



WAKEHURST PUBLIC SCHOOL CANTEEN MENU 2022

Monday, Wednesday, Thursday and Friday – Morning Tea and Lunch
Please use flexischools.com.au for lunch orders. Cut-off for orders is 9am
Email canteen@wpspandc.com or phone Kate on 0416244650



Monday - Mini Cheese or Ham and Cheese Pizza Good Food Hero Bolognese Pasta Bake or AC Lasagne	\$4.80 \$5.00	Fruit and Vegetable Snacks Carrot Sticks \$0.80 Cucumber Sticks \$0.80 Apple Slices \$1.00 Orange Wedges (full orange) \$1.00 Orange wedge (frozen) \$0.20 Frozen Pineapple Ring \$0.50 Fresh Fruit Salad \$4.00 Snack Pack (cheese, carrot, cucumber, & GF rice crackers) \$3.60 Cheese & GF Rice crackers \$2.00 Nut Free Cacao & Vanilla Super Food Ball \$2.50	
Wednesday - Chicken Burger / Beef Burger with option to add lettuce, mayonnaise, cheese (50c) or pineapple (50c)	\$5.00		
Thursday Butter Chicken with rice (GF), Thai Fried Rice with Chicken, Bolognese Pasta Bake, Curry, Cheesy Vegetable Pasta Bake or Mac & Cheese: by Good Food Hero Allied Chef Lasagne \$5.00 Mission Mini Naan (Plain) \$0.80	\$5.00		
Friday - Sushi <ul style="list-style-type: none"> • Teriyaki Chicken and Avocado roll \$3.20 • Teriyaki Chicken roll \$3.20 • Chicken Schnitzel and Cucumber roll \$3.20 • Tuna and Cucumber roll \$3.20 			Drinks Plain Milk 300ml \$1.00 Sipahh Straw (various flavours) \$0.60 Oak Light Flavoured Milk 300ml \$2.50 Up & Go \$2.00 100% Juice Poppas (various flavours) \$2.00 Chill J Sparkling Juice (various flavours) \$2.00 Emma & Tom's Smoothie \$2.50
Sandwiches – available every day Choice of white/wholemeal/multigrain bread (white roll or wrap – additional cost): <ul style="list-style-type: none"> • Chicken Breast \$2.70 • Ham \$2.40 • Egg \$2.00 • Falafel \$1.00 Add: Lettuce, tomato, carrot, cucumber, beetroot or mayonnaise. (Cheese 80c, Egg 50c) <ul style="list-style-type: none"> • Salad \$3.40 • Cheese \$2.00 • Vegemite / Honey / Jam \$1.50 Toasted <ul style="list-style-type: none"> • Ham and Cheese \$2.80 • Cheese \$2.50 • Baked Beans / Spaghetti \$2.20 Buttered White Bread roll \$1.00		Over the Counter Snacks Bread Sticks (Plain) \$0.10 Pikelets (2 pack) \$0.80 Hot Cheese Melt or Garlic Bread \$0.80 Boiled Rice cup (recess only) \$0.50 Hot Popcorn – Gluten Free \$1.00 Red Rock Deli Sea Salt Chips \$1.50 Sour Cream & Chive Grain Waves \$1.00 Hot Milo \$1.00 Pauls Vanilla Custard \$1.50 Pauls Chocolate Custard \$1.50 Milo Monster Bites \$0.50 Crispy Fruit \$2.00 Warm Banana Bread Waffle \$1.50	
Hot Food – available every day Crumbed Chicken Tender <ul style="list-style-type: none"> • 1 pack \$1.80 • 2 pack \$3.60 Gluten Free Chicken Nuggets <ul style="list-style-type: none"> • 4 pack \$2.40 • 6 pack \$3.50 Lean Beef Pie (90g) \$3.00 Sausage Roll (110g) \$3.30 Hash Brown \$1.00 Corn on Cob \$1.00 Cheese Melt or Garlic Bread \$0.80 Cheesy Garlic Bread \$1.00 Brazilian Cheesebuddy (Gluten Free) \$0.80 Sauces: tomato, BBQ, sweet & sour, sweet chilli \$0.30		Ice Blocks 100% juice ice blocks (various flavours) \$0.20 Paddle Pop \$2.00 Juicies (various flavours) \$1.50 Quelch Ice Blocks (various flavours) \$0.80 Moosies (Chocolate / Blue Moon) \$1.50 Twisted Frozen Yoghurt \$2.00 Twisted Licks \$1.50 Bulla Vanilla 98% Fat Free Ice Cream Cup \$1.50	
Salad Box (lettuce, tomato, cucumber, carrot) \$3.50 Ham / Chicken Breast / Egg / Falafel \$4.50 Crumbed Chicken Tender \$5.00 The Lot (ham, egg, cheese, beetroot) \$5.50			