



Ingle Farm East Primary School



Canteen Menu

April 2019

Snacks

Garlic Bread (V)	\$1.00
Dim Sim	\$1.00
Vegetable Spring Rolls (V,vegan) 3	\$1.00
Homemade Muffin (V)	\$1.00
Custard & Banana Cup (V)	\$1.50
Yoghurt Cup (V,GF)	\$1.50
Fruit & Jelly Cup (V, GF)	\$1.50
Popcorn (V, vegan,GF)	\$1.00
Fresh Fruit Salad (V,vegan,GF)	\$2.00

Sandwiches & Rolls

Hot Ham & Cheese Roll	\$4.00
Meatball Sub w' meatballs in tomato sauce & cheese	\$4.50
Cheese Toastie	\$3.50
Bacon & Egg Roll	\$5.00
Cold Sandwiches - Cheese & Salad (V)	\$3.50
Egg & Lettuce	\$4.00
Chicken, Lettuce & Mayo	\$4.00

From The Freezer

Super Dooper	\$1.00
Frozen Yoghurt cup	\$1.50
Quelch Fruit Juice Icy Poles	\$1.00
Mel's Surpr'ice' Blocks	\$1.00

Hot Food

Homemade Crispy Chicken Strips	\$4.50
Homemade Sausage Roll	\$4.50
Homemade Individual Pizzas	
- Ham & Pineapple	\$4.50
- Pepperoni	\$4.50
- BBQ Chicken	\$5.00
- Margherita (V)	\$4.00
Hot Dog (add cheese .50c)	\$3.00
Beef Burger w' lettuce, tomato, cheese & sauce	\$4.50
Cup of frankfurts (4)	\$3.00
Homemade Spaghetti & Meatballs	\$4.50
Beef Lasagna	\$4.50
Macaroni Cheese (V)	\$4.50
Homemade Scrolls, Pizza or Vegan	2 for \$4.00
Nachos (V)	\$5.00
Potato Gems (V,GF)	10 for \$1.00

Drinks

Hot Chocolate	\$1.00
Cup of Milk (cold or warm)	\$0.80
Water 600ml	\$1.10
Juice Box 200ml	\$2.00
Apple, Orange, Tropical or Apple & Blackcurrant	
Flavoured Milk 200ml	\$2.00
Chocolate or Strawberry	
Juice Bombs	\$3.00
Apple Cola, Apple Blackcurrant, Apple Raspberry, Vanilla Lime	



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.

