

Teaching kids how to eat healthy since 2000

Canteens For 'Healthy Kids' Menu Newtown Performing Arts High School

Green Code for all

BREAKFAST

SNACKS

DRINKS

Fresh Fruit Salad Tub	3.00	Morning Breakfast Available	
Single Piece of Fruit	1.00	Natural Yoghurt	2.00
Frozen Oranges	20	(Strawberry, passionfruit, mango, muesli)	
Frozen Pineapple	50	Homemade Rice Pudding	1.50 / 2.50
Vegi bags	1.00	Bowl of Cereal and Milk	2.00
Sultanas	1.00	Cup of Cereal and Milk	1.00
Plain Biscuits	2 for 1.00	Variety of Muffins	4.00
Cheese and Cracker pkts	1.50	Ricotta & Fetta Puffs Homemade	1.20
Rice Cakes x 2	0.80	Hash Browns	1.20
Cup cereal and milk	1.00	Dumplings	3.00
Up and go	2.50	Picklets x 2	2.00
Water 300ml	1.50	Toast Plain, Raisin, Grain	1.00
Water 600ml	2.00	Open Turkish cheese grills	2.00
Fruit ice sticks	1.00	Toasted or Jaffles	
Orchy Cups	1.00	Tasty cheese	2.00
Juice Pop Tops	2.00	Tasty cheese and tomato	2.50
Juice Poppers	2.00	Ham, and tasty cheese	3.00
Jelly Cup	1.00	Ham tasty cheese tomato	3.50
Fruit and jelly cup	1.50	Baked Beans	3.00
Aloe vera	3.50	Bun or Sandwich	
Ribeena	2.50	Bacon and Egg	4.00
Plain Milk	1.00	Egg and cheese	4.00
Flavoured milk Lite (choc, straw)	2.50	Egg cheese tomato Baby spinach	4.00
Flavoured milk Oak Bottle	3.00	Fetta or Tasty Cheese	
Frozen Milo Cups	1.00	Flat Bread	2.50 / 5.00
Hot choc	1.50	Spinach fetta, Beef & Mush	
		Ham and Pineapple	

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Salads and Sandwiches

Green Code for all selection below

Cold Tuna Pasta Salad

Penne, carrot, sweetcorn, shallots Parsley
capsicum sweet chilli 3.50

Fresh Garden Salads

(Mixed lettuce, tomato, cucumber,
carrot, capsicum, red onion, mushroom,
parsley, shallots). Plus dressing
Plain 4.00 With top-ins 5.00
E.g.; chicken, tuna, feta,
beans, egg, falafel, quinoa

Classic Caesar salad

Cos lettuce, chicken, bacon, cheese,
Croutons & dressing
(bacon optional) 4.00

Greek Salads 5.00

(Tomato, cucumber, red onion, olives,
feta, lettuce, oregano & dressing).

Mixed beans 1.50

Coleslaw tubs 1.50

Tabouli mini tubs 1.50

Cesar potato salad

small 1.50

Large 3.50

Cold Chicken Pesto

Pasta 4.00

Cold Chicken Thai Noodle Cabbage Salad

4.00

**All chicken is full breast fresh not
frozen**

All Sandwiches are \$4.00

Made FRESH DAILY

White, Brown, Multi Grain, (Gluten free available add 1.00)

EXTRA COST

Bread Roll add 50c, Lebanese Bread add 50c,

Pita Bread add 50c Turkish Bread add 50c

CREATE YOUR OWN List Of Ingredients below

Column One

Leg Ham

Danish Salami

Roasted Turkey

Roast Beef

Bacon

Fresh Chicken

Tuna

Egg / Curried egg

Tasty Cheese

Tabouli

Fetta

Tomato

Cucumber

Carrot

Lettuce

Mushroom

Red Onion

Capsicum

pineapple

Avocado

Vegemite

Coleslaw

Mayonnaise

Sweetchilli

BBq Sauce

Cesar Sauce

Tomato Sauce

Mustard

Pesto

Tahini

tartare

honey

Chilli

**Choosing more than one cold meat option will cost an
extra 50c**

Some samples listed below:

Roasted Turkey, tomato and lettuce

Ham, Tomato, lettuce and Mayonnaise

Danish Salami, tasty cheese and tomato

Tasty cheese, cucumber and lettuce

Fresh salad roll

Roast beef, Tomato and Tasty cheese

Tuna, lettuce and mayo

Tuna, tomato, cucumber, and lettuce

Fresh chicken and tabouli

Fresh chicken, lettuce and mayo

Sweet chili chicken, tomato and lettuce

Caesar roll, chicken, bacon, cheese, lettuce and dressing

Caesar roll (no bacon option)

Egg, lettuce and mayo

Curried Egg and lettuce

Bacon, lettuce and tomato BLT

ANY REQUEST POSSIBLE

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DAILY MEALS

AND

HOT FOOD

MONDAY

Beef Lasagne	4.00
Red pasta Napoli	3.50
Butter Chicken and Rice	5.00
Fettucine Bosciola no meat	3.50

TUESDAY

Wingettes & Fried Rice	5.00
Spaghetti Bolognaise	3.50
Chicken Corn Noodle Meal	3.50
Three Cheese Pasta	3.50

WEDNESDAY

Red tomato pasta & cheese	3.50
Curry Chicken & Rice	5.00
Baked Cream Potato	3.50
Vegi Hokkien Noodles	4.00

THURSDAY

Spicy Chicken & Rice	5.00
Black bean and Rice	5.00
Spagetti Bolognaise	3.50
Fettucine Bosciola	3.50
Baked Cream Potato	3.50

FRIDAY

Butter Chicken & Rice	5.00
Red tomato pasta & cheese	3.50
White Cheesy Pasta	3.50
Chicken Corn Noodle meal	3.50
Hokkien Noodle Vegi	4.00

Sushi chicken or Tuna
Mondays Only 3.50

All veggies are fresh.
(All dishes are prepared and made on premises)

Chicken Snitzel Roll /sandwich	4.50
Lettuce Mayo / tabouli / coleslaw	
Beef Burger (Real Beef)	4.50
Not frozen Pattie	
Chicken Burger(Real chicken breast)	4.50
Not Frozen Pattie	4.50
Cheese burger (Tasty Cheese)	4.50
Baked Fish Burger	4.50
Baked fish roll cucu lett tartae	4.00
Fresh chicken wrap	4.50
Falafel wrap (vegetarian option)	5.00
Fried Rice Meal	2.50
Chicken Breast nuggets	0.80c
Hot Dog	2.50
with sauce	2.70
Hot Dog with sauce & cheese	3.00
Meatball Sub salsa tasty cheese	4.00
Fresh chicken tenders	1.70
Fresh Mini wingettes	1.00
Chicken souvlaki	3.00
(in roll lettuce & mayo)	4.00
Baked vegetarian spring rolls	1.00
Dim sims	1.20
Dumplings small	5 for 3.00
Homemade Fetta/Ricotta Puffs	1.20
Steamed bbq pork Buns	1.50
Steamed Bread	1.00

Homemade Pizza

Vegetarian, Ham & Pineapple or Cheese 4.00

Or make your own topping
Fresh base from bakery all pizzas made
With fresh ingredients (not Frozen)

Baked potato spud with topping 4.00
(lite sour cream/sweet chilli) optional
tasty cheese

Nachos with salsa sauce 4.00
Sour cream and tasty cheese
Homemade Nachos Chips Baked

Hot Pockets Ham & Pineapple 3.50
Vegetarian 3.50
Cheese 3.00