



Healthy Delights Canteen Menu



Breakfast

Yoghurt	\$1.50
Fruit Salad - small	\$1.50
Fruit Salad - large	\$2.50
Seasonal Fruit	\$1.20
Cheese Toasty	\$2.00
Cheese & Ham Toasty	\$3.50
Assorted Cereal	\$1.50
Toast (white/wholemeal) with margarine, Vegemite or jam (per slice)	\$1.00
Hot chocolate (Terms 2 & 3 only)	\$2.00

Crunch & Sip

Piece of fruit + bottle of water	\$2.70
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Salads & Wraps

Salad Bowl	\$4.50
Salad Bowl with Ham	\$5.50
Salad Bowl with Chicken	\$5.50
Salad Bowl with Tuna	\$5.50
Hawaiian Wrap	\$5.00
Cheese Wrap (cold or toasted)	
- small \$2.00 / large	\$4.00
Chicken Caesar Bowl	\$5.50
Chicken Caesar Wrap	\$5.50

Extras

Spoon or fork (each)	\$0.10
Sauce portions - Tomato or BBQ	\$0.40

Drinks

Water - 600ml	\$1.80
Lite Flavoured milk (300ml) - chocolate or strawberry	\$2.70
Up&Go (250ml) - chocolate, strawberry, vanilla or banana	\$2.70
Fruit Poppers	\$1.70
Chill J Sparkling Fruit Drink - various flavours	\$2.70

Frozen Products

Fruit Cup	\$1.00
Quelch Sticks - tropical, orange, mango or pineapple	\$1.00 each / \$0.50 half
Iced Mony - chocolate, lemonade or raspberry	\$1.20
Frozen Fruit - seasonal	\$1.20

Sandwiches

Choice of white or wholemeal bread

Wraps \$0.30 extra charge

Cheese	\$2.00
Jam	\$2.00
Vegemite	\$2.00
Egg and Lettuce	\$3.00
Salad	\$4.00
Salad with Cheese	\$4.50
Salad with Tuna	\$5.00
Salad with Ham	\$5.00
Salad with Chicken	\$5.00

Hot Food

V = Vegetarian H = Halal GF = Gluten Free

Mac & Cheese (V)	\$4.80
Vegetable Fried Rice (GF)	\$4.80
Lasagne (H)	\$4.80
Vegetable Lasagne (V)	\$4.80
Butter Chicken	\$5.00
Chicken Wrap with Lettuce and Mayonnaise (hot or cold) Small \$2.30 / Large	\$4.50
Warm Chicken Roll with Mayonnaise or Gravy Small \$2.30 / Large	\$4.00
Chicken Burger + Lettuce & Mayonnaise	\$4.00
Beef Burger with BBQ or Tomato Sauce	\$3.50
Cheese Burger with BBQ or Tomato Sauce	\$4.00
Mini Hot Dog with BBQ or Tomato Sauce	\$2.00
Large Hot Dog with BBQ or Tomato Sauce	\$3.00
Extra Cheese (for Hot Dog)	\$0.40
Chicken Nuggets (each)	\$0.80
Lite Sausage Roll	\$3.00
Lite Meat Pie - small	\$3.00
Lite Meat Pie - large	\$4.00
Pizza - ham & pineapple / cheese & bacon / cheesy margherita	\$4.00
Garlic Bread	\$2.00
Cheese Toasty	\$2.00
Cheese & Ham Toasty	\$3.50
Hash Brown	\$1.00
Corn Cob	\$1.00
Hot Noodles - Chicken or Beef	\$3.50
Mini Frankfurts (each)	\$0.60

Snacks

Fruit - apple, mandarin or seasonal fruit (each)	\$1.20
Fruit Salad - small	\$1.70
Fruit Salad - large	\$2.70
Yoghurt - vanilla, raspberry or banana	\$1.50
Vegetable Sticks	\$1.20
Vegetable Sticks with Hommus	\$1.70
Wholemeal crackers:	
- with Vegemite	\$1.00
- with cheese & tomato	\$1.50
Cheese Sticks	\$1.00
Bread Sticks (when available)	\$0.20
Grain Waves	\$1.70
Sea Salt Chips	\$1.70
Pop Corn (freshly popped)	\$1.40
Rice Sticks	\$1.40
Noodle Snacks	\$1.00

Werrington Public School meets NSW Healthy
School Canteen Strategy.

We use low fat spreads, mayonnaise, sauce
and gravy.

Excursions and sports packs available.

Email for ordering: wps.canteen@yahoo.com
(orders need to be sent by 9pm the day before)

Account for payment: Mrs Susan Liddiard;

BSB: 062 445; Account: 11084139

Please note we do not offer credit.

