Woolooware Public School Canteen Menu 2020

How to order:

1. Please write name, class,& items clearly on a brown paper bag

2. Please enclose correct money

3. Drop your lunch order in at the canteen between 9am - 9.30am

NB: Lunch bags are available to purchase at the canteen for 20c.

Flexischools Online ordering:

Order online before 8.30am, go to www.flexischools.com.au

All sandwiches are served on wholemeal bread	
Vegemite	\$ 2.00
Cheese	\$ 2.80
Egg and Lettuce (includes mayo)	\$ 3.50
Salad (Lettuce, Carrot, Cucumber, Tomato & Beetroot)	\$ 4.00
Ham	\$ 3.50
Ham & Cheese	\$ 3.80
Ham, Cheese & Tomato	\$ 4.20
Tuna	\$ 3.50
BBQ Chicken	\$ 3.50
Add Cheese or Mayo	\$ 0.50

JAFFLES

Wholemeal Roll

Add extra salad items

Add Wrap or Bread Roll

Add Egg, Ham, BBQ Chicken, Tuna

Baked Beans	\$ 3.50
BBQ Chicken/ Cheese	\$ 4.00
Note: all sandwiches can be toasted	

SALAD

BBQ Chicken & Salad - served in takeaway box	\$	4.50
(salad - lettuce, carrot, cucumber, tomato & beetro	oot)	
Optional Tuna or Egg instead of BBQ Chicken		

Open Monday - Friday 9am - 12.30pm

HOT FOOD	
Meatball Sub (Mon-Thurs) - add cheese 50c	\$ 4.50
Twista Pasta Bolognaise - add cheese 50c	\$ 4.00
Lasagne	\$ 4.50
Chicken Goujons (limit of 6)	\$ 0.60
Meat Pie	\$ 4.00
Sausage Roll	\$ 3.00
Pizza (Ham & Pineapple)	\$ 3.50
Garlic Bread	\$ 2.00
Steamed Rice	\$ 1.20
Noodles Wholegrain (2 min)	\$ 1.20
Tomato Sauce	\$ 0.30

BURGERS & WRAPS

Chicken Burger - crumbed	\$ 4.50
(crumbed chicken tender, lettuce & mayo on a roll)	
Mini Chicken Wrap	\$ 3.50
(crumbed chicken tender, lettuce & mayo on a wrap)	

SUSHI - Twice a term

Tuna	\$ 3.80
Teriyaki Chicken	\$ 3.80
Vegetable	\$ 3.80

DRINKS

0.50

1.00

1.00

1.20

Glee Sparkling Juice - Tropical or Raspberry	\$ 2.20
Harvey Fresh Juice	\$ 2.00
(Apple, Orange, Apple & Blackcurrant)	
Oak Flavoured Milk -	\$ 2.00
(Chocolate or Strawberry)	
Water	\$ 1.00

The Healthy Eating strategy - www.healthy-kids.com.au

SNACKS

Apple Slinky	\$ 1.50
Slinky Only - Supply own apple	\$ 0.30
Custard Cup	\$ 1.50
Frozen Berries & Yoghurt	\$ 2.00
Crackers & Cheese	\$ 1.20
Koala Plain Popcorn	\$ 1.30
Plain Red Rock Chips	\$ 1.50
Chocolate Cookies	\$ 0.50
WPS Choc Bomb (max 5) Each	\$ 0.30
Bread Sticks	\$ 0.20

FRUIT & VEG (seasonal)

Apple or Orange	\$ 1.50
Vege Sticks (Carrot & Cucumber)	\$ 1.50
Corn on cob	\$ 1.00

FROZEN SNACKS

Not to be ordered in a lunch order!

Moosie - Choc & bubblegum	\$	1.50
Juicy (ABC, Tropical, Apple, Wildberry)	\$	1.00
Quelch Ice Block	\$	0.50
Frozen Orange Wedge (summer only)	Ś	0.50

Volunteers keep us open! Please Help!

Our Canteen is open Monday to Friday but heavily relies on the voluntary help of Parents, Carers & Grandparents. If you can help any day between 9.30am-12.30pm please contact our Canteen Supervisor, Melissa Davis on 02 9523 5411 or 0401 023 622. The children enjoy seeing their families involved, plus it is a great way to meet other parents within the school community. You can volunteer as often as you like. Offering one day a month, term or year is extremely beneficial & greatly appreciated!