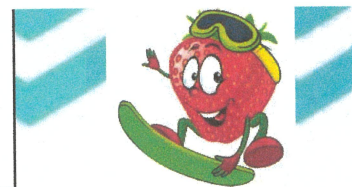




CANTEEN MENU

Newcastle East Public School



Snacks

Seasonal Fruit	\$1.50
Cheese & biscuits	\$0.50
Popcorn	\$1.00
Choc Muffin Low Fat	\$1.50
Sea Salt Chips	\$1.50
Grain Waves	\$1.50
Yoghurt Cup with Fruit	\$1.00

Everyday Hot Lunch

Chicken Fingers	\$0.50
Gluten Free Chicken Nuggets	\$0.50
Garlic Bread Roll	\$1.00
Mini Meat Pie	\$1.50
Sausage Roll	\$2.50
Spinach & ricotta rolls	\$2.50

Sauce

Tomato	\$0.20
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Sandwiches and Wraps

White bread or a wrap (both have GF option) – indicate on order.

*Ham or Chicken with lettuce, tomato and cheese	\$3.00
extras	\$0.50
carrot, beetroot or cucumber	
Mayo (optional)	
* Spreads – Vegemite, Strawberry Jam, Honey	\$2.00

Salad Boxes

* <u>Garden Salad Box</u>	\$3.50
- lettuce, carrot, cucumber, cheese, tomato, beetroot	
Hummus (optional)	
- add ham or chicken.	\$4.00
* <u>Munch Box</u>	\$4.00
- egg, carrot sticks, cucumber sticks, celery sticks, cherry tomatoes, grapes, cheese and flat bread chips	
Hummus (optional)	

Toasties

Cheese and Tomato	\$2.50
Just Cheese	\$2.50
Ham and Cheese	\$2.50
Ham, Cheese and Tomato	\$3.00

Drinks

Plain Milk	\$1.00
Plain Milk with Flavoured Straw	\$1.50
- chocolate, strawberry, banana, choc mint, caramel, marshmallow, cookies and cream	
Juice Bomb	\$2.00
- raspberry, watermelon, coola, orange/passio, grape, lemon/lime, blackcurrant	

Ice Blocks

Frozen Pineapple Rings	\$0.50
Nice 'n' Juicy Quelch Sticks	\$0.50
- lime, orange, raspberry, blackcurrant	\$1.00
Ice Money	
- chocolate, sour blue, watermelon	\$1.00
Snap Sticks	
- Sour or Sweet.	\$1.00
Moosie's	
- Chocolate, Strawberry, Bubble-gum	

Special Menu Days

MONDAY	\$3.00
Chicken Fried Rice (GF)	\$2.50
Vegetarian Fried Rice (GF)	
WEDNESDAY	\$3.00
Butter Chicken with 2 papadums (GF)	
FRIDAY	\$4.00
* <u>Cheeseburger</u>	
- bun, lean beef patty, cheese, tomato sauce. (GF Buns available)	
* <u>Chickenburger</u>	\$4.00
- lettuce, cheese and mayo (GF Buns available)	
* <u>Pizza</u>	\$3.00
- Ham and Pineapple, Margarita, Pepperoni	



We're a Certified Great Choice Healthy School Canteen 2019