

### EARLY START

Warm Cheese & Bacon Roll	\$1.50
Hot Milo – <b>Available all Day</b>	\$1.00
<b>Morning Deal:</b> Ham & Cheese English Muffin with Juice Cup OR Hot Milo	\$2.00

### HOT FOOD (Orders Only)

#### Home Made Soup with Roll (Term 2& 3) \$4.00

(Chicken noodle/Chicken vegetable & noodle  
Chicken Wedges (each) \$0.90

Corn Cob \$1.00

Lean Sausage Roll \$2.50

Lean Small Pie \$2.00

Lean Large Pie \$3.00

**TOMATO/ BBQ SAUCE \$0.40**

**In House Pizza: \$4.00**

- Salsa, Capsicum, Mushroom, Cheese **V**

- BBQ Sauce, Chicken & Cheese

- Salsa, Ham, Pineapple, Cheese

-Salsa & Cheese **V**

Ham, Cheese, Wrap (toasted) \$4.00

Cheese & Bacon Roll \$1.50

Hot Chicken & Gravy Roll \$4.20

Meatballs on a Long roll, cheese & sauce \$4.00

Pasta Tomato Salsa & Cheese **V** \$4.00

Pasta Bolognaise \$4.00

Lasagne \$4.00

Fried Rice **GF** \$4.00

Vegie & Hokkien Noddle Stir Fry **V** \$3.50

**Add Chicken \$4.50**

**Baked Jacket Potato GF \$4.00**

#### Choose your topping:

Baked Beans **V**/Bolognaise/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/Chicken Mince Patty/Chicken  
Schnitzel

#### Choose Your Salad and Sauce

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

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

**Gluten Free = GF. V = Vegetarian**

Please state on lunch bag any food allergies

### SANDWICHES ROLLS & WRAPS

*All sandwiches will be made with wholemeal bread*

*unless white bread is requested sandwiches 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**

**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)

With 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**

**Caesar Salad Small \$4.50 Large \$5.50 V**

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

**Add:** Chicken **\$1.00**

#### **LUNCH SNACKS (orders welcome)**

Ham & Cheese pocket (toasted) \$1.00

Pasta Cup - Tomato salsa OR Sm \$0.50

Cheese Mac Lge \$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 the freezer.*

### WYONG WEEKLY DOLLAR DEAL \$2.00

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

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

#### **SNACKS LUNCH & RECESS**

Pancakes (each) \$0.40

Fresh Fruit Salad OR Watermelon Cups Sm \$0.60

Lge \$1.20

Mixed Grape cups Sm \$0.60

Lge \$1.20

Fresh Fruit \$1.00

Red Rock Deli chips Honey Soy \$1.50

Popcorn Plain **GF V** \$1.00

Dried Fruit & Seed Mix **V** \$1.00

Hummus & Vegie Sticks **V GF** \$1.00

Hummus & Corn Chips **V GF** \$1.00

Custard Cups \$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 200ml (Apple, ABC) \$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

# 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](http://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**

**2018**