

Healthy Food and Drink Choices in Schools

All public schools in Australia are to follow a 'healthy choice change' which is based around a "Traffic Light System."



Available every day and promoting a wide range of foods that should make up the majority of a healthy diet.

Available twice a week, choosing healthier alternatives of foods that should be eaten in moderation.

Off the menu - not selling foods that do not meet specified nutrient criteria.

Our canteen has made the necessary changes to its menu and as suppliers change products to meet with the new criteria more choices will become available.

Please talk with your children about the importance of healthy choices and if you have any ideas please share them with us.

If you would like to volunteer in the school canteen between 9am and 11.30am or 11.30am and 2.00pm, please telephone Tracey Usher – Canteen Manager on 9795 8620. Your help would be greatly appreciated.



Newton Moore
EDUCATION SUPPORT CENTRE

2019 Summer Canteen Menu



BREAKFAST MENU

Brekky Wrap with the lot	\$ 5.00
Brekky Wrap	\$ 4.50
Hash Browns	\$ 1.50
Muffin	\$ 1.00
Bacon & Egg Muffin	\$4.00
Bacon & Egg T/Sandwich	\$4.50
Breakfast Muesli Cup	\$2.50
Hot Chocolate/Milo	\$ 2.00

RECESS ITEMS

Available - Daily

Cheesie	\$ 2.00
Cheesie with topping	\$ 2.50
DJ Pizza	\$ 4.00
Cheese Stick	\$ 2.00
Slice or Cake GF	\$ 2.00
Fruit Salad	\$ 3.50

Assorted variety changes daily

Available: Monday - Wednesday - Friday

Traveller Pie	\$ 4.00
Sausage Roll/Spinach Ricotta S/Roll	\$ 3.50
Tomato Sauce	.30

Available: Tuesday - Thursday

Cheesy Dog	\$ 4.50
Chicken Sub	\$ 4 50

FRUITS AVAILABLE EVERY DAY

DRINKS AND YOGHURTS

	Small	Large
Flavoured Milk	\$ 2.50	\$ 4.50
Juice 100%	\$ 2.00	
Play Water Flavoured		\$ 3.00
Bottle Water		\$ 2.00
Yoghurt		\$ 2.00

Up N Go		\$ 2.00
Sparkling Water		\$ 3.50

AVAILABLE DAILY

Fresh	Wrap/ Roll	Sandwich
Chicken, Ham, Tuna, Egg or Cheese & Salad	\$ 5.50	\$ 4.50
No Salad – Egg, Tuna, Chicken, Ham or Cheese	\$ 5.00	\$ 4.50
Salad (No meat)	\$ 4.50	\$4.00
Gluten Free Bread extra	\$ 1.00	.50c
B.L.T.	\$ 5.50	\$4.50
Spicy Chicken Wrap	\$ 4.50	
Extra Strip	\$ 1.00	

Salad Box

Add Ham or Chicken

Meatballs

Chicken Caesar Box

Toasted Sandwiches/Turkish

2 Fillings		\$ 4.50
3 Fillings		\$ 5.50

Toasted Wrap

Roasted Vegie		\$5.50
Add Ham or Chicken		\$1.50

Soup with Roll

Chicken & Sweet Corn, Vegetable or Pumpkin (All soup GF) without roll (\$4.00) Until Stock Last's		\$5 .00
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Hot Chicken Roll		\$5.50
Chicken Burger and Salad		\$5.50
Fish Burger and Salad		\$5.50
Hamburger and Salad		\$5.50
Vegie Burger and Salad		\$5.50
Extras:	Cheese	.50c
	Avocado	.50c
	Beetroot	.50c
	Mayo	No charge

Available Monday

Beef Tortilla Boat	\$ 6.00
COMBO: Pie & juice/water	\$ 5.50
Spaghetti Bolognese	\$ 5.00

Available: Tuesday

Chicken Lasagne (Large)		\$ 6.50
(Regular)		\$ 5.00
Fish or Nuggets & Wedges		\$ 5.50
COMBO: Chicken Sub & juice/water		\$5.00
COMBO: Nacho's & juice/water		\$ 5.50

Available: Wednesday

Chicken Gozleme	\$6.00
Sushi Chicken Teriyaki	\$6.00
Sushi Vegetarian	\$5.00
COMBO: Pie and juice/water	\$5.50

Available: Thursday

Crunchy Chicken Wrap	\$5.50
Fish or Nuggets & Wedges	\$5.50
COMBO: Nacho's & water/juice	\$5.50

Available: Friday

COMBO: Pie & juice/water	\$5.50
Crunchy Chicken Caesar Wrap	\$6.00
COMBO: Chicken Sub & juice/water	\$6.00

Check the Canteen Menu board or Daily newsletter for changing specials

EFTPOS is now available!!

ONLINE ORDERING AVAILABLE:

www.ouronlinecanteen.com.au

GF = Gluten Free