

Menu

Newtown High School of the Performing Arts



BREAKFAST

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

spreads available

SALADS

* garlic chicken salad gf	\$7.50
* chicken caesar salad	\$7.50
* greek salad with chicken gf	\$7.50

HOT FOOD

* pasta bolognese gfo	\$7.00
* pasta napolitana gfo	\$6.50
* garlic bread/cheesy garlic bread vg	\$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 dfo	\$6.50
* chicken schnitzel burger	\$6.50
* sausage sizzle - avail wed	\$5.00
* nachos - avail thur vg vo vo	\$7.00

SUSHI

* chicken teriyaki roll gf df	\$5.00
* tuna & cucumber roll gf df	\$5.00
* chicken snitzel & cucumber gf	\$5.00
* rice paper rolls (chicken/vege v) (summer only) gf	\$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 vg	\$3.50
* ham & cheese	\$4.50
* cheese & tomato vg	\$4.00
* ham, cheese & tomato	\$5.00
* chicken, lettuce & mayo	\$5.50
* chicken & salad	\$5.50
* salad vg	\$4.50
* egg, lettuce & mayo vg	\$4.50

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

WRAPS

fresh wraps	
* salad v	\$5.50
* cheese & salad vg	\$6.50
* grilled chicken, avo, cheese, lettuce & mayo	\$6.50
* grilled chicken & salad	\$6.50
* chicken caesar (fresh or toasted)	\$6.50
toasted wraps	
* 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 vg	\$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 vg	\$6.50

SNACKS

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