



## WAKEHURST PUBLIC SCHOOL CANTEEN MENU 2025

Monday, Tuesday, Wednesday, Thursday and Friday – Morning Tea and Lunch  
Please use [flexischools.com.au](http://flexischools.com.au) for lunch orders. **Cut-off for orders is strictly 9:00am**  
Email [canteen@wpspandc.com](mailto:canteen@wpspandc.com) or phone Deb and Kim via the Office on 9451 1812



<u>Daily Menu</u>		<u>Fruit and Vegetable Snacks</u>	
<b><u>Monday</u></b>		Carrot Sticks	\$1.30
Mini Cheese Pizza / Ham & Cheese (+50c)	\$5.50	Cucumber Sticks	\$1.30
Good Food Hero (Butter Chicken, Pasta Bake, Mac & Cheese, Pesto Chicken Pasta, Honey Soy Chicken Miso Noodles) or Allied Chef Lasagna	\$6.50	Apple Slices	\$1.00
<b><u>Tuesday</u></b>		Orange Wedges (full orange)	\$1.50
Beef Nachos	\$6.50	Orange wedge (frozen)	\$0.50
Good Food Hero Meals (Butter Chicken, Pasta Bake, Mac & Cheese, Pesto Chicken Pasta, Honey Soy Chicken Miso Noodles)	\$6.50	Frozen Pineapple Ring	\$0.70
Chicken Sweet Chilli Tender Strips Wrap add lettuce, mayonnaise, cheese, cucumber, carrot (+50c each for cheese, cucumber, carrot)	\$5.50	Fresh Fruit Salad	\$5.00
<b><u>Wednesday</u></b>		Snack Pack (cheese, carrot, cucumber, & GF rice crackers)	\$4.50
Chicken Burger with option to add lettuce, mayonnaise, cheese or pineapple (+50c each for cheese and pineapple)	\$5.50	<b><u>Over the Counter Snacks</u></b>	
<b><u>Thursday</u></b>		Bread Sticks (Plain)	\$0.20
Good Food Hero (Butter Chicken, Pasta Bake, Mac & Cheese, Pesto Chicken Pasta, Honey Soy Chicken Miso Noodles) or Allied Chef Lasagna	\$6.50	Bread Stick Packet (Plain)	\$3.00
Mission Mini Naan (Plain)	\$1.20	Pikelets (2 pack)	\$1.00
<b><u>Friday - Forestway Sushi Bar</u></b>		Hot Cheese Melt or Garlic Bread	\$1.00
Teriyaki Chicken & Avocado roll	\$4.80	Cheesy Garlic Bread	\$1.20
Teriyaki Chicken roll	\$4.80	Boiled Rice cup (recess only)	\$1.00
Chicken Schnitzel & Cucumber roll	\$5.00	Hot Popcorn – Gluten Free	\$1.00
Avocado	\$4.80	Red Rock Deli Sea Salt Chips	\$2.50
Tuna & Cucumber roll	\$4.80	Sour Cream & Chive Grain Waves	\$2.00
<b><u>Salad Box – available every day</u></b>		Hot Chocolate (Term 2 and 3 only)	\$1.00
Lettuce, tomato, cucumber, carrot	\$4.50	Pauls Vanilla Custard	\$2.00
Ham / Chicken Breast / Egg (\$1)/ Falafel salad (\$1.50)	\$5.00	Milo Monster Bites	\$0.70
Crumbed Chicken Tender salad	\$6.50	Crispy Fruit (mango, pear, apple, strawberry)	\$2.50
The Lot (ham, egg, cheese, beetroot)	\$6.50	Warm Banana Bread Slice	\$2.30

<u>Sandwiches – available every day</u>		<u>Drinks</u>	
Choice of white/wholemeal bread	\$2.50	Plain Milk 300ml	\$1.60
(white roll + 50c. wrap +70c):		Oak Light Flavored Milk 300ml (strawberry, chocolate)	\$3.00
Chicken or Ham	\$3.50	Pauls Bluey Flavored Milk (chocolate, strawberry, banana)	\$3.00
Egg	\$3.50	Up & Go (strawberry, chocolate, vanilla) 250ml	\$3.00
Falafel	\$4.00	100% Juice Poppas (orange, apple, apple & blackcurrant)	\$2.50
Add: Lettuce, tomato, carrot, cucumber, beetroot or mayonnaise for +50c each. Cheese +50c, Egg +\$1.00 , Hummus \$1.00		Chill J Sparkling Juice (various flavors)	\$2.70
Basic Salad	\$4.60	Juice Bomb (Yrs 2-6 only) (various flavors)	\$2.70
Cheese	\$3.00		
Vegemite / Honey / Jam	\$2.70		
Buttered Roll	\$2.00		
Toasted Ham and Cheese	\$4.00		
Toasted Cheese	\$3.50		
Toasted Baked Beans / Spaghetti	\$3.50		
Toasted Spaghetti & Cheese	\$4.00		
Toasted Cheese & Tomato	\$4.00		
<u>Hot Food – available every day</u>		<u>Ice Blocks</u>	
Crumbed Chicken Tender		100% juice ice blocks (mango, blackcurrant, pineapple, tropical)	\$0.20
1 pack	\$2.50	Frozen Milk Pop (Chocolate, Strawberry, Custard)	\$0.50
2 pack	\$5.00	Frozen Fruit on a Stick	\$0.70
Gluten Free Chicken Nuggets		Quelch Ice Blocks (various flavors)	\$1.00
4 pack	\$3.50	Pure Pop (choc, strawberry yoghurt, mango banana)	\$2.50
6 pack	\$5.00	Juicies (Lemonade, Wildberry, Tropical)	\$2.00
Lean Beef Pie (90g)	\$4.00	Twisted Frozen Yoghurt	\$2.50
Sausage Roll (110g)	\$4.50	Vanilla Ice cream cup	\$2.50
Hash Brown	\$1.50		
Corn on Cob	\$1.00		
Cheesymite Scrolls	\$3.50		
Brazilian Cheesebuddy (Gluten Free)	\$1.00		
		<u>Lunch order snacks</u>	
		Cocoa Cinnamon Cookie	\$3.00
		Anzac Biscuit	\$3.00
		Banana Apple Pineapple Muffin	\$3.00
		<u>Birthday Treats (48hr lead time for orders)</u>	
		Quelch Fruit Sticks - per class	\$20.00
		Juicies (mix of Lemonade, Wildberry, Tropical)	\$30.00