



Welcome Back Parents & Carers

The Wednesday Wrap is Waverley Public School's P&C-run canteen service that provides lunch and recess to the children and staff once a week on Wednesdays. It is entirely run by volunteers.

How to Order:

When: Order online by 8pm, Monday

How: through the Qkr app

- download the app from Google Play or the App Store

You will receive a step by step set up guide in your Child's notes folder.

You can also find this information from the brochure wall at the school office.

How to Volunteer:

As always, we welcome volunteers to join us for all or any part of the Wednesday (9.20am - 2pm). Your children LOVE to see you in the canteen, and all the volunteer are super friendly and chilled out!!

Please email canteen@waverleyprimarypandc.org.au or grab Ebony or Helen in the schoolyard!





- **ORDER ONLINE BY MONDAY 8PM**
- **New Menu Items: sorbets in real fruit shells, cheese stringers**
- **Pick Up Frozen Treats and All Drinks from Canteen Counter**

Item		Lunch	Recess	Price	
Sandwiches: buttered (salt reduced) unless specified otherwise					
Bread: Wrap, Wholemeal Sliced, Hi Fibre White, Gluten-free Wrap		●		\$2.00	
Spreads: Vegemite, Mayonnaise				+ \$0.50	
Filling: Chicken, Salt Reduced Leg Ham, Tuna				+ \$0.50	
Filling: Carrot, Lettuce, Tomato				-	
Filling: Avocado, Cheese				+ \$0.50	
Toasted				+ \$0.50	
Sushi (all with soy sauce)		●		\$4.00	
Handrolls (Brown or White Rice)					
Chicken Schnitzel & Lettuce					
Chicken Teriyaki & Cucumber					
Chicken Teriyaki & Avocado					
Chicken Teriyaki & Lettuce					
Plain Avocado					
Cooked Tuna & Avocado					
Cooked Tuna & Cucumber					
Raw Salmon & Avocado					
Mini Sushi Box (15 small pieces) – White Rice Only		●		\$5.00	
All Cooked Tuna					
All Cucumber					
All Avocado					
½ Cucumber & ½ Cooked Tuna					
Mixed box: 5 pieces each (Avocado, Tuna & Cucumber)					
Large Sushi Box (8 large pieces) – White Rice Only		●		\$5.50	
Chicken Schnitzel & Lettuce					
Chicken Teriyaki and Lettuce					
California (Crab, Avocado, fish roe)					
Cooked Tuna and Cucumber					
Cooked Tuna and Avocado					
Grilled Flying Saucers (Wholemeal English Muffin):				\$1.30	
Vegemite				\$1.50	
Cheese				\$2.00	
Free Range Ham and Cheese					
Snacks:		●	●	\$1.00	
Dairy: Bega Cheese Stringers				\$2.00	
Fruit: Slinky Apples or Watermelon				\$2.00	
Vegetables: Carrot Sticks, Hommus \$0.50 extra				\$1.00	
Popcorn (Cobs Organic)				\$2.00	
Banana Bread				\$2.50	
Yoghurt: Strawberry, Vanilla, Banana, Tropical				\$2.00	
Homemade muffins (banana, apple carrots & cinnamon)				\$2.00	
Homemade bliss balls				\$2.00	
Frozen Treats: Smooze Fruit Ice (Coconut, Coconut & Pink Guava/Mango/Banana/Pineapple)					
Frozen Treats: Island Way Sorbet (Lemon Pomegranate in real Lemon shell, Passion Mango in real orange shell)		●	●	\$2.50	
Drinks:		●	●	\$1.50	
Milk in a Cup (200ml)				\$2.00	
Orange Slushie (200ml)				\$2.50	
Iced Chocolate Milk (200ml) - soy 50c extra				\$2.50	

Under guidelines set by "Healthy Kids Association" www.schoolcanteens.org.au, we use colour coding of menu items to advise parents of healthy choices available on our menu.

Green	Canteens are encouraged to "fill the menu" with these foods. These are great foods for daily consumption by children	Amber	Canteens are encouraged to "select carefully" and not let these foods dominate the menu and avoid large serve sizes. These foods should be combined with green foods to provide a balanced daily calorie intake	Red	Canteens are advised to only serve these items "occasionally"
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