# Newtown High School of Performing Arts Canteen Menu 2012

## Breakfast
- Toast – jam or honey (A) $2.20
- Cereal & milk (G) $2.50
- Low fat yoghurt & berries or passionfruit (G) $3.00
- Fresh fruit salad (G) $2.50
- Bacon & egg roll (A) $3.50
- Up & Go – Chocolate, strawberry & vanilla (A) $2.50

## Jaffles
- Cheese (G) $3.00
- Cheese & tomato (G) $3.20

## Snacks 'n' Things
- Garlic or Herb bread (A) $2.00
- Jelly & custard (A) $2.50
- Fresh seasonal fruit (G) $0.80+
- Fresh fruit salad (G) $2.50
- Low fat ice-cream & ice-blocks $1.20+
- Low fat muffins (A) $3.00
- Low fat banana bread (A) $3.00
- Hot cookies (A) $2.00

## Sushi
- Tuna (G) $3.00
- Chicken Teriyaki (G) $3.00
- Vegetarian (G) $3.00
- Crab, avocado & cucumber sushi (G) $3.00
- Vietnamese rice paper roll (G) $3.00

## Salad Boxes
- Garden salad (G) $3.50
- Roast chicken salad (G) $4.50
- Tuna salad (G) $4.50
- Tuna pasta salad (G) $4.50
- Chicken avocado pasta salad (G) $4.50
- Chicken Caesar salad (G) $5.00
- Potato salad (A) $3.50
- Greek salad (A) $4.50
- Pesto pasta salad (G) $4.50

## Sandwiches (G)
- Vegemite (G) $2.00
- Egg & lettuce (G) $3.30
- Curried egg (G) $3.00
- Turkey cheese & cranberry (G) $3.50
- Tasty cheese & salad (G) $3.60
- Tasty cheese (G) $3.00
- Tasty cheese & tomato (G) $3.20
- Lean roast chicken (G) $3.20
- Lean roast chicken, lettuce & mayo (G) $3.50
- Tuna or Salmon (G) $3.00
- Tuna & salad (G) $3.80
- Chicken & salad (G) $3.80
- Salad (G) $3.30
- Lean lite ham, tomato & cheese (G) $3.50
- Assorted wraps (G) $4.00

## Extras
- Rolls (G) $0.80
- Wraps (G) $0.80
- Turkish bread (G) $1.00

## Hot Foods
- Home-made soup (G) $3.00
- Low-fat cheesy hotdog (A) $4.00
- Chicken corn roll (A) $2.50
- Low fat beef pie (A) $3.20
- Low fat shepherds pie (A) $3.50
- Sausage roll (A) $3.00
- Spinach & ricotta roll (A) $3.20
- Home-made pizza: chicken or vegetarian (A) $4.00
- Chicken snitzel roll with lettuce & mayo (A) $4.60
- Sweet chilli tender roll with lettuce & mayo (A) $4.20
- Gourmet beef burger (A) $4.50
- Lean chicken burger (A) $4.00
- Portuguese chicken burger (A) $4.60
- Lasagna or Vegetarian Lasagna (G) $5.00
- Spaghetti Bolognese (G) $5.00
- Fried Rice (A) $4.50
- Butter chicken & rice (A) $5.00
- Curried chicken & rice (A) $5.00
- Creamy chicken fettuccine (A) $5.00
- Spaghetti Bolognese (G) $5.00
- Creamy pesto pasta (A) $5.00
- Stir-fry noodles (A) $5.00

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## Drinks
- Plain milk 300mL (G) $1.20
- 600mL $1.60
- Flavoured milk 300mL (G) $2.30
- 600mL $3.20
- Soft drink cans (A) $2.00
- Cool Ridge water (G) $2.00
- Milkshakes: chocolate, strawberry, caramel (A) $3.00
- 100% popper (G) $1.50
- Iced Tea (A) $3.50
- Juice bottles $2.50
- Aloe Vera (A) $2.80

## Hot Drinks
- Hot chocolate (G) $2.00