
Chicken Nuggets x 5	\$4.00
Sausage Roll	\$4.00
Large Pie	\$5.00
Macaroni Cheese	\$5.00
Lasagne	\$5.00
Fried Rice OR Gyoza	\$5.00
Butter Chicken	\$5.00
Pasta Bolognese	\$5.00
Pizza	\$5.00
Garlic Bread	\$2.50
Hash Brown	\$2.00
Hot Cheese Roll	\$3.80
Hot Ham & Cheese Roll	\$4.30

SAUCES (squeeze on)

Tomato Sauce	\$0.50
Mayonnaise	\$0.50
BBQ Sauce	\$0.50
Sweet Chilli Sauce	\$0.50

CHICKEN BURGERS



Plain Chicken Burger	\$5.40
- with Lettuce	\$5.60
- with Cheese	\$6.00
- with Lettuce & Cheese	\$6.20
- with Salad	\$7.00
- with Salad & Cheese	\$7.50
- Salad (no beetroot)	\$6.80
- LENTIL Burger +Salad	\$6.00

SALAD PACKS

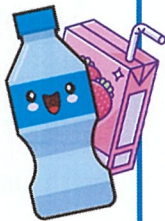


Garden Salad:	\$6.50
Tomato, Carrot, Beetroot, Lettuce, Cucumber & Cheese	
Crunchy Coleslaw Salad:	\$6.50
Seasonal ingredients	
- with Chicken OR Tuna	\$8.00
- with Ham OR Egg	\$8.00
- with Lentil Patty	\$8.00
Salad Dressing	\$0.50



DRINKS

Spring Water	\$1.50
East Coast Juice	\$2.60
- Orange	
- Apple	
Nippy Milk	\$2.80
- Chocolate	
- Strawberry	
- Honeycomb	
Up & Go	\$3.00
- Choc Ice	
- Vanilla	
- Strawberry	
Chill J	
- Watermelon	
- Apple Coola	\$2.60
- Groovy Grape	
- Lemonade	
- Orange Passion	
- Blackcurrant	
- Raspberry	



FROZEN SNACKS

Blizzard Slushies	\$2.50
Quelch Sticks	\$0.60
Snapstix	\$1.00
TNT Freeze Pop	\$1.00
Frozen Fruit Cup	\$1.20
- Apple Blackcurrant	
- Orange	
Juicies	\$1.00
- Apple Blackcurrant	
- Apple	
- Tropical	
Frozen Orange Wedges	\$0.50
Yoghurt Drops x4	\$0.20
Yoghurt Drops x10	\$0.50
Yoghurt Star/Heart	\$0.30
Milk Bubbles x2	\$0.20
Frozen Milk Block	\$0.50
Frozen Juice Block	\$0.50

SNACKS



Chocolate Mousse	\$1.50
Custard	\$1.50
Deli Rock Chips	\$2.00
Popcorn Lightly Salted	\$1.00
Muffin Mixed Berry	\$1.50
Muffin Apple/Cinnamon	\$1.50
Carrot sticks	\$0.50
Celery sticks	\$0.50
Cucumber sticks	\$1.00
Boiled Egg	\$1.50
Seasonal Fruit	\$1.50

Our Canteen follows the NSW Healthy School Canteen Strategy and we are a member of the Healthy Kids Association.

We are run by the WPS P&C Association and provide an important service to the school. Our Canteen is grateful for all support and any profits go back into the school community.

HOW TO PLACE A CANTEEN ORDER

WITH *flexischools*

- 1 Click "Order Food" at the top of the home page on your app
- 2 Select the child you want to order for, then the date you wish to receive your order on (cut-off is 9.15am daily)
- 3 Choose the food items you wish to purchase, then select "Confirm Order"
- 4 Choose your desired payment type
- 5 Press "Place Order" to confirm your purchase

ENJOY!

Download the Flexischools app



Flexischools order cut-off 9.15am

Volunteers are vital to our success and any help between **9am - 12.15pm** is much appreciated. Hours can be flexible and help out once a week, fortnight, month or on-call. You must have completed the School Volunteer Induction. To volunteer or for any information about the Canteen, please contact our Canteen Manager Tricia Franklin on 43841111 or canteen@wamberalpandc.org.au.