



Wyrallah Road Public School

Term 1 2021

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>Lettuce, Tomato, Carrot, Cucumber</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 |

Healthy Toasted Sandwiches

| | |
|----------------------------------|--------|
| Cheese | \$2.50 |
| Cheese & Tomato | \$3.20 |
| Ham & Cheese | \$3.50 |
| Ham Cheese & Tomato | \$4.10 |
| Chicken & Cheese / Tuna & Cheese | \$4.00 |

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

(Lunch Only)

| | | |
|--|------|--------|
| Chilli Chicken Tender Salad Wrap | Full | \$6.80 |
| | Half | \$3.40 |
| Chilli Chicken Tender Lettuce Mayo Sub | | \$4.30 |
| Chicken Nugget Lettuce Mayo Sub | | \$4.90 |
| Chicken & Gravy Sub | | \$4.00 |

Burgers

(Lunch Only)

| | |
|------------------|--|
| Beef | \$5.70 |
| - | Tomato Lettuce Beetroot |
| (Sauce available | Tomato, B.B.Q, Sweet Chilli, Hommus, Mayo) |



Hot Food (Lunch only)

Everyday

| | |
|-------------------------|--------|
| Garlic Bread Roll | \$2.00 |
| Mac & Cheese VEG | \$4.20 |

Occasional

| | |
|--|--------|
| Chicken Nuggets | \$0.70 |
| Chilli Chicken Tender | \$2.00 |
| (GF) Tenders | \$2.20 |
| Pizza – Ham & Pineapple / Cheese & Bacon | \$3.00 |
| Sml Beef Pie (110g) | \$3.10 |
| GF Beef Pie (170g) | \$6.00 |
| Beef Pie (Cruiser) (180g) | \$4.20 |
| Sausage Roll (120g) | \$3.10 |

Squeeze Sauce:

| | |
|-----------------------------|--------|
| Tomato / BBQ / Sweet & Sour | \$0.30 |
|-----------------------------|--------|

Recess Specials

| | | |
|-----------|----------------------|--------|
| Monday | Scones 1/2 | \$0.60 |
| Tuesday | Pizza Fingers | \$0.60 |
| Wednesday | Jelly and Custard | \$1.20 |
| Thursday | Margaretta Pizza Sub | \$1.20 |

Recess Snacks

(Also Available at Lunch)

Everyday Snacks

| | |
|--|--------|
| Fresh Fruit (Apples, Banana, Oranges & Seasonal) | \$1.00 |
| Boiled Egg | \$1.00 |
| Veggie Sticks | \$1.10 |
| Vegie Sticks with Hommus | \$1.70 |
| Rice Crackers with Hommus | \$1.10 |
| Toast (with spread) | \$0.60 |
| Raisin Toast | \$0.90 |
| 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 |
| Sultanas | \$0.80 |
| Dried Apple | \$0.10 |
| Banana Chips | \$0.05 |
| Rice Crackers | \$0.05 |
| Bread Sticks | \$0.10 |
| Popcorn (Air popped) | \$0.40 |
| Pikelet (<i>Jam, Honey, Margarine</i>) | \$0.60 |

Muffins & Pikelets made daily in canteen

Occasional Snacks

| | |
|--|--------|
| Muffin (<i>Chocolate, Banana</i>) | \$1.20 |
| Red Rock Chips <i>Sea Salt</i> , | \$1.30 |
| Grain Waves Chips <i>Sour Cream & Chives</i> | \$1.30 |

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 |
| Quelch Fruit Sticks (<i>apple, blk.currant, straw. rasp.</i>) | \$0.80 |
| Ice Mony (<i>Chocolate / Lemon / Blue, Red TNT</i>) | \$1.00 |

Occasional Snacks

| | |
|--|--------|
| Paddle Pops (<i>Choc, Rainbow, Ban.</i>) | \$2.20 |
| Lite Vanilla Ice-cream Cups | \$1.00 |
| Frozen Yoghurt (<i>Mango, Choc., Straw.</i>) | \$2.30 |

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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