

# Menu

## Newtown High School of the Performing Arts



### BREAKFAST

* wholemeal/white toast - 2 slices <b>gfo vg vo</b>	\$2.50
* quinoa sourdough toast - 2 slices <b>vg vo</b>	\$5.00
* cheese jaffle <b>gfo vg</b>	\$3.50
* ham & cheese jaffle <b>gfo</b>	\$4.50
* raisin toast - 2 slices <b>vg vo</b>	\$3.50
* hash brown <b>vg</b>	\$2.00
* smashed avo on quinoa sourdough - 1 slice/2 slices <b>v</b>	\$4.00/\$7.00

\*\*spreads available\*\*

### SALADS

* garlic chicken salad <b>gf</b>	\$7.50
* chicken caesar salad	\$7.50
* greek salad with chicken <b>gf</b>	\$7.50

### HOT FOOD

* pasta bolognese <b>gfo</b>	\$7.00
* pasta napolitana <b>gfo</b>	\$6.50
* garlic bread/cheesy garlic bread <b>vg</b>	\$2.50/\$3.00
* lasagna	\$7.00
* lean beef pie	\$5.50
* lean sausage roll	\$5.00
* chicken tenders - 1 piece/3 pieces	\$2.00/\$5.00
* meatball sub with cheese	\$6.00
* beef cheese burger <b>dfo</b>	\$6.50
* chicken schnitzel burger	\$6.50
* sausage sizzle - avail wed	\$5.00
* nachos - avail thur <b>vg vo vo</b>	\$7.00

### SUSHI

* chicken teriyaki roll <b>gf df</b>	\$5.00
* tuna & cucumber roll <b>gf df</b>	\$5.00
* chicken snitzel & cucumber <b>gf</b>	\$5.00
* rice paper rolls (chicken/vege <b>v</b> ) (summer only) <b>gf</b>	\$5.00

### DRINKS

* 100% juice - 375ml	\$4.00
* still water	\$2.50
* sparkling water - 500ml	\$4.00
* hot chocolate	\$3.00
* flavoured milk - chocolate or strawberry	\$3.50
* chill iced tea	\$4.50
* waterford sparkling flavoured water	\$4.50
* blastade isotonic sports drink	\$4.50
* chill aloe vera juice - watermelon/grape/lychee	\$4.00

### FROZEN ITEMS

* selection of frozen items (see canteen menu board) (incl gfo, dfo, vo)	\$ varied
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### SANDWICHES

* cheese & vegemite <b>vg</b>	\$3.50
* ham & cheese	\$4.50
* cheese & tomato <b>vg</b>	\$4.00
* ham, cheese & tomato	\$5.00
* chicken, lettuce & mayo	\$5.50
* chicken & salad	\$5.50
* salad <b>vg</b>	\$4.50
* egg, lettuce & mayo <b>vg</b>	\$4.50

\*\* gfo (+\$1) | toasted or fresh | quinoa sourdough (+\$2) \*\*  
\*\*all available\*\*

### WRAPS

<b>fresh wraps</b>	
* salad <b>v</b>	\$5.50
* cheese & salad <b>vg</b>	\$6.50
* grilled chicken, avo, cheese, lettuce & mayo	\$6.50
* grilled chicken & salad	\$6.50
* chicken caesar ( <b>fresh or toasted</b> )	\$6.50
<b>toasted wraps</b>	
* ham & cheese	\$5.50
* ham, cheese & pineapple	\$6.50
* salami, mozzarella and cheddar cheese	\$6.50
* bbq meatlovers	\$6.50
* bbq chicken	\$6.50
* cheese & spinach <b>vg</b>	\$6.50

### GOURMET ROLLS

* ham, cheese, avocado & fresh tomato	\$6.50
* grilled chicken, avocado, bacon, fresh tomato & aioli	\$6.50
* chicken schnitzel, lettuce & mayo	\$6.50
* vegetarian <b>vg</b>	\$6.50

### SNACKS

* reduced fat yoghurt with berries <b>gf vg</b>	\$4.50
* reduced fat yoghurt with muesli (nut free) <b>vg</b>	\$4.50
* watermelon tub <b>gf v</b>	\$4.50
* fruit salad tub <b>gf v</b>	\$4.50
* vege sticks with hummus & lebanese bread <b>v</b>	\$5.00
* homemade muffins <b>vg</b>	\$4.50
* homemade cookies <b>vg</b>	\$3.00
* banana bread - half /whole <b>gfo (+50c)</b>	\$3.00/\$4.50
* popcorn <b>gf df v</b>	\$2.50
* red rock deli chips <b>gf df v</b>	\$2.50
* cheese & crackers <b>vg</b>	\$3.50
* fresh fruit - seasonal <b>v</b>	\$1.00
* crispy pure dried apple or mango <b>v</b>	\$2.50
* gingerbread kid <b>vg</b>	\$2.00

### DAILY SPECIALS

\*\*please see canteen board for daily specials\*\*

\*\*all items listed in this menu are available online through flexischools, over the counter items will vary each day\*\*

\*\*please visit [flexischools.com.au](http://flexischools.com.au) to setup your online account\*\*

- all cheese is mainland reduced fat tasty cheese
- all chicken is marinated in garlic & mustard and baked (on-site)
- all tortilla wraps are wholemeal
- gluten free available, ask staff for other dietary requirements

\* everyday food  
\* occasional food