



Ingle Farm East Primary School



Canteen Menu

Winter 2020

Snacks

Garlic Bread (V)	\$1.00
Cheese Bread (V)	\$1.00
Hash Brown (V)	\$1.00
Cup Noodles (Chicken)	\$2.00
Vegetable Spring Rolls(V,vegan)3	\$1.00
Homemade Muffin (V)	\$1.00
Custard & Banana Cup (V)	\$1.50
Popcorn (V, vegan,GF)	\$1.00
Fresh Fruit Salad (V,vegan,GF)	\$2.00

Sandwiches & Rolls

Bacon & Egg Roll	\$5.00
Hot Ham & Cheese Roll	\$4.50
Chicken Schnitzel Sandwich w' bacon, lettuce & aioli	\$5.00
Cheese Toastie	\$3.50
Sandwiches -	
Cheese & Salad (V)	\$3.50
Ham, Cheese & Tomato	\$4.00
Chicken, Lettuce & Mayo	\$4.00

Drinks

Hot Chocolate	\$1.50
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, Bubblegum grape	
Juice Bombs 250ml	\$3.00
Apple Cola, Raspberry, Vanilla Lime	

Hot Food

Homemade Individual Pizzas

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

Soup (see weekly specials) \$4.00

Hot Dog (add cheese .50c) \$3.50

Beef Cheeseburger \$4.50

**Butter Chicken - homemade served
with rice** \$5.00

**Pasta Napolitana - spiral pasta
tossed with homemade tomato
napolitana sauce.** \$4.50

Macaroni Cheese (V) \$4.50

**Nachos - Crunchy corn chips topped
with tomato salsa & cheese (V)** \$5.00

**Tuna Mornay - homemade served
with pasta.** \$4.50

Special Fried Rice \$4.50

Vegan Fried Rice \$4.50

Homemade Sausage Roll \$4.50

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

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.

