



NEWMAN SENIOR HIGH SCHOOL CANTEEN MENU 2020



Canteen Manager - Dolly Muanchob

(08) 9175 8127

Please kindly place lunch orders at Recess.

The Canteen cannot offer an account but on a prepaid cash basis. No credit unless set up with Canteen Manager.

Available Every Day

Sandwiches/Rolls/Wraps

	S/W	Rolls/Wraps
Ham & Cheese	\$ 3.50	\$4.00
Ham, Cheese & Tomato	\$ 4.00	\$4.50
Ham & Salad	\$ 4.00	\$4.50
Chicken & Cheese	\$ 4.00	\$4.50
Chicken, Lettuce & Mayo	\$ 4.00	\$4.50
Chicken & Salad	\$ 4.50	\$5.00
Plain or Curried Egg	\$ 3.50	\$4.00
Egg & Lettuce	\$ 4.00	\$4.50
Tuna & Cheese	\$ 3.50	\$4.00
Tuna & Salad	\$ 4.00	\$4.50
Salad	\$ 3.00	\$3.50

Wholemeal bread on request

BLT	\$4.50
Chicken and Salad	\$4.50

Salad Platters

Salad	\$ 4.00
Ham & Salad	\$ 5.50
Chicken & Salad	\$ 5.50
Tuna & Salad	\$ 5.50
Extra's	
Egg and Pineapple	\$ 0.50

Drinks

Water 600ml	\$ 2.00
Nippy's Flav Milk 250ml	\$ 2.50
Milk Drinks 300ml	\$ 3.00
Milk Drinks 600ml	\$ 4.00
Hot Chocolate (Term 2&3)	\$ 2.00

Juice's

Daily Juice Orange 500ml	\$ 3.50
Daily Juice Apple 500ml	\$ 3.50
Assorted Slushies	\$ 2.00
Mixed Fruit Boxes	\$ 2.00

Fruit

Pieces of Fruit	\$ 1.00
Mixed Fruit Cups	\$ 1.00
Sorbets Ass Flav	\$ 2.50
Jelly Cups with Fruit	\$ 1.00

Lunchtime

MONDAY

Hot dog & sauce	\$ 3.50
Hot dog, sauce, cheese & onion	\$ 4.50
Meat pie	\$ 4.00
Sausage roll	\$ 3.50
Sauce	\$ 0.50

TUESDAY

Chicken salad burger	\$ 5.00
Beef salad burger	\$ 5.00
Macaroni and Cheese	\$ 5.00

WEDNESDAY

Italian Meatballs with pasta	\$ 5.00
Fried Rice with chicken	\$ 5.00
Patato Bake	\$ 5.00

THURSDAY

Chilli Chicken & salad wrap	\$ 5.00
Mayo Chicken & salad wrap	\$ 5.00
Beef Nacho's	\$ 5.00
Spaghetti Bolognaise	\$ 5.00

FRIDAY

Roast meat & gravy roll	\$ 5.00
Alternate - Chicken, Pork or Beef	
Alternate weeks -	
Chicken Pasta Bake	\$ 5.00

Recess

Toasties - Daily

Ham & Cheese	\$ 3.50
Ham, Cheese & Tomato	\$ 4.00
Chicken, Cheese & Mayo	\$ 4.50
Bacon & Cheese Puffs	\$ 2.00

Assorted Snacks	\$ 1.00
(e.g.. Potato Sticks, Rice Wheels)	
Blueberry Muffins	\$ 2.50

All items are colour coded as per the school Traffic Light system.

Green - Healthy

Amber - Select in moderation