

EARLY START

Warm Cheese & Bacon Roll or Lge Vegemite Scroll	\$1.50
Hot Milo	\$1.00
Pancakes Plain, Butter or Jam	\$0.40
House made Muffins- Blueberry, Apple Cinnamon	\$0.50
Hot Ham & Cheese Pocket	\$1.00

HOT FOOD (Orders Only)

Chicken Wedges (each)	\$0.90
Corn Cob	\$1.00
Lean Sausage Roll	\$3.00
Lean Small Pie	\$2.00
Lean Large Pie	\$3.20
TOMATO/ BBQ SAUCE	\$0.40
In House Pizza:	\$4.00



- BBQ Sauce, Chicken & Cheese	
- Salsa, Ham, Pineapple, Cheese	
-Salsa & Cheese V	
Ham & Cheese Wrap (toasted)	\$4.00
Hot Chicken & Gravy Roll	\$4.20
Meatballs on a Long Roll w. Cheese & Sauce	\$4.00
Pasta, Tomato Salsa & Cheese V	\$4.00
Pasta Bolognese & Cheese	\$4.00
Lasagne	\$4.50
Fried Rice GF	\$4.00
Veggie & Hokkien Noodle Stir Fry V	\$3.50
Add Chicken	\$4.50
Baked Jacket Potato GF	\$4.00

Choose your topping:

Baked Beans V /Bolognese/Ham/Chicken GF	
Add Cheese, Greek Yoghurt, Sweet Chilli	
Nachos –Tomato Salsa & Cheese GF V	\$4.00
Nachos – Beef & Cheese GF	\$4.50

CREATE YOUR OWN SNACK SHACK BURGER \$4.50

Choose from: Lean Beef Patty/Grilled Chicken Patty/Chicken Schnitzel

Choose Your Salad and Sauce:

Lettuce/Tomato/Carrot/Cucumber/Beetroot/Pineapple/Cheese/ Mayo/BBQ/Tomato or Sweet Chilli

Chicken & Cheese Burger Chicken Patty, Cheese, Sauce \$3.50

Cheese Burger Lean Beef Patty, Cheese & Sauce \$3.50

Gluten Free = GF. V = Vegetarian

Please state on lunch bag any food allergies

SANDWICHES WRAPS & ROLLS

All can be toasted

White Rolls & Wraps (extra)	\$0.60
Vegemite/ Honey/ Jam	\$2.00
Cheese/ Baked Beans/ Spaghetti/Egg & Mayo	\$2.50
Ham/ Chicken/ Tuna/ Salmon	\$3.00

Extra Filling:

Lettuce/Tomato/Carrot/Cucumber/Pineapple/Beetroot/ Cheese	each	\$0.50
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Basic Salad Sandwich V \$3.50

(Lettuce, Tomato, Carrot, Cucumber, Cheese).

Add: Ham/ Chicken/ Tuna/ Salmon **\$1.00**

Chicken Wedge Wrap (Wedges, Lettuce, Tomato, Carrot, Cheese)

Sauce Sweet Chilli/BBQ/Tomato Sauce/ Mayo \$4.50

CREATE YOUR OWN SALAD BOX GF V

Small \$4.50 Large \$5.50

Choose from:

Lettuce/ Tomato/ Carrot/ Cucumber/ Pineapple/ Corn/ Beetroot/ Cheese.

Add:

Ham/ Chicken/ Tuna/ Salmon/ Whole Egg	\$1.00
Chicken Schnitzel, Beef or Chicken Patties	\$2.00

Caesar Salad Small \$4.50 Large \$5.50

(Lettuce, Lean Ham, Cheese, Egg, Croutons, Caesar Dressing)

Add: Chicken **\$1.00**

GLUTEN FREE OPTIONS

Gluten free Chicken Nuggets	each	\$0.90
GF Beef Patty or Chicken Nuggets with Small Salad		\$5.50

Parents are welcome to bring in Gluten Free cupcakes for birthday parties, bread for sandwiches. We can also heat pies and Sausage rolls. Simply place in a container with name & class clearly marked and we will store in our freezer.

WYONG WEEKLY \$2 DEALS

Please check the board at the front of the canteen to see the weekly dollar deal

These deals will combine food and a small drink and will be changed weekly.



ALL DAY SNACKS

Ham & Cheese Pocket		\$1.00
Vegemite or Garlic Scrolls Small (House made) V		\$0.20
Warm Macaroni & Cheese Cups V	Sm	\$0.50
	Lge	\$1.00
Fresh Fruit Salad OR Watermelon Cups	Sm	\$0.60
	Lge	\$1.20
Mixed Grape Cups	Sm	\$0.60
Fresh Fruit		\$1.00
Red Rock Deli Chips Honey Soy		\$1.50
Popcorn Plain GF V		\$1.00
Hummus & Vegie Sticks V GF		\$1.00
Hummus & Corn Chips V GF		\$1.00
Custard Cups GF		\$0.80



DRINKS AVAILABLE ALL DAY

Fruit Cups (Apple, Apple & Blackcurrant) GF	\$1.00
Water 300mls	\$1.00
Water 600mls	\$1.50
Flavoured Milk Light 300ml	\$2.20
(Chocolate, Strawberry, Banana)	
Plain 300ml Light Milk	\$1.20
Juice 250ml (Apple, ABC & Orange)	\$2.00
Hot Milo	\$1.00
Slushy 99% Fruit Juice	\$2.00
Fruit Smoothie Seasonal Fruit GF	\$1.00

FROZEN TREATS

Frozen Fruit Cups (Apple, ABC) GF	\$1.00
Frozen_Yoghurt Strawberry or Chocolate Vanilla GF	\$2.00
Vanilla Ice Cream Cups GF	\$1.00
Quelch Fruit Sticks (99% Juice) HALF \$0.30 FULL	\$0.50
Juicie Tubes 98% Fruit Juice (Tropical, Berry)	\$1.20
Moosies (Chocolate, Blue Moon)	\$1.20
Frozen Juice Pops	\$0.10

WYONG PUBLIC SCHOOL CANTEEN MENU 2019

Canteen Online Order System

ONLINE ORDERING



- Available 24/7
- Convenient for parents
- Removes paper orders and cash
- FREE registration

Online ordering is more convenient, providing a 24/7 payment and ordering system that can be accessed from home, work or a mobile device.

No more fumbling around for coins in the morning or sending kids to school with excess cash, online orders are faster and more accurate giving parents peace of mind that their order and payment is received accurately at the school.

Registration is free and only takes a few minutes.

EASY, ONLINE REGISTRATION

- Go to www.flexischools.com.au
- Click REGISTER NOW
- Enter your email
- You will be emailed a link to an online form - follow the link
- Choose a username and password and complete the form
- Add each student and their class
- Top-up the account - VISA or Mastercard preferred.



Place lunch
orders from your
iPhone or iPad!
Find us in the
App Store.



Wyong Public School

Canteen Menu

2019

