

CANTEEN OPENING TIMES	
BEFORE SCHOOL	9:00am-9:25am
LUNCH	
BOXES COLLECTED	11:30am
BUYING TIME	11:45am –12:05pm
RECESS	1:55pm-2.25pm
OPEN 5 DAYS A WEEK	

WPS CANTEEN

- OUR CANTEEN FOLLOWS THE FRESH TASTE @ SCHOOL 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.

PLEASE NOTE:
ICEBLOCKS, ICE CREAMS & SLUSHIES CANNOT BE DELIVERED. THEY MUST BE PURCHASED, OR COLLECTED OVER THE COUNTER AT LUNCH OR RECESS.

WAMBERAL PUBLIC SCHOOL CANTEEN MENU FEBRUARY 2016



VOLUNTEERS

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 REQUIRED FROM
9:30am-12.15pm

HOURS CAN BE FLEXIBLE. HELP ONCE A WEEK, FORTNIGHT, MONTH OR TERM.
PLEASE CONTACT DEBBIE ON 4384 1111
IF YOU CAN HELP.

MEAL IDEAS AVAILABLE MON-FRI	
SALAD PACK <i>Lettuce/Carrot/Tomato/Cheese/Beetroot/Cucumber</i>	\$5.50
Choose one of EGG, HAM, TUNA, CHICKEN (<i>second choice +\$1 extra</i>)	\$6.50
CHICKEN BURGER <i>with or without Lettuce</i>	\$3.50
CHICKEN CHILLI BURGER <i>with Slice Cheese & Sweet Chilli Sauce</i>	\$4.20
CHICKEN BURGER <i>with Salad</i>	\$5.00
MCCAIN PIZZA <i>Ham/Pineapple or Cheese/Bacon</i> WITH SMALL CHOC NIPPY OR SMALL FOCUS WATER	\$4.50
4 NUGGETS or COUJONS and SMALL WATER	\$3.10
SNACK PIE <i>Good Tucker Low Fat</i>	\$2.50
LARGE PIE <i>Good Tucker Low Fat</i>	\$3.50
SAUSAGE ROLL <i>Good Tucker Low Fat</i>	\$3.00
TOMATO SAUCE OR MAYO EXTRA <i>50c</i>	

BEFORE SCHOOL	
JUICE	MILK
FRUIT @ SEASONAL PRICES APPLE, BANANA, WATERMELON	
TOASTED CHEESE SANDWICH <i>Wholemeal or White</i> (SPECIAL PRICE SAVE 50c)	\$2.00
SNACKS / RECESS	
FRENCH BREAD WITH VEGEMITE	50c
FINGER BUN ½	80c
FINGER BUN <i>WHOLE</i>	\$1.60
JELLY (WITH FRUIT)	80c
CHOCOLATE MOUSSE	\$1.00
J.J. CRACKERS <i>Chicken/ Pizza/ Salt & Vinegar</i>	\$1.50
DELI ROCK CHIPS <i>Plain/Honey Soy</i>	\$1.50
JUMPY'S <i>Chicken Flavour Snack</i>	\$1.20
HASH BROWN OVALS	\$1.00
HEALTHY OPTIONS	
CARROT OR CELERY STICKS	\$0.70
CARROT STICKS & HUMMUS	\$1.00
CELERY STICKS & HUMMUS	\$1.00
CARROT & CELERY STICKS & HUMMUS	\$1.00

LUNCH (Toasted Extra 50 c)	
SANDWICHES / ROLLS <i>Wholemeal or White Bread / Roll</i>	
VEGEMITE	\$1.60 / \$2.20
CHEESE	\$2.00 / \$2.60
CHEESE & TOMATO	\$2.50 / \$3.10
EGG	\$2.50 / \$3.10
EGG/LETTUCE	\$3.00 / \$3.60
HAM, CHICKEN OR TUNA	\$3.00 / \$ 3.60
CHEESE & SALAD <i>Cheese /Tomato /Beetroot /Grated Carrot /Lettuce</i>	\$3.50 / \$4.10
HAM/SALAD <i>Ham /Tomato /Beetroot Grated Carrot/ Lettuce</i>	\$4.00 / \$4.60
CHICKEN/SALAD <i>Chicken/Tomato/Beetroot /Grated Carrot/Lettuce</i>	\$4.00 / \$4.60
WRAPS (Toasted Extra 50 c)	
SALAD	\$4.00
CHICKEN / CHEESE	\$4.00
HAM / SALAD	\$4.50
CHEESE / CHICKEN	\$4.50
COUJONS	\$4.50
HOT FOOD (See also front page)	
CHICKEN NUGGETS <i>Steggles</i>	60c ea.
CHICKEN COUJONS	60c ea.
CHICKEN POPS <i>Per Bag</i>	\$2.00
PIZZA MCCAIN <i>Ham & Pineapple</i>	\$2.50

PIZZA MCCAIN <i>Cheese & Bacon</i>	\$2.50
NOODLE CUPS <i>Chicken</i>	\$3.00
DRINKS	
WATER <i>Small 350ml</i>	\$1.00
WATER <i>Large 600ml</i>	\$1.60
JUICE ORCHY <i>Apple/ABC/Orange 200ml</i>	\$2.00
FOCUS WATER <i>Small 350ml</i>	\$2.00
FOCUS WATER <i>Large 500ml</i>	\$2.50
NORCO MILK <i>250ml Chocolate/Strawberry/Banana</i>	\$2.00
UP & GO <i>Chocolate/Vanilla</i>	\$2.20
NIPPY'S MILK <i>Small 250ml Chocolate/Honeycomb</i>	\$2.00
NIPPY'S MILK <i>Large 375ml Chocolate/Honeycomb</i>	\$2.80
ICE CREAMS	
QUELCH STICKS	60c
FRUITS CUPS (NO ADDED SUGAR) <i>Orange/ Apple & Blackcurrant</i>	\$1.00
LEMONADE ICY POLES	\$1.20
BULLA VANILLA CUPS	\$1.20
MOOSIES MILK FREEZE <i>Chocolate/Strawberry/Banana</i>	\$1.20
FANDANGLES <i>Caramel Popcorn /Choc Smallow/Fairy Floss</i>	\$1.60
BULLA YOGHURT CUPS <i>Mango/Strawberry</i>	\$1.60
BLIZZARD Slushy	\$2.00