

## 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

## 2020 Winter 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
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

### Assorted variety changes daily

### Available: Monday - Wednesday - Friday

Traveller Pie	\$ 4.00
Sausage Roll/Spinach Ricotta S/Roll	\$ 3.50
Meatball Sub	\$ 5.00
Tomato Sauce	.30

### Available: Tuesday - Thursday

Cheesy Dog	\$4.50
Mini Dog	\$2.50
Chicken Sub	\$ 4 50
Mini Sub	\$2.50

## DRINKS AND YOGHURTS

	Small	Large
Flavoured Milk	\$ 3.00	\$ 4.50
Juice 100%	\$ 2.00	
Play Water Flavoured		\$ 3.00
Bottle Water		\$ 2.00
Yoghurt	GF	\$ 2.00
Up N Go		\$ 2.00

## 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	\$4.50	\$4.00
Salad (No meat)	\$4.50	\$4.00
Gluten Free Bread extra	\$1.00	\$1.00
B.L.T.	\$5.50	\$4.50
Spicy Chicken Wrap	\$5.00	
Extra Strip	\$1.00	
Crunchy Chicken Caesar Wrap		\$6.00
Crunchy Chicken Wrap	GF	\$6.00

### Toasted Sandwiches

#### Turkish Ext 50c

2 Fillings	GF	\$ 4.00
3 Fillings	GF	\$ 5.00

#### Toasted Wrap

Roasted Vegie	GF	\$5.00
Falafel	GF	\$5.00
Mexican Burrito	GF	\$6.00

#### Add meat \$1.00

### Soup with Roll

Chicken & Sweet Corn, Vegetable or Pumpkin or Minestrone <b>without roll (\$4.50)</b>	\$5.00
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### HOT FOOD

Hot Beef and Gravy Roll	\$5.50
Pulled Pork and Apple	\$6.00
Chicken Burger and Salad	\$6.00
Fish Burger and Salad	\$5.50
Hamburger and Salad	\$6.00
Vegie Burger and Salad	\$5.50
<b>Extras:</b> Cheese	.50c
Avocado	.50c
Beetroot	.50c

## SPECIALS

### Available: Monday

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

### Available: Tuesday

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

### Available: Wednesday

Chicken Gozleme	GF	\$ 6.00
COMBO: Chicken Sub & juice/water		\$ 5.50
Beef and Gravy Roll		\$ 5.00
COMBO: Pie and juice/water		\$ 5.50

### Available: Thursday

Stuffed spud	GF	\$5.50
<b>(BBQ chicken, vegie, Hawaiian or Mexican)</b>		
Fish and Chips		\$5.50
Nuggets and Chips		\$5.50
COMBO: Nacho's & water/juice		\$5.50

### Available: Friday

Hot Beef & Gravy Roll	\$5.50
COMBO: Pie & juice/water	\$5.50

**EFTPOS is now available!!**

**ONLINE ORDERING AVAILABLE:**  
**Quickcliq.com.au**

**We are happy to fit in with your schedule , we can have your recess or lunch ready for you at your time of convenience, we can also help with any catering requirements.**