

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)	\$ 2.20
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)	\$ 2.70

SUSHI - (G) pre-order online only

Sushi Rolls - Cooked Tuna(GF), Teriyaki Chicken & Tofu Veggie (V)	\$ 4.60
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Waitara Public School Canteen Menu - 2024

SANDWICH BAR (G) pre-order online only

Honey, Vegemite, or Jam	\$ 2.50
Vegemite Cheese	\$ 4.00
Light Tasty Cheese	\$ 3.50
Plain Tomato	\$ 3.00
Light Tasty Cheese & Tomato	\$ 4.00
Smoked Ham	\$ 3.60
Smoked Ham & Cheese	\$ 4.60
Roast Chicken	\$ 4.20
Roast Chicken & Cheese Lettuce	\$ 6.00
Roast Chicken, Lettuce & Light Mayo	\$ 5.00



Salad sandwich <i>lettuce, Carrot, Tomato & Cucumber</i>	\$ 4.50
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Breads (G) Whole meal with Margarine
Gluten Free Bread - \$1.50 Extra

WRAPS (G) pre-order online only

Smoked Ham & Cheese	\$ 5.50
Roast Chicken, Lettuce & Light Mayo	\$ 5.50
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	\$ 6.00
Sweet Chili Chicken	\$ 6.00


Cheese & Toastie

**Healthy Canteen
Operators & Catering
Services**

EVERY DAY SALAD (G) pre-order online only

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

WE'RE A
**GREAT
CHOICE**
 HEALTHY SCHOOL
 CANTEEN
HealthySchoolCanteens.nsw.gov.au

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!

Occasional items (A) **pre-order online only**

Beef Meat Pie	\$ 5.00
Beef Meat Pie (GF)	\$ 6.50
Beef Meat Pie (Halal)	\$ 5.00
Sausage Roll	\$ 4.20
Sausage Roll (GF)	\$ 5.50
Sausage Roll (Halal)	\$ 4.20
Hot Dog (Friday only)	\$ 4.80
Chicken Gougon Nuggets (4) (H)	\$ 4.00
Home Made Pizza - Pineapple, Ham & Cheese, BBQ Chicken (Tuesday only)	\$ 4.50

BIRTHDAYS - 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)	\$ 5.00
Chicken Fried Rice (G)(DF)	\$ 5.30
Pasta Napoletana (G)	\$ 5.20
Rice, seaweed and soy sauce (G)(GF)(DF)	\$ 5.20
Macaroni Cheese (G)	\$ 5.30
Corn & Chicken Dumplings Noodle soup(G)	\$ 5.80
Corn & Chicken Dumplings with Soy Sauce(G)(5)	\$ 4.50
Our noodle soup cooked with lovingly crafted homemade complex Broth'	

DRINKS (G)

Bottled Water (G)	\$ 2.50
Plan Milk 300ml (G)	\$ 2.00
Just Juice box (G)	\$ 2.50
<i>Apple, Orange, Apple Blackcurrant</i>	
Flavoured Milk 300ml (G)	\$ 3.20
<i>Chocolate, Strawberry</i>	
GLEE Juice Bubbles (99%Sparkling fruit juice)	\$ 2.80
<i>Tropical, Blackcurrant and Raspberry</i>	
Hot Chocolate (G)	\$ 2.70

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 \$0.30 to \$1.00 (watermelon, pineapple, orange, grapes, strawberry)	
Moosies (GF)(frozen flavoured milk)	\$ 2.30
Frozen Fruit Juice Cup (G) - Apple, Pineapple and Apple Blackcurrant	\$ 1.80
Paddle pop	\$ 2.50
Popcorn Bag - (GF)(V)	\$ 2.50



**** 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***