

SCHOOL CANTEEN NEWCASTLE HIGH SCHOOL

2019



~ BURGERS & ROLLS ~

Grilled Chicken Burger (E)	\$5.00
<i>Marinated chicken breast, lettuce & Aioli mayo</i>	
Veggie Burger (E)	\$5.00
<i>Veggie pattie, lettuce and tomato</i>	
Chicken Pattie (O)	\$5.00
<i>Breast Fillet Pattie, lettuce & mayo</i>	
Big Beef (E)	\$5.00
<i>Homemade beef patty, fried onion, beetroot, tomato & lettuce (Choice of sauce)</i>	

~ MEXICAN BAR ~

Beef Nachos (O)	\$5.50
<i>Corn Chips, seasoned beef, lettuce, cheese, tomato, sour cream & avocado</i>	
Naked Vegetarian Nachos (E)	\$5.50
<i>Steamed Rice, seasoned beans, lettuce, cheese, tomato, sour cream & avocado</i>	
Naked Nachos (E)	\$5.50
<i>Rice, beef or Chicken, lettuce, cheese, tomato, sour cream & avocado</i>	
Fully Loaded Wedges (O)	\$5.50
<i>Baked wedges covered with beef or Chicken, cheese, sour cream & avocado</i>	

~PASTA, RICE & MORE ~

Butter Chicken & Rice (E)	Sml \$4.00 Lge \$6.00
Curry Chicken & Rice (E)	Sml \$4.00 Lge \$6.00
Beef Ravioli Napolitano (E)	Sml \$4.00 Lge \$6.00
Chicken Snit, Mash & Gravy (O)	Sml \$4.00 Lge \$6.00 (Tuesday Only)
Macaroni Cheese (E)	Sml \$4.00 Lge \$6.00 (Thursday Only)
Fettuccine Boscaiola (E)	Sml \$4.00 Lge \$6.00 (Thursday Only)

EXTRAS

<i>Sauce Portions (Tomato or Bbq)</i>	\$0.50
<i>Shredded Cheese</i>	\$0.60
<i>Tomato, cheese, onion</i>	\$0.60

HOME MADE PIZZA – (E)

Cheese	\$5.00
Vegetarian	\$5.00
Bbq Chicken	\$5.00

~ FROZEN TREATS~

Quelch 99% Fruit Stick 70ml (E)	\$1.00
Frozen Fruit Sticks (E)	\$1.50
Frozen Orange Qtr (E)	\$0.50
Mony (E)	\$1.50

(Lemon Ice, Red Berry Blast)

~ COLD DRINKS ~

Harvey Juice 250ml (E)	\$2.50
<i>Orange, apple, orange & mango</i>	
Water 600ml	\$2.00
<i>Spring Water (E)</i>	
Chill J Sparkling Water 250ml (E)	\$2.50
<i>Blackcurrant, Raspberry, Grape, Orange Passio, Watermelon</i>	

~MILK ~

Oak Lite - 250ml (E)	\$2.50
<i>Chocolate or Strawberry</i>	

~HOT BAR~

Lite Beef Pies (O)	\$4.00
Beef Sausage Roll (O) 120gr	\$3.80
Oven Baked Wedges (O)	\$5.00
<i>served with sour cream & sweet chilli</i>	
Hot Cheese Roll (E)	\$3.00
<i>Crusty roll with melted tasty cheese</i>	
Mamee Cup Noodles (O)	\$3.00
<i>(Beef or Chicken)</i>	

~ SNACKS ~

Sliced Watermelon (E)	\$2.00
Yoghurt & Fruit (E)	\$5.00
Fruit Salad (E)	\$5.00
Cheese & Rice Crackers (E)	\$2.50
Fruit (Seasonal) (E)	\$1.00
Red Rock 28gr (Sea Salt) (O)	\$2.00
Grain Waves 22gr (Sr Crm) (O)	\$2.00

**MTB are NSW Healthy School Canteen
Approved Operators**

FOOD CODING

E	Everyday
O	Occasional
GF	Gluten Free

HOME-MADE WEEKLY SPECIALS

MONDAY

Chicken Stir-fry w/ Hokkien Noodles (E)	\$6.00
<i>Asian vegetables tossed with Chinese sauce & noodles</i>	

WEDNESDAY

Spaghetti Bolognese (E)	\$6.00
<i>Homemade Bolognese sauce tossed with spaghetti</i>	

TUESDAY

Burrito (E)	\$6.00
<i>Beef (Lettuce, Shredded cheese, tomato & sour cream)</i>	
<i>Chicken (Lettuce, Shredded Cheese, tomato & sour cream)</i>	

THURSDAY

Vegetarian Fried Rice (E)	\$5.00
<i>Steamed rice tossed with fresh vegetables & soy sauce</i>	

**ADD A 600ML WATER FOR AN EXTRA \$1.00 WHEN
PURCHASING A WEEKLY SPECIAL ONLY!**

**COMBO DEAL –WHEN YOU SPEND
\$4.00 OR MORE**



600ml

\$1.50