



INGLE FARM EAST PRIMARY SCHOOL CANTENEN MENU

March 2017

Monday, Wednesday, Thursday Menu

Baked Potato, Shredded Ham & Cheese	\$3.50
Lasagne	\$3.90
Macaroni Cheese	\$3.70
Spaghetti	\$3.90
Cheese Burger with tomato sauce	\$3.20
Hot Dog <i>With or Without Sauce</i>	\$3.00
Chicken Burger <i>With Lettuce, Tomato, Mayo</i>	\$4.00
Pizza Sub - Ham & Cheese	\$2.00
Hot Chicken Roll	\$3.30
Hot Ham & Cheese Roll	\$4.10
Corn Cob	\$0.50
Potato Gems	10 for \$1.00
Potato Waffle	10 for \$2.00
Sushi Roll <i>with soy sauce</i>	1 for \$3.00
<i>Flavours are tuna or teriyaki</i>	2 for \$6.00
4 Spring Rolls with Chilli Sauce	\$3.50

DRINKS

Water 600ml	\$1.10
Orange Fruit Box - 200ml	\$1.80
Apple Fruit Box - 200ml	\$1.80
Apple/Blackcurrant Fruit Box - 200 ml	\$1.80
Chocolate Milk	\$2.50
Strawberry Milk	\$2.50
Banana Milk	\$2.50

LUNCH BAGS 10 cents each or 10 for 50 cents
Available from the Canteen or the Front Office

WHY YOU NEED TO USE A LUNCH BAG WHEN ORDERING
If you use an envelope to order your child's lunch it means we have to supply the lunch bag at a cost to the canteen.
Imagine trying to put a Hot Dog with sauce into a small envelope!!!!
It just doesn't work.

Sandwiches, Rolls & Salad Plates available Monday, Tuesday, Wednesday, Thursday

	Sandwich	Roll
Vegemite	\$1.50	\$2.10
Cheese	\$2.00	\$2.60
Cheese & Salad	\$3.00	\$3.60
Ham	\$2.50	\$3.10
Ham & Salad	\$3.50	\$4.10
Ham & Cheese	\$3.10	\$3.70
Chicken	\$3.00	\$3.60
Chicken & Salad	\$4.00	\$4.60

Extras

Cheese	60c
Grated carrot	40c
Tomato	40c
Cucumber	40c
Tomato sauce	20c
BBQ sauce	20c



Salad Plate	\$3.00
Ham Salad Plate	\$4.00

Extra - toasted add 30 cents

All served with butter & white bread
Wholemeal available on request



Ingle Farm East Primary School INPUT TAXED MENU

Please read the information on the other side of this Menu.

There will be no credit for Students, Parents or Staff.

Students who forget to put in their order or forget to bring their lunch will be provided with a sandwich by the school.



STUDENT LUNCHES FROM HOME WILL NOT BE REHEATED BY CANTENEN



Tuesday Menu

Baked Potato, Shredded Ham & Cheese	\$3.50
Lasagne	\$3.90
Macaroni Cheese	\$3.70
Spaghetti	\$3.90
Cheese Burger <i>with tomato sauce</i>	\$3.20
Hot Dog <i>With or Without Sauce</i>	\$3.00
Chicken Burger <i>With Lettuce, Tomato, Mayo</i>	\$4.00
Pizza Sub - Ham & Cheese	\$2.00
Hot Chicken Roll	\$3.30
Hot Ham & Cheese Roll	\$4.10
Corn Cob	\$0.50
Potato Gems	10 for \$1.00
Potato Waffles	10 for \$2.00
Sushi Roll <i>with soy sauce</i>	1 for \$3.00
<i>Flavours are tuna or teriyaki</i>	2 for \$6.00
4 Spring Rolls <i>with Chilli Sauce</i>	\$3.50

MEAL DEALS

Sausage Roll & Fruit Box	\$5.50
Pastie & Fruit Box	\$6.50
Pie & Fruit Box	\$6.80
4 Chicken Nuggets & Fruit Box	\$5.00
6 Chicken Nuggets & Fruit Box	\$6.00
4 Dino Nuggets & Fruit Box	\$5.00
6 Dino Nuggets & Fruit Box	\$6.00
Pizza Ham & Cheese & Fruit Box	\$4.30
Pizza Ham & Pineapple & Fruit Box	\$4.30
Potato Wedges <i>with Sour Cream & Chilli Sauce</i> & Fruit Box	\$4.40

You can choose to have flavoured milk instead of a Fruit Box
Just add \$1.00 extra on top of the meal deal price and indicate which flavour on the lunch order bag.

Friday Menu

Lasagne	\$3.90
Macaroni Cheese	\$3.70
Spaghetti	\$3.90
Sushi Roll <i>with soy sauce</i> for	1 for \$3.00
<i>Flavours are tuna or teriyaki</i>	2 for \$6.00
4 Spring Rolls <i>with Chilli Sauce</i>	\$3.50

MEAL DEALS

Sausage Roll & Fruit Box	\$5.50
Pastie & Fruit Box	\$6.50
Pie & Fruit Box	\$6.80
4 Chicken Nuggets & Fruit Box	\$5.00
6 Chicken Nuggets & Fruit Box	\$6.00
4 Dino Nuggets & Fruit Box	\$5.00
6 Dino Nuggets & Fruit Box	\$6.00
Ham & Cheese & Fruit Box	\$4.30
Pizza Ham & Pineapple & Fruit Box	\$4.30
Potato Wedges <i>with Sour Cream & Chilli Sauce</i> & Fruit Box	\$4.40

You can choose to have flavoured milk instead of a Fruit Box
Just add \$1.00 extra on top of the meal deal price and indicate which flavour on the lunch order bag



Icy Things & Other Things

Zings	80c
Moosie	\$1.20
Polar Krush Slushy	\$1.60
Small muffins	\$1.00
Popcorn	20c
Small cup of Milo	60c

Snacks- Tuesdays & Fridays

Mammi Noodles -BBQ, Chicken	90c
Red Rock Chips Sea Salt, Honey Soy, Chicken	\$1.30
JJ Crispy Snacks Chicken, Cheese, Burger, Salt & Vinegar	\$1.30

Can you help in our Canteen?



Dear Parents, Caregivers & Grandparents

If you are able to volunteer some of your time to support the running of the canteen please write your name on the form below (or come in and see us) and indicate whether you are able to help *each week, each fortnight or each month*.

All times are negotiable with the Canteen Manger.

Please return the form to the Front Office.

To meet D.E.C.D. requirements you must also have undertaken Volunteer Training at the school and have Criminal History Screening Clearance. The school will provided guidance and support through this process.

Any questions please feel free to contact Kylie in the canteen or Deb in the front office.

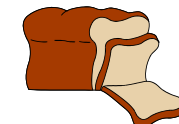
Regards
Kylie Henderson

Yes I can help in the Canteen

Monday	Tuesday	Wednesday	Thursday
<i>Please circle</i>			
10am to 1:30pm Each week Each fortnight Each month			9am to 1:30pm Each week Each fortnight Each month

Name: _____

Contact Phone Number: _____



Every effort is made to supply what you order for your child but on occasions we need to make a substitution.

Lunch orders

will be substituted when:

- We do not have sufficient stock
- An order is placed late
- There is insufficient money in the lunch bag.

When this happens the canteen will speak to the student and negotiate the alternative item with them

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 anytime. Deep fried food, savoury snack foods, chocolate coated and premium ice creams, cakes, sweet pastries and slices, and savoury pastries.

**GOOD
CHOICE
CHOOSE
PLENTY**

**OK TO
CHOOSE
SOMETIMES**

**LESS
HEALTHY
CHOICE**