

## Newport School Canteen Menu 2020

### BREAKFAST

Hash Brown(GF,V)	\$1.00
Mimi Muffin(v)	\$0.20
Swirls	\$0.50
Hot chocolate	\$2.20

### SNACKS

Dried pineapple(GF,V)	\$0.50
Fresh fruit rollup(GF,V)	\$0.50
Hardboiled egg (GF,V)	\$1.00
Fresh popcorn(GF,V)	\$0.50
Veggie & hummus box	\$2.50
Corn chip & salsa box(GF)	\$2.50
Celery & Carrot sticks(GF)	\$0.50
Cheerio's or milo	\$0.20
Rice crackers(GF,v)	\$0.20
Cheese & Crackers	\$2.50
Mini wheats(V)	\$0.20
Bread stick(V)	\$0.20
Corn thin(GF,V)	\$0.10
Grain waves	\$2.00

### FROZEN

Snow cone	\$2.00
Frozen fruit cup	\$1.00
Frozen pineapple	\$1.00
Weis bar	\$2.00

### DAILY ITEMS

**MONDAY**, Sushi tuna(GF), Katsu chicken, Avocado(GF,V), Cucumber(GF,V) \$4.00, Pretzel \$2.00

**TUESDAY**, Meat Nacho's with lettuce, salsa, cheese and avocado (GF) \$5.70, Chicken or beef Quesadilla \$4.60 Raspberry Bread(v) \$1.60

**WEDNESDAY**, Pizza Ham & Cheese, Cheese, Olive & cheese, Ham & Pineapple \$4.80 Large muffin (v) \$1.50

**THURSDAY** Sushi tuna(GF), Katsu chicken, Avocado(GF,V), Cucumber(GF,V) \$4.00, Pretzel \$2.00

**FRIDAY**, Burger Beef, Chicken, Fish or veggie \$5.70 Banana Bread \$1.60

### MORNING TEA

Rice cup (GF,V)	\$1.00
Melt cheese toast	\$1.00
Corn chip melt	\$1.00
Garlic bread	\$1.00
Chicken stick	\$0.60
Cheese & bacon roll	\$2.00

### COLD SNACKS

Custard(GF,V)	\$1.00
Custard & Jelly(GF,V)	\$1.00
Yoghurt & Berries(GF,V)	\$1.00
Yoghurt & Jelly(GF,V)	\$1.00
Fruit salad(GF,V)	\$1.00
Watermelon slice	\$0.50
Mousse cup	\$1.00

### DRINKS

Flavoured milk	\$2.20
Up & Go	\$2.20
Juice 250ml	\$2.20
plain milk	\$2.00

### HOT FOOD

2 x chicken wedges	\$2.00
Mac & Cheese	\$4.70
Lasagne	\$4.70
Bolognese	\$4.70
Spaghetti & Meatball	\$4.70
Teriyaki Beef	\$4.70
Butter Chicken (GF)	\$4.70
Tuna Bake	\$4.70
Fried rice(GF,V)	\$4.50
Meat pie	\$3.70
Sausage roll	\$3.50
Spinach & Cheese roll(V)	\$3.50
Gozleme(V)	\$4.60
Steamed dim sim	\$4.70
Chicken dim sim	\$4.70
Pork buns	\$4.70
San Choy Bow	\$4.70
2 x corn cobb(GF,V)	\$2.20
Cup of noodles	\$3.50
add roll	\$0.70
Add bread	\$0.50

### SANDWICHES

Vegemite,jam or honey	\$2.60
Avocado (v)	\$2.90
Baked bean (V)	\$3.10
Cheese(V)	\$3.20
Egg (V)	\$3.30
Curried egg (V)	\$3.50
Salad(V)	\$3.70
Add chicken, ham or tuna	\$2.20
Chicken, lettuce sweetchilli	\$5.50
Ham & Cheese	\$5.20
Meatball sub	\$5.20
Add wrap Or roll	\$0.50
Add toasted or hot roll	\$0.70
Salad box(gf,v)	\$4.10
Add chicken,ham tuna	\$2.20
Rice paper roll(V)	\$3.50
Add chicken or tuna	\$2.20
Birthday iceblocks(full class only)	
Zooper dooper	\$0.50 each
Water ice blaok	\$0.80 each

Please place orders by 9.25am over the counter or at flexischools.com.au by 9.00 am