



# Wyrallah Road Public School

## Term 4 2019

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](http://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

Counter Lunch and Recess orders on separate bags Please!  
Bags available 20 for \$0.60 at canteen



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 Wrap or Bread add	\$1.40
White Bread Rolls add	\$0.40
Chicken	\$3.20
Chicken Lettuce & Mayo	\$3.90
Chicken & Salad	\$4.80
Ham	\$2.50
Ham & Tomato	\$2.90
Ham Cheese & Tomato	\$3.70
Ham & Salad	\$4.10
Falafel <span style="background-color: green; color: white; padding: 2px;">VEG</span>	\$3.20
Falafel & Salad <span style="background-color: green; color: white; padding: 2px;">VEG</span>	\$4.80
Cheese	\$2.00
Cheese & Tomato	\$2.40
Cheese & Salad	\$3.60
Egg & Lettuce (Plain or Curried)	\$2.90
Egg & Salad	\$4.10
Tuna	\$3.20
Tuna Lettuce & Mayo	\$3.90
Tuna & Salad	\$4.80
Salmon	\$3.20
Salmon Lettuce & Mayo	\$3.90
Salmon & Salad	\$4.80
Salad Only (Lettuce, Tomato, Carrot, Cucumber)	\$2.80
Tomato	\$1.60
Vegemite, Jam or Honey	\$1.50

#### EXTRAS:

Onion, Pickles, Mayonnaise, Hommus	\$0.30
Lettuce, Beetroot, Carrot, Cucumber, Tomato	\$0.40
Cheese	\$0.80



### Toasted Sandwiches

Cheese	\$2.50
Ham / Cheese & Tomato	\$3.00
Ham & Cheese	\$3.50
Chicken & Cheese / Tuna & Cheese / Ham Cheese & Tomato	\$4.00

### Healthy Salad Tubs

#### (Lunch Only)

Garden Salad	Small	\$3.20	Large	\$4.80
- lettuce, tomato, celery, carrot, cucumber, & beetroot				
Greek Salad				
- lettuce, tomato, cucumber, feta, olives, red onion				
Add				
- chicken / tuna / salmon / falafel				\$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.

### Healthy Homemade Pasta

#### (Lunch Only)

Cup of cooked pasta	<span style="background-color: green; color: white; padding: 2px;">VEG</span>
- Plain - \$1	
- Parmesan - \$1.50	
- Pesto - \$2	

### Hot Wraps & Subs

#### (Lunch Only)

Chilli Chicken Tender Salad Wrap	Full	\$6.60
	Half	\$3.30
Chilli Chicken Tender Lettuce Mayo Sub		\$4.30
Chicken Nugget Lettuce Mayo Sub		\$4.70
Chicken & Gravy Sub		\$4.00

**Burgers**  
**(Lunch Only)**

Beef or Vegie Burger	\$5.50
-Tomato Lettuce Beetroot	
(Sauce available Tomato, B.B.Q, Sweet Chilli, Hommus)	

**Hot Food**  
**(Lunch Only)**

Garlic Bread Roll	\$2.00
Chicken Nuggets (GF) \$0.60	\$0.60
Chilli Chicken Tender	\$2.00
Pizza – Ham & Pineapple / Cheese & Bacon	\$2.80
Small Pie (100g)	\$3.00
Potato Top Pie	\$4.00
Beef Pie (Cruiser)	\$4.00
Sausage Roll (135g)	\$2.90
Spinach & Ricotta Roll (Snack size 75g) <b>VEG</b>	\$2.90
Lasagna	\$4.00
Mac & Cheese <b>VEG</b>	\$4.00

**Squeeze Sauce:**

Tomato / BBQ / Sweet & Sour	\$0.30
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**Recess Snacks**

(Also Available at Lunch)

**Everyday Snacks**

Fresh Fruit (Seasonal)	\$1.00
Boiled Egg	\$1.00
Veggie Sticks	\$1.00
Vegie Sticks with Hommus	\$1.60
Rice Crackers with Hommus	\$0.70
Toast (with spread)	\$0.60
Raisin Toast	\$0.90
Garlic Toast	\$0.60
Vita Weats / GF Rice Cakes = 2 Biscuits	
- Vegemite	\$0.60
- Tomato	\$0.70
- Cheese	\$0.70
- Tomato & Cheese	\$0.90
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

**Sometimes Snacks**

**Muffins & Pikelets made daily in canteen**

Muffin ( <i>Chocolate, Banana, Pineapple/Carrot</i> )	\$1.20
Pikelet ( <i>Jam, Honey, Margarine</i> )	\$0.60
Red Rock Chips <i>Sea Salt,</i>	\$1.30
Grain Waves Chips Sour Cream & Chives	\$1.30

**Drinks**

**Everyday**

<b>Water</b> 600ml	\$1.60
<b>Juice</b> Pop Tops 250ml ( <i>Apple, Orange, Apple &amp; Blackcurrant</i> )	\$2.30
<b>Milk</b> 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 Strawberries	\$1.00
Frozen Mango	\$1.00
Quelch Fruit Sticks orange, tropical, pine, mango)	\$0.80
Ice Mony <i>Chocolate</i>	\$1.00

**Sometimes Snacks**

Lite Vanilla Ice-cream Cups	\$1.00
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Bring an apple in from home along with \$0.20 and have it peeled and spiralled.



**Thursday Special**

**Check newsletter or specials board in canteen**

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  
wyrallahrdps.pandc@gmail.com

Wyrallah Road Public School proudly stands on Bundjalung land.

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