

WAMBERAL PUBLIC SCHOOL P&C ASSOCIATION

CANTEEN MENU 2019/2020 SUMMER

BEFORE SCHOOL 9.00-9.25AM LUNCH 11.35AM-12.15PM RECESS 1.35-2.10PM

ONLINE ORDERING www.flexischools.com.au



SANDWICHES WHOLEMEAL OR WHITE	
Vegemite	\$2.00
Cheese	\$2.50
Cheese/Tomato	\$2.80
Egg	\$3.00
Egg/Lettuce	\$3.20
Chicken	\$3.40
Chicken/Cheese	\$3.70
Ham	\$3.40
Ham/Cheese	\$3.70
Ham/Cheese/Tomato	\$4.00
Salad- Tomato, beetroot, carrot, lettuce	\$3.80
Cheese/Salad	\$4.00
Chicken/Salad	\$4.50
Ham/Salad	\$4.50
Rolls	Add .60
Toasted	Add .50
WRAPS	
Salad	\$4.00
Chicken/Cheese	\$4.00
Ham/Cheese	\$4.00
Chicken/Salad	\$4.50
Ham/Salad	\$4.50
SALAD PACKS Served with a fork	
Salad Pack- Tomato, beetroot, carrot, lettuce, cucumber, cheese	\$5.00
Chicken Salad Pack	\$6.50
Ham Salad Pack	\$6.50
Egg Salad Pack	\$6.00
HOT FOOD Available Everyday	
Goujons Chicken 3 for	\$1.80
Chicken Nuggets 3 for	\$1.80
Chicken Nuggets 5 for	\$3.00
Sausage Roll Good Tucker	\$3.50
Large Pie Good Tucker	\$4.00
Macaroni Cheese Allied Chef- with fork	\$4.00
Lasagne Allied Chef- with fork	\$4.00
Hot Cheese Roll	\$3.70
Hot Ham/Cheese Roll	\$4.00

CHICKEN BURGERS Inghams Flame Grilled Pattie	
Chicken Burger:	
- plain	\$4.00
- with lettuce	\$4.20
- with cheese	\$4.40
- with sweet chilli sauce, cheese & lettuce	\$5.00
- with salad (tomato, beetroot, grated carrot, lettuce)	\$5.50
Sauce – tomato, bbq or mayo	Add .50
DAILY SPECIALS – NOT AVAILABLE AT THIS TIME	
MONDAY ONLY	
HAM/CHEESE SLICE (BAKED)	\$3.00
-Egg, ham, reduced fat cheese, grated carrot, zucchini, parsley	
HAM/CHEESE SLICE served with a small SALAD- lettuce, carrot, tomato, cucumber	\$4.50
TUESDAY AND WEDNESDAY	
NACHOS	\$5.50
Mexican mince, grated cheese, salsa, Greek yoghurt & baked tortilla strips	
BURRITO	\$4.50
-a warmed tortilla with Mexican mince wrapped in foil with your choice of fillings: lettuce, grated cheese, diced tomato, salsa &/or Greek yoghurt	
THURSDAY ONLY	
FRIED RICE	\$4.00
Rice, corn, peas, shallots, capsicum, carrot, lite soy sauce	
ADD HAM OR CHICKEN TO YOUR FRIED RICE	\$5.00
EXTRAS	
Spoon	.10
Fork	.20
Tomato Sauce	.50
BBQ Sauce	.50
Mayonnaise	.50
Paper Bag (for over the counter orders only)	.20

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BEFORE SCHOOL 9.00-9.25am	
FRUIT- Apples, bananas, oranges, watermelon	Seasonal prices
BEFORE SCHOOL SPECIAL Toasted Cheese Sandwich * Save \$1 *	\$2.00
DRINKS	
Water 600ml	\$1.50
Macquarie Valley Juice -Apple Orange	\$2.40
MILK	
Norco Fresh Milk 250ml -Chocolate Strawberry	\$2.40
Nippy -Iced Chocolate -Iced Strawberry -Iced Honeycomb	\$2.40
Up & Go -Chocolate -Vanilla	\$2.60
FLEXISCHOOLS ON LINE ORDERING www.flexischools.com.au Order by 9.15am	

RECESS 1.35-2.10pm	
Oranges Wedges	.10
French Bread with Vegemite	.50
Popcorn	.60
Red Rock Deli Chips Plain	\$1.50
Garlic Bread	\$1.20
Snack Pack Seasonal Vegetables	\$1.00
Rice Crackers with Cheese	\$1.00
Custard Low Fat	\$1.00
Custard with Fruit	\$1.40
Chocolate Mousse	\$1.00
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
Juicies Tube -Wildberry -Tropical	\$1.40
Frozen Fruit Cup -ABC -Orange	\$1.20
Moosies Milk Freeze -Chocolate	\$1.50
Blizzard SLUSHIES	\$2.00
Frozen Orange Wedges	.10

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.