

Wamberal Public School P&C Association Canteen Menu Summer 2018



Before School 9.00am—9.25am

Lunch 11.35 - 12.15pm

Recess 1.35 - 2.10pm

On-line Ordering www.flexischools.com.au Over the counter orders add 20c per paper bag

Fruit at seasonal prices Apples, Bananas, Oranges, Watermelon Drinks Available - see price list over page Toasted Cheese Sandwich (Save .70c) LUNCH 11.30am SALAD PACKS Lettuce, Tomato, Beetroot, Carrot, Cucumber Add Cheese Add Chicken Add Ham \$6.50 Add Ham \$6.50 WRAPS (Toasted add 50c) Salad - Tomato, Beetroot, Carrot, Lettuce Ham & Salad Chicken & Cheese \$4.70 Chicken & Cheese \$4.70 SANDWICHES & ROLLS (Add 60c for rolls) (Toasted add 50c) Vegemite Cheese Cheese & Tomato Egg \$3.00 Egg & Lettuce Ham \$3.30 Chicken \$3.30 Salad - Tomato, Beetroot, Carrot, Lettuce \$4.00 \$5.00 SANDWICHES & ROLLS (Add 60c for rolls) (Toasted add 50c) Vegemite \$5.80 Egg \$3.00 Egg & Lettuce \$3.30 Salad - Tomato, Beetroot, Carrot, Lettuce \$3.80 Salad & Cheese Tomato, Beetroot, Carrot, Lettuce \$4.00 Lettuce, Cheese Ham & Salad	BEFORE SCHOOL 9.00am- 9.25am	
Apples, Bananas, Oranges, Watermelon Drinks Available - see price list over page Toasted Cheese Sandwich (Save .70c) LUNCH 11.30am SALAD PACKS Lettuce, Tomato, Beetroot, Carrot, Cucumber Add Cheese Add Chicken Add Ham \$6.50 Add Egg \$5.50 WRAPS (Toasted add 50c) Salad - Tomato, Beetroot, Carrot, Lettuce Ham & Salad Chicken & Cheese \$4.70 Chicken & Cheese \$4.70 SANDWICHES & ROLLS (Add 60c for rolls) (Toasted add 50c) Vegemite Cheese Cheese & Tomato Egg \$3.00 Egg & Lettuce Ham \$3.30 Chicken \$3.30 Salad - Tomato, Beetroot, Carrot, Lettuce \$4.00 \$4.00 \$5.50 \$5.50 \$5.50 \$5.50 \$6.50	BEFORE SCHOOL 9.00am- 9.25am	
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Drinks Available - see price list over page Toasted Cheese Sandwich (Save .70c) \$2.00 LUNCH 11.30am SALAD PACKS Lettuce, Tomato, Beetroot, Carrot, Cucumber Add Cheese \$5.50 Add Chicken \$6.50 Add Ham \$6.50 Add Egg \$6.00 WRAPS (Toasted add 50c) Salad - Tomato, Beetroot, Carrot, Lettuce \$4.00 Ham & Salad \$4.70 Chicken & Cheese \$4.70 Chicken & Cheese \$4.70 SANDWICHES & ROLLS (Add 60c for rolls) (Toasted add 50c) Vegemite \$1.80 Cheese \$2.30 Cheese \$7.30 Cheese \$7.30 Cheese \$7.30 Chicken \$3.30 Chicken \$3.30 Salad - Tomato, Beetroot, Carrot, Lettuce \$3.80 Salad & Cheese Tomato, Beetroot, Carrot, Lettuce \$3.80 Salad & Cheese Tomato, Beetroot, Carrot, Lettuce \$4.00 Lettuce, Cheese		
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Ham & Salad \$4.30		Ş-1.00
		\$4.30
	Chicken & Salad	\$4.30

HOT FOOD	
Large Pie	\$3.70
Sausage Roll	\$3.20
Macaroni Cheese	\$4.00
McCain Pizza Cheese & Bacon	\$3.00
McCain Pizza Ham & Pineapple	\$3.00
Chicken Nuggets—each	.60c
Chicken Goujons—each	.60c
BURGERS	
Chicken Burger (Pattie on plain roll)	\$3.80
Chicken Burger with Lettuce	\$3.80
Chicken Burger with Cheese	\$4.20
Chicken Burger with Cheese, Lettuce & Sweet Chilli Sauce	\$4.50
Chicken Burger with Salad -Tomato, Beetroot, Carrot, Lettuce	\$5.20
Hamburger with Lettuce and tomato	\$4.00
Hamburger with Cheese	\$4.00
EXTRAS	
Cheese	.50
Mayonnaise	.50
Tomato sauce	.50
Paper bags	.20



the school community.

canteen.

We are a member of the HEALTHY KIDS ASSOCIATION, for any information about the canteen contact our Canteen Manager Debbie Hodgson on 4384 1111 & ask for the

The Canteen provides an important service to the students of Wamberal Public School. We cannot operate to our full potential without the help of volunteers. Volunteers are needed from 9.30am—12.00pm. Hours can be flexible, help out once a week, fortnight, month or term. Morning Tea Provided. Working with Children number required. Please contact - volunteer@wamberalpandc.org.au



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RECESS 1.55pm	
French Bread with Vegemite	.50c
Custard low fat	.80c
Custard low fat with fruit	\$1.20
Popcorn lightly salted	.50c
Red Rock Deli Chips Honey Soy	\$1.50
Fruit – seasonal prices	
Home made Pikelets with Jam **	.60c
* Available Mondays and Wednesdays	
ICEBLOCKS	
Quelch Sticks	.50c
Juicies	.80c
Moosies Milk Freeze Chocolate	\$1.20
Frozen Fruit Cup Apple Blackcurrant or Orange	\$1.20
Blizzard Slushies	\$2.00
Frozen Yoghurt Drops – per bag	.50c
Frozen Yoghurt Cups	\$1.00
Strawberry or Vanilla Please note:	
Please	
Please note: Iceblocks, ice creams & slushies cannot be delivered. The must be purchased, or collected over the counter at lunc or recess DRINKS	th
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Please note: Iceblocks, ice creams & slushies cannot be delivered. The must be purchased, or collected over the counter at lunc or recess DRINKS Water 350ml Water 600ml Focus Water on lite Orcny Juice 200ml Apple & Orange MILK Norco fresh milk 250ml Chocolate, Strawberry Banana Nippy's milk 250ml	\$1.2 \$2.00 \$2.50 \$2.20
Please note: Iceblocks, ice creams & slushies cannot be delivered. The must be purchased, or collected over the counter at lunc or recess DRINKS Water 350ml Water 600ml Focus Water on lite Urcny Juice ZUUMI Apple & Orange MILK Norco fresh milk 250ml Chocolate, Strawberry Banana	\$1.2 \$2.00 \$2.50 \$2.20

SPECIALS Only Available Through Flexischools Save Time Order Online!	
MONDAY	
Butter Chicken with Rice By M&J Chickens	\$4.00
TUESDAY	
Nachos Corn chips, salsa, grated cheese, Greek yoghurt Add Mexican Mince Beef Homemade WEDNESDAY	\$4.00 \$5.00
Twista Pasta with Bolognaise Sauce - Homemade	\$4.00
THURSDAY	
Enrico Lasagne single serve OR Butter Chicken with Rice By M&J Chickens	\$4.00



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