

# 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](http://www.flexischools.com.au)    Over the counter orders add 20c per paper bag

BEFORE SCHOOL 9.00am- 9.25am	
Fruit at seasonal prices Apples, Bananas, Oranges, Watermelon	
Drinks Available - see price list over page	
Toasted Cheese Sandwich (Save .70c)	\$2.00
<b>LUNCH 11.30am</b>	
<b>SALAD PACKS</b>	
Lettuce, Tomato, Beetroot, Carrot, Cucumber	\$5.00
Add Cheese	\$5.50
Add Chicken	\$6.50
Add Ham	\$6.50
Add Egg	\$6.00
<b>WRAPS</b> (Toasted add 50c)	
Salad - <i>Tomato, Beetroot, Carrot, Lettuce</i>	\$ 4.00
Ham & Salad	\$ 4.70
Chicken & Salad	\$ 4.70
Ham & Cheese	\$ 4.70
Chicken & Cheese	\$ 4.70
<b>SANDWICHES &amp; ROLLS</b> (Add 60c for rolls) (Toasted add 50c)	
Vegemite	\$1.80
Cheese	\$2.30
Cheese & Tomato	\$2.80
Egg	\$3.00
Egg & Lettuce	\$3.20
Ham	\$3.30
Chicken	\$3.30
Salad - <i>Tomato, Beetroot, Carrot, Lettuce</i>	\$3.80
Salad & Cheese <i>Tomato, Beetroot, Carrot, Lettuce, Cheese</i>	\$4.00
Ham & Salad	\$4.30
Chicken & Salad	\$4.30

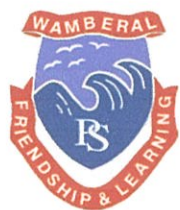
HOT FOOD	
Large Pie	\$3.70
Sausage Roll	\$3.20
Macaroni Cheese	\$4.00
McCain Pizza Cheese & Bacon	\$3.00
McCain Pizza Ham & Pineapple	\$3.00
Chicken Nuggets—each	.60c
Chicken Goujons—each	.60c
<b>BURGERS</b>	
Chicken Burger (Pattie on plain roll)	\$3.80
Chicken Burger with Lettuce	\$3.80
Chicken Burger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

Our canteen follows the **NSW SCHOOL CANTEEN STRATEGY**. We are run by 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 4384 1111 & ask for the canteen.



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](mailto: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 <i>Honey Soy</i>	\$1.50
Fruit – seasonal prices	
Home made Pikelets with Jam **	.60c
** Available Mondays and Wednesdays	
ICEBLOCKS	
Quelch Sticks	.50c
Juicies	.80c
Moosies Milk Freeze <i>Chocolate</i>	\$1.20
Frozen Fruit Cup <i>Apple Blackcurrant or Orange</i>	\$1.20
Blizzard Slushies	\$2.00
Frozen Yoghurt Drops – per bag	.50c
Frozen Yoghurt Cups <i>Strawberry or Vanilla</i>	\$1.00
Please note:	
Iceblocks, ice creams & slushies cannot be delivered. They must be purchased, or collected over the counter at lunch or recess	
DRINKS	
Water 350ml	\$1.20
Water 600ml	\$2.00
Focus Water on lite	\$2.50
Orcny Juice 200ml <i>Apple &amp; Orange</i>	\$2.20
MILK	
Norco fresh milk 250ml <i>Chocolate, Strawberry Banana</i>	\$2.20
Nippy's milk 250ml <i>Chocolate, Strawberry, Honeycomb</i>	\$2.20
Up & Go <i>Chocolate, Vanilla</i>	\$2.50

SPECIALS	
Only Available Through Flexischools	
Save Time Order Online!	
MONDAY	
Butter Chicken with Rice By M&J Chickens	\$4.00
TUESDAY	
Nachos <i>Corn chips, salsa, grated cheese, Greek yoghurt</i>	\$4.00
Add Mexican Mince Beef <b>Homemade</b>	\$5.00
WEDNESDAY	
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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