

## CHEESE & TOASTIE

### - HEALTHY FOOD GUIDELINES -

- G** Green - fill the menu  
**A** Amber - select carefully  
**GF** Gluten Free  
**DF** Dairy Free  
**V** Vegetarian      **H** Halal Certified

### BREAKFAST & RECESS

Fresh Seasonal Fruit (G)(GF)(DF)	\$ 1.50
Cheese & Toastie triangle (G)	\$ 1.60
Cereal Cup (G)(DF)	\$ 1.30
Yoghurt (G)(GF)	\$ 1.30
Yoghurt & Muesli (G)	\$ 1.80
Yoghurt & Berries (G) (GF)	\$ 1.80
1/2 Banana Bread slice (A)	\$ 1.80
Slinky Apple (G)(GF)(DF)	\$ 2.00
Cheese and Crackers(G)	\$ 2.00
Veggie Sticks with hommus (GF)(H)	\$ 2.50
Watermelon Cup (G)(GF)(DF)	\$ 3.00
Mini muffin (A) - assorted flavours	\$ 1.50
Cereal with Milk (G)	\$ 3.00
Hot Chocolate(G)	\$ 2.50

### Anytime Snack Box (G)

Cheese, Crackers, Veggie Sticks, Yoghurt & Muesli	\$ 4.80
---	---------

### SUSHI - (G) pre-order online only

Rice Paper Rolls - Chicken, or Vegetarian	\$ 4.50
Sushi Rolls - Cooked Tuna(GF), Teriyaki Chicken & Tofu Veggie (V)	\$ 4.30
Sushi Baby Box - Cooked Tuna(GF), Teriyaki Chicken, Cucumber(GF)	\$ 4.50

## Wahroonga Public School Canteen Menu 2023 Term 2

### SANDWICH BAR (G) pre-order online only

Honey, Vegemite, or Jam	\$ 2.50
Light Tasty Cheese	\$ 3.30
Plain Tomato	\$ 3.00
Light Tasty Cheese & Tomato	\$ 4.00
Smoked Ham	\$ 3.50
Smoked Ham & Cheese	\$ 4.50
Tuna Light Mayo	\$ 4.20
Tuna Light Mayo & Cheese	\$ 4.50
Roast Chicken	\$ 4.20
Roast Chicken & Cheese	\$ 4.80
Roast Chicken, Lettuce & Light Mayo	\$ 4.80
<b>Salad sandwich</b> <i>lettuce, Carrot, Tomato &amp; Cucumber</i>	\$ 4.50



**Breads (G) Whole meal with Margarine**  
**Gluten Free Bread - \$1.50 Extra**

### WRAPS (G) pre-order online only

Smoked Ham & Cheese	\$ 5.20
Roast Chicken, Lettuce & Light Mayo	\$ 5.20
Cheese, Tomato & Lettuce (V)	\$ 5.20
Salad (V)	\$ 5.20

### HOT WRAPS (G) - Burritos pre-order online only

Ham & Cheese Burrito	\$ 5.30
Roast Chicken & Cheese with Light Mayo sauce	\$ 5.80
Roasted Veggies with Cheese (V)	\$ 5.30
Roasted Veggies Chicken with Cheese	\$ 6.30

  
Cheese & Toastie

Healthy Canteen  
Operators & Catering  
Services

### EVERY DAY SALAD (G) pre-order online only

<b>Garden Salad(GF)(DF)(V)</b> <i>Lettuce, Tomato, Cucumber, Carrot, with light dressing</i>	M \$3.80 L \$5.00
<b>Roasted Chicken w Garden Salad</b> <i>Daily Roasted Chicken, Lettuce, Tomato, Cucumber, Carrot, with light dressing</i>	\$ 6.50
<b>Chicken Caesar</b> <i>Lettuce, Bacon, Egg, Cheese, Croutons, Caesar dressing</i>	\$ 6.50
<b>Tuna Salad</b> <i>Lettuce, Tomato, Cucumber, Carrot, with light dressing</i>	\$ 6.50

### Special salads (G) - Seasonal summer only

**BBQ pork and apple salad (DF)** - our home-marinated BBQ pork with apple and greens and a light fish sauce dressing  
**Special Chicken Mango Salad (DF)** mixed greens & homemade mango dressing

Our Canteen roasted  
100% Real Chicken  
for all of our  
Sandwiches, Wraps  
and Salads everyday



### WEEKLY SPECIALS DISH

Keep an eye out on the blackboard outside of the canteen for dish of the day.

Some foods may not be available & may change according to season, weather or school events!

#### HOT BITE (A) pre-order online only

Beef Meat Pie	\$ 4.80
Beef Meat Pie (GF)	\$ 6.50
Beef Meat Pie (Halal)	\$ 4.80
Sausage Roll	\$ 4.00
Sausage Roll (GF)	\$ 5.50
Sausage Roll (Halal)	\$ 4.00
Hot Dog (Friday only)	\$ 4.50
Chicken Gougon Nuggets (4) (H)	\$ 3.80
Home Made Pizza - Pineapple, Ham & Cheese,	
BBQ Chicken (Tuesday only)	\$ 4.30

**BIRTHDAYS - CUPCAKES OR  
ICE-BLOCK BUCKETS  
ENQUIRE WITHIN  
CANTEEN!**

#### EVERY DAY HOT LUNCH (G) Constantly changing see in store

*Made fresh daily - see Menu board for more option*

Vegetarian Fried Rice (G)(GF)(V)(DF)	\$ 4.80
Chicken Fried Rice (G)(DF)	\$ 5.30
Beef Bolognese (G)	\$ 5.30
Rice, seaweed and soy sauce (G)(GF)(DF)	\$ 4.80
Macaroni Cheese (G)	\$ 4.80
Corn & Chicken Dumplings with Rice Noodle(G)	\$ 5.30
Corn & Chicken Dumplings with Soy Sauce(G)(6)	\$ 5.30

#### OTHER HOT FOOD

Poached <b>Chicken noodle soup</b> (G)with lovingly crafted homemade complex Broth	
Stir Fried Homemade <b>BBQ pork Spaghetti</b> (G)	

#### DRINKS (G)

Bottled Water (G)	\$ 2.50
Plan Milk 300ml (G)	\$ 2.00
<b>Just Juice box (G)</b>	\$ 2.30
<i>Apple, Orange, Apple Blackcurrant</i>	
<b>Flavoured Milk 300ml (G)</b>	\$ 3.00
<i>Chocolate, Strawberry</i>	
<b>GLEE Juice Bubbles</b> (99%Sparkling fruit juice)	\$ 2.80
<i>Tropical, Blackcurrant and Raspberry</i>	
Hot Chocolate (G)	\$ 2.50

#### Soups - (G) Winter only, all served with a dinner roll

*Home Made fresh daily -change every week*

Pumpkin Soup(V)	\$ 5.00
Sweet corn Veggies(V)(DF), or Chicken soup	\$ 5.00
Clear Chicken Veggie Broth (no dinner roll)	\$ 4.00

#### SNACKS and FROZEN TREATS

Frozen seasonal fruit (G) - from \$0.10 to \$1.00 (watermelon, pineapple, orange, grapes, strawberry)	
Moosies (GF)(frozen flavoured milk)	\$ 2.30
<b>Frozen Fruit Juice Cup (G)</b> - Apple, Pineapple and Apple Blackcurrant	\$ 1.50
Paddle pop	\$ 2.30
Popcorn Bag - (GF)(V)	\$ 2.00



**\*\* With your lunch order "Ice Cold Treats"  
should be collected from the canteen after  
the eating period \*\***

**Cheese & Toastie cater a selection of HALAL  
CERTIFIED products as well as Gluten and Dairy  
Free items. Contact our canteen for special  
Dietary Requirements.**

All lunch orders must be placed by 9:00am.

Canteen open Monday to Friday. Pre-order at ***Flexischools.com.au***