



Ingle Farm East Primary School



Canteen Menu

Summer 2019/20

Snacks

Garlic Bread (V)	\$1.00
Vegetable Spring Rolls (V,vegan) 3	\$1.00
Homemade Muffin (V)	\$1.00
Custard & Banana Cup (V)	\$1.50
Fruit & Jelly Cup (V, GF)	\$1.50
Popcorn (V, vegan,GF)	\$1.00
Fresh Fruit Salad (V,vegan,GF)	\$2.00
Fresh Watermelon 1 Slice	\$1.00
Cheese & Crackers	\$2.50

Cold Lunches

Greek Salad - Tomato, Cucumber, Lettuce & Feta Cheese (V, GF)	\$4.50
Chicken salad - Crispy Chicken, baby spinach, bacon, garlic croutons & ranch dressing.	\$5.00
Chicken Caesar Wrap - Crispy Chicken, Bacon, lettuce & Caesar dressing.	\$5.00
Sandwiches -	
Cheese & Salad (V)	\$3.50
Ham, Cheese & Tomato	\$4.00
Chicken, Lettuce & Mayo	\$4.00

Hot Food

Homemade Individual Pizzas

- Ham & Cheese	\$4.50
- Pepperoni	\$5.00
- BBQ Chicken	\$5.00
- Margherita (V)	\$4.00
- Spinach & Cheese (V)	\$4.00

Fillet-o-fish - fish fingers, lettuce & mayo in a roll \$5.00

Homemade Sausage Roll \$4.50

Hot Dog (add cheese .50c) \$3.00

Chicken Burger w' lettuce & aioli \$4.50

Beef Cheeseburger \$4.50

Ravioli Napolitana \$4.50

Macaroni Cheese (V) \$4.50

Tacos (2) - Mexican spiced beef, lettuce & cheese in a crispy taco shell. \$5.00

Chickpea, spinach & Caramelised onion roll (vegan) \$4.50

Homemade Crispy Chicken Strips \$4.50

Potato Gems (V,GF) 10 for \$1.00

Drinks

Cup of Milk	\$1.00
Water 600ml	\$1.00
Juice Box 200ml	\$2.00
Apple, Orange, Tropical or Apple & Blackcurrant	
Flavoured Milk 200ml	\$2.00
Chocolate or Strawberry	
GLEE drinks 250ml	\$3.00
Tropical, Raspberry, Blackcurrant, Bubblegum grape	
Juice Bombs 250ml	\$3.00
Apple Cola, Vanilla Lime	

From The Freezer

Super Dooper (GF)	\$1.00
Twisted Frozen Yoghurt cup	\$2.50
Moosies	\$1.40
Dixie Vanilla Ice Cream cup (GF)	\$2.00
Cup of ice	\$0.50



SCHOOL CANTEENS ARE REQUIRED TO COMPLY WITH THE FOLLOWING GUIDELINES

GREEN Go Group (G)

These foods are healthy and nutritious and can be eaten anytime

These are considered the best choice of foods for schools. We should be working towards making these the main foods we promote and sell in our canteen. *Examples:* Breads, cereals, rice, pasta, noodles, vegetables, fruit, reduced or low fat dairy products, lean meat and poultry and water.

AMBER Caution Group (A)

These foods contain reasonable nutritional value and can be eaten fairly regularly but should not dominate the diet.

These foods have some fat, sugar or salt added to them and have had water removed during processing. Schools need to work towards reducing the number of amber foods offered in their canteens. *Examples:* Full fat dairy products, processed meats, margarine, mayonnaise, oil, snack food bars, ice creams, milk based confections, ice blocks, fruit based ice confections, slushies and fruit juices.

RED STOP Group (R)

These foods contain little nutritional value and should not be eaten very often. There is no red group on this menu

These foods are outside The Dietary Guidelines for Children and Adolescents in Australia. They are high in fat, sugar and/or salt. Schools are only able to offer some of these foods occasionally (twice each term)

Examples: Sugar and artificially sweetened drinks and confectionery are not to be offered at any time. Deep fried food, savoury snack foods, chocolate coated and premium ice creams, cakes, sweet pastries, slices, and savoury pastries.

