



Wyrallah Road Public School

2023

Our canteen is run as a service to the school by the P&C Association. For your convenience, we operate Monday to Friday. We aim to comply with the New NSW Healthy School Canteen Strategy by providing a variety of affordable and healthy meal, drink and snack items.



CANTEEN HOURS: 8:30am—2:30pm

Sign up to flexischools at www.flexischools.com.au
-our preferred way to order your lunch online.

Online and over the counter Recess and Lunch orders
must be placed by 9.15am

Before School Items are restricted to over the counter sales only and include:

Toast (with spread), Raisin Toast, Custard, Yoghurt, Water, Milk, Fruit and Juice.

Healthy Sandwiches, Rolls & Wraps

All SANDWICHES are made on GRAIN or WHITE BREAD

GF Bread add	\$1.60
White Bread Rolls add	\$0.40
Chicken	\$3.20
Chicken Lettuce & Mayo	\$3.90
Chicken & Salad	\$5.00
Ham	\$2.50
Ham & Tomato	\$3.10
Ham Cheese & Tomato	\$3.90
Ham & Salad	\$4.30
Cheese	\$2.00
Cheese & Tomato	\$2.60
Cheese & Salad	\$3.80
Egg & Lettuce (<i>Plain or Curried</i>)	\$2.90
Egg & Salad	\$4.30
Tuna	\$3.20
Tuna Lettuce & Mayo	\$3.90
Tuna & Salad	\$5.00
Salmon	\$3.20
Salmon Lettuce & Mayo	\$3.90
Salmon & Salad	\$5.00
Salad Only (<i>Lett, Tom, Carrot, Cuc. Beetroot</i>)	\$3.00
Tomato	\$1.80
Vegemite, Jam or Honey	\$1.50
EXTRAS:	
Onion, Pickles, Mayonnaise, Hommus	\$0.30
Lettuce, Beetroot, Carrot, Cucumber	\$0.40
Tomato	\$0.60
Cheese	\$0.80

Burgers (Lunch Only)

Beef (made in canteen)	\$5.70
-Tomato Lettuce Beetroot (Sauce available Tomato B.B.Q, Sweet Chilli, Hommos, Mayo)	

Healthy Toasted Sandwiches

Cheese	\$2.50
Cheese & Tomato	\$3.10
Ham & Cheese	\$3.80
Ham Cheese & Tomato	\$4.40
Chicken & Cheese / Tuna & Cheese	\$4.50
Chicken Cheese Garlic Butter	\$4.80
Add Sauce	\$0.30
Add Pineapple	\$0.50

Healthy Salad Tubs

(Lunch Only)

Garden Salad	one size	\$4.20
-	lettuce, tomato, celery, carrot, cucumber, & beetroot	

Add

-	chicken / tuna / salmon	\$2.00
-	ham	\$1.30
-	egg	\$1.00
-	cheese	\$0.80
-	onion / mayo / pickles / hommus	\$0.30

NB: Please note no changes or substitutions to base salads.

Hot Wraps & Subs

Occasional (Lunch Only)

Chilli or Plain Chicken Tender Salad Wrap	Full	\$6.80
	Half	\$3.40
Chilli or Plain Chicken Tender Lettuce Mayo Sub		\$4.30
Chicken Nugget Lettuce Mayo Sub		\$4.90

Hot Food (Lunch only)

Everyday

Chicken & Gravy Roll	\$4.20
Garlic Bread Roll	\$2.00
Mac & Cheese VEG	\$4.20
Lasagna	\$4.20

Occasional

Chicken Nuggets	\$0.70
(GF) Chicken Nuggets	\$0.90
Chilli Chicken Tender	\$2.20
Classic Tenders (not chilli)	\$2.20
(GF) Tenders	\$2.20
Beef Pie	\$4.50
Sausage Roll (120g)	\$3.50

Squeeze Sauce:

Tomato / BBQ / Sweet & Sour	\$0.30
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Recess Specials

Monday	Scones 1/2	\$0.60
Tuesday	Pizza Fingers (on Turkish Bread)	\$0.60
Wednesday	Cheesy Garlic Bread	\$1.20
Thursday	Margaretta Pizza Sub	\$1.20

Recess Snacks

(Also Available at Lunch)

Everyday Snacks

Fresh Fruit (Apples, Banana, Oranges, Watermelon)	\$1.00
Boiled Egg	\$1.00
Veggie Sticks	\$1.10
Veggie Sticks with Hommus	\$1.70
Rice Crackers with Hommus	\$1.20
Toast (with spread)	\$0.60
Raisin Toast	\$0.80
Garlic Toast	\$0.60
Vita Weats / GF Rice Cakes = 2 Biscuits	
- Vegemite	\$0.60
- Tomato	\$0.90
- Cheese	\$0.70
- Tomato & Cheese	\$1.10
Vanilla Custard	\$1.20
Chocolate Custard	\$0.80
Yoghurt (<i>Strawberry, Vanilla or Banana</i>)	\$0.80
Rice Crackers (GF)	\$0.05
Bread Sticks	\$0.10
Popcorn (Air popped)	\$0.40
Pikelet (<i>Jam, Honey, Margarine</i>)	\$0.60

Muffins & Pikelets made in canteen.

Occasional Snacks

Muffin (<i>Chocolate, Banana, Blueberry</i>)	\$1.20
Red Rock Chips <i>Sea Salt</i> ,	\$1.40
Grain Waves Chips <i>Sour Cream & Chives</i>	\$1.40

Drinks

Everyday

Water 600ml	\$1.60
Juice Pop Tops 250ml (<i>Apple, Orange, Apple & Blackcurrant</i>)	\$2.30
Milk 300ml Flavoured (<i>Chocolate, Strawberry</i>)	\$2.40

Frozen Treats

(Counter Sales at Lunch ONLY)
[DO NOT ORDER PLEASE]

Everyday Snacks

Frozen Pineapple Rings	\$1.00
Frozen Grapes	\$1.00
Frozen Watermelon Wedge	\$1.00
Frozen Mango	\$1.00
Ice Mony (<i>Watermelon / Lemon / Blue, Red TNT</i>)	\$1.00

Occasional Snacks

Paddle Pops (Choc, Rainbow, Ban.)	\$2.20
Lite Vanilla Ice-cream Cups	\$1.00

Bring an apple in from home
along with \$0.20 and have it
peeled and spiralled.



Please feel free to come and see us if you have any
questions or you would like to volunteer.

Find our P&C on Facebook or via email
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Wyrallah Road Public School proudly stands on
Bundjalung land.

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