

NEWTOWN HIGH SCHOOL OF PERFORMING ARTS CANTENEN MENU

Food Coding
G - Green fill the menu
A - Amber select carefully
R - Red only occasionally
V - Vegetarian

BREAKFAST

Toast - jam or honey (A)	1.50
Raisin toast (A)	2.00
Cereal and milk (G)	2.50
Fresh fruit salad (G)	5.00
Fresh fruit salad and yoghurt (G)	4.00
Muesli and yoghurt (G)	4.00
Fresh seasonal fruit (G)	.80
Up and Go	3.00
Bacon and egg roll	4.50

CAKES

Low fat banana bread (A)	4.00
Low fat home made muffins (A)	4.00

Gluten free cakes must be ordered previous day

SUSHI (made freshly every day)

Vegetarian (G & V)	4.00
Chicken Teriyaki (G)	4.00
Tuna (G)	4.00
Prawn (G)	4.00

SALAD BOXES

Garden salad (G & V)	5.00
Roast chicken salad (G)	5.50
Tuna salad (G)	5.50
Tuna pasta salad (G)	5.50
Chicken avocado pasta salad (G)	6.00
Caesar salad (G)	5.50
Chicken Caesar salad (G)	6.00
Tabouli salad with lemon dressing (G & V)	5.00
Rocket beetroot pumpkin and feta salad (G & V)	6.00
Lentils with roast pumpkin salad (G & V)	6.00
Rocket chickpea sundried tomato salad (G & V)	5.00
Potato salad (G & V)	3.50

SANDWICHES (white/wholemeal/multigrain/)

Vegemite (G)	2.50
Egg & lettuce (G)	3.50
Curried egg (G)	3.50
Turkey cheese & cranberry (G)	4.50
Tasty cheese & salad (G)	4.00
Tasty cheese (G)	3.00
Tasty cheese & tomato (G)	3.50
Lean roast chicken (G)	4.00
Lean roast chicken, lettuce & mayo (G)	4.50
Tuna (G)	4.00
Tuna & salad (G)	4.50
Chicken & salad (G)	4.50
Salad (G)	4.00
Lean lite ham, tomato & cheese (G)	4.50

WRAPS

Chicken Caesar schaitz:il wrap (A)	6.00
Vegetarian wrap (G & V)	5.50
Chicken kebab wrap (A)	5.50
Lamb kebab (A)	5.50

Bread rolls \$.080 extra

Gluten Free bread also available

HOT FOOD

Home-made soup (G)	3.50
Halal pie (A)	4.50
Halal potato pie (A)	4.50
Halal sausage roll (A)	4.00
Low fat beef pie (A)	4.00
Potato Pie (A)	4.50
Sausage roll (A)	4.00
Spinach and ricotta roll (A)	4.50
Fish burger (A)	5.50
Hamburger (A)	5.50
Veggie burger (G & V)	5.50
Chicken burger (A)	5.50
Chicken Schnitzel Roll (A)	5.50
Sweet Chili Chicken Tender Roll (A)	5.50

PASTA

Pasta Napolitana (G & V)	5.50
Fettuccine with salmon and fresh tomato (A & V)	5.50
Pasta Mediterranean vegetable medley in red sauce (G & V)	5.50
Lasagna or Vegetarian Lasagna (G & V)	5.50
Spaghetti Bolognese (G)	5.50
Penne with cream pesto sauce (G & V)	5.50
Spiral pasta with mushroom sauce (G & V)	5.50
Moroccan vegetables with cous cous (G & V)	5.50
Quinoa with brown rice cherry tomatoes pea's & capsicums (G & V)	5.50
Butter chicken & rice (G)	5.50
Satay chicken & rice (G)	5.50
Marinated chicken wings with jasmine rice (G)	5.50
Stir fry chicken and rice (G)	5.50
Fried rice (G & V)	5.50
Curried chicken and rice (G)	5.50
Curried beef and rice (G)	5.50
Stir fry noodles (G & V)	5.50
Pizza - plain (V)	3.50
Pizza - with toppings	4.00

FOCCACIA

Vegetarian - eggplant, sundried tomatoes, capsicum & cheese (G & V)	6.00
Chicken - avocado, chicken, sundried tomatoes & cheese (A)	6.00
Mediterranean - pesto, olives, capsicum & feta cheese (A & V)	6.00
Turkey - roast turkey, cranberry sauce & Swiss cheese (A)	6.00
Chicken schnitzel - chicken schnitzel, roast capsicums, pesto & cheese (A)	6.00

DRINKS

Plain milk 300mL (G)	1.80
Lite Flavoured milk 300mL (G)	3.00
Water 600mL (G)	3.00
Flavoured water (G)	4.50
100% popper (G)	2.00
Juice bottles (G)	4.00
Milkshakes	4.00
Ice Tea (A)	4.50
Soft drink cans	3.00
Soft drink bottles	4.00

ICE BLOCKS

Frozen juice cups	1.50
Zooper Dopers	1.00

THIS MENU CONTAINS TRACES OF NUTS AND OTHER PRODUCTS, WHICH MAY CAUSE ALLERGIC REACTIONS.