

NEWTON PRIMARY SCHOOL CANTEEN MENU

HEALTHY CHOICE – GREEN **SOMETIMES FOODS – AMBER**

RECESS ONLY

Seasonal Fruit	.50
Boiled Egg	.50
Pikelet w/ marg (order in morning)	.50
Popcorn	1.00
Garlic Bread	1.50
Cheesie (order in morning)	1.50
Pizza Cheesie (order in morning)	1.50
Milo	1.50
Muffin (canteen made)	2.00
Yoghurt Pouch	2.00



SANDWICHES / WRAPS / ROLLS (CAN BE TOASTED)

All sandwiches and wraps/rolls are made with wholemeal bread. White hyfibre & gluten free available on request

FILLINGS	SANDWICH	WRAP/ROLL
Vegemite	2.70	3.00
Cheese	3.00	3.30
Salad – Lettuce, Tomato, Carrot, Cucumber	2.50	2.80
Vegemite & Cheese	3.20	3.50
Baked Beans & Cheese (toasted only)	3.20	/
Cheese & Tomato	3.20	3.50
Chicken	3.50	3.80
Chicken & Cheese	4.00	4.30
Ham	3.50	3.80
Ham & Cheese	4.00	4.30
Tuna & Mayo	3.50	3.80
Add Mayonnaise	0.20	
Add Salad (lettuce, tomato, carrot & cucumber) to any of above	0.50	
Add Lettuce or Carrot or Tomato or Cucumber	0.20	
Add Cheese	0.50	

HEALTHY FOOD AND DRINK CHOICES

The Healthy Food and Drink Choices Policy was introduced in 2006 by the WA Government. It is sometimes called “The Traffic Light System”, as foods are categorized Green, Amber and Red.

Our menu has been approved by the WA School Canteen Association (WASCA)

IMPORTANT!! FOOD ALLERGIES & INTOLERANCES

Do you have food allergies or intolerances?

Please let the canteen know!

PASTA & OTHER HOT FOOD

Fried Rice (GF) (contains egg)	4.00
Fried Noodle - add chicken	4.00 5.00
Tuna and rice - Sun-Dried Tomato & Onion; or - Lemon & Cracked Pepper	4.00
Lasagne	5.50
Mac & Cheese	5.50
Mac & Cheese (GF)	5.50
Butter Chicken	5.50



FROZEN TREATS

Orange Wedges	.20
Pineapple Rings	.50
Berri Frozen Fruit Sticks	2.50
Moosies – Choc/Strawberry/Banana/Lime/Blue Moon (Frozen milk)	2.50



DRINKS

Water 600ml	1.50
Full Cream/Low Fat Plain Milk 200ml	2.00
Apple/Apple Blackcurrent/Orange/Tropical Juice box	2.50
Flavoured Milk – Choc, Straw Honeycomb, Banana	2.50

SEE OUR FACEBOOK PAGE AND QUICKCLIQ FOR SPECIALS (Newton Primary School P&C)



CAN YOU SPARE HALF AN HOUR? I WOULD LOVE YOUR HELP! The students love seeing their parents at the canteen counter at recess and lunch time – or choose a time that suits you best.

Contact Sharon – 0418 472 343 or newtonprimarycanteen@gmail.com