

Healthy Food & Drink Choices in Schools

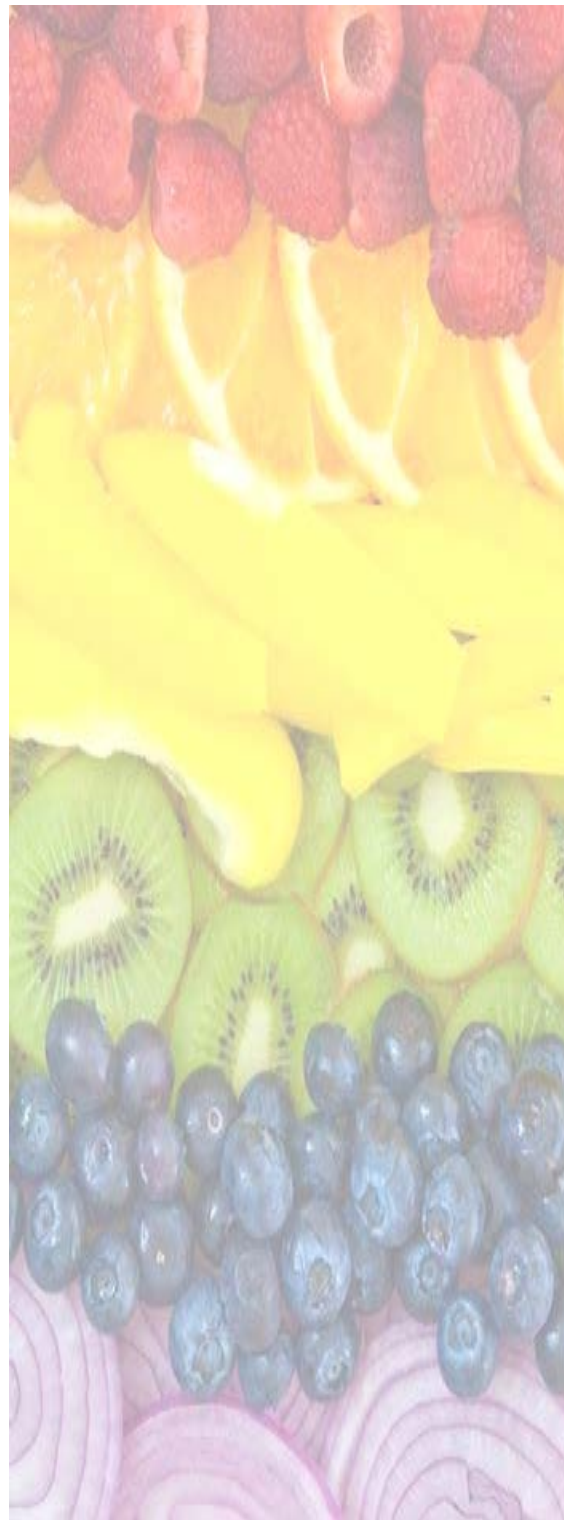
All public schools in Australia are to follow a 'healthy choice change' which is based around a "Traffic Light System."

- Available every day and promoting a wide range of foods that should make up the majority of a healthy diet.
- Available twice a week, choosing healthier alternatives of foods that should be eaten in moderation.
- Off the menu - not selling foods that do not meet specified nutrient criteria.

Our canteen has made the necessary changes to its menu and as suppliers change products to meet with the new criteria more choices will become available.

Please talk with your children about the importance of healthy choices and if you have any ideas please share them with us.

If you would like to volunteer in the school canteen between 9am and 11.30am or 11.30am and 2.00pm, please telephone Jenny Hall – Canteen Manager on 9795 8620. Your help would be greatly appreciated.



Newton Moore
Senior High School

2017 Summer Canteen Menu

ONLINE ORDERS – Create an account
www.ouronlinecanteen.com.au

breakfast

8.00am to 8.30am

Toasted Wrap	\$ 4.00
Hash Brown	\$ 1.00
Toasted Sandwich	\$ 3.50
Muffin	\$ 1.00

recess items

Available - Daily

Cheesie		\$ 1.50
Fruit Salad	Lg	\$ 4.00
	Sm	\$ 2.50
Banana Bread		\$ 1.50
Cheese Sticks		\$ 1.50
DJ Pizza		\$ 4.00

Available - Monday Wednesday

Friday

Cruiser Pie	\$ 3.50
Sausage Roll	\$ 3.00
Spinach & Ricotta Roll	\$ 3.00

Includes Sauce

drinks & yoghurts

	Small	Large
Flavoured Milk	\$2.50	\$4.50
Juice 100%	\$1.50	
Play Water (Flavoured)	\$3.00	
Bottle Water		\$1.50
Yoghurt	\$2.00	
Up N Go	\$2.00	
Yogo	\$2.00	

available daily

Fresh

Wrap /Roll

S'wich

Chicken, Ham, Tuna, Egg, Cheese or Avocado & Salad	\$ 4.80	\$ 4.50
Chicken, Ham, Cheese or Tuna - No Salad	\$ 4.50	\$ 4.00
Salad Only (No meat)	\$ 4.50	\$ 4.00

Wholemeal/Grain or White Bread Available

Toasted S'wich 2 fillings	\$ 4.00
Hamburger and Salad	\$ 4.80
Hot Chicken Roll	\$ 4.50
Veggie Burger and Salad	\$ 4.80
Turkish Roll (3 fillings)	\$5.00
Extras:	
Cheese	.40c
Beetroot	.20c
Mayo	.10c



specials

Available - Monday

Spicy Chicken Wrap	\$ 4.50
Garden Salad (Gluten Free)	\$ 4.50
(Add chicken, ham or tuna - extra)	\$ 1.00
Combo Cheeseburger + juice or water	\$ 5.00

Available - Tuesday

Caesar Salad (Gluten Free)	\$ 4.50
(Add chicken or avocado - extra)	\$ 1.00
Combo toasted sandwich + juice or water	\$ 5.00
Tortilla Boat	\$ 4.50
(Beef, cheese, lettuce, tomato, Avocado, corn salsa)	

Available - Wednesday

Garden Salad (Gluten Free)	\$ 4.50
Chicken Burger, Salad + Mayo	\$ 4.80
Combo hot chicken roll + juice or water	\$ 5.00

Available - Thursday

Spicy Chicken Sub	\$ 4.50
Rice Paper Rolls	\$ 5.00
Combo nachos + juice or water	\$ 5.00

Available - Friday

Greek Salad (Gluten Free)	\$ 4.50
(Add meatballs - extra)	\$ 1.00
Pizza Meal Deal	\$ 6.00
(1/4 Pizza, drink and fruit mousse)	

