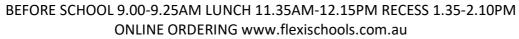
WAMBERAL PUBLIC SCHOOL P&C ASSOCIATION CANTEEN MENU 2019/2020 SUMMER





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,	\$3.80
lettuce	
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,	\$5.00
carrot, lettuce, cucumber, cheese	4.50
Chicken Salad Pack	\$6.50
Ham Salad Pack	\$6.50
Egg Salad Pack	\$6.00
HOT FOOD Available Everyday	T
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 BUBCERS to the one States Swilled Battie		
CHICKEN BURGERS Inghams Flame Grilled Pattie		
Chicken Burger:	44.00	
- plain	\$4.00	
- with lettuce	\$4.20	
- with cheese	\$4.40	
- with sweet chilli sauce, cheese &	\$5.00	
lettuce	45.50	
- with salad (tomato, beetroot,	\$5.50	
grated carrot, lettuce)		
Sauce – tomato, bbg or mayo	Add .50	
Sauce tomato, soq or mayo	7.00.50	
DAILY SPECIALS – NOT AVAILABLE A	T 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	\$4.50	
small SALAD- lettuce, carrot,		
tomato, cucumb e r		
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	\$5.00	
FRIED RICE		
Snoon	10	
Spoon Fork	.10	
Tomato Sauce	.20	
BBQ Sauce	.50	
Mayonnaise	.50	
Paper Bag (for over the counter	.20	
orders only)		

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BEFORE SCHOOL 9.00-9.25AM LUNCH 11.35AM-12.15PM RECESS 1.35-2.10PM ONLINE ORDERING www.flexischools.com.au

BEFORE SCHOOL 9.00-9.25am		
FRUIT- Apples, bananas, oranges,	Seasonal	
watermelon	prices	
BEFORE SCHOOL SPECIAL	\$2.00	
Toasted Cheese Sandwich		
* Save \$1 *		
DRINKS		
Water 600ml	\$1.50	
Macquarie Valley Juice	\$2.40	
-Apple		
Orange		
MILK		
Norco Fresh Milk 250ml	\$2.40	
-Chocolate		
Strawberry		
Nippy	\$2.40	
-Iced Chocolate		
-Iced Strawberry		
-Iced Honeycomb		
Up & Go	\$2.60	
-Chocolate		
-Vanilla		
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	.50	
-Chocolate		
-Strawberry		
Frozen Yoghurt Drops Bag	.50	
Quelch Sticks, assorted flavours	.60	
Juicies	\$1.00	
-ABC		
-Tropical		
Juicies Tube	\$1.40	
-Wildberry		
-Tropical		
Frozen Fruit Cup	\$1.20	
-ABC		
-Orange		
Moosies Milk Freeze	\$1.50	
-Chocolate		
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.