



Ingle Farm East Primary School



Canteen Menu

October 2018

Snacks

Boiled Egg	\$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

Cold Lunches

Chicken Caesar Salad - Chicken, Bacon, Egg, Croutons, Shaved Parmesan & Caesar Dressing	\$5.00
Crispy Chicken Wrap - Crispy Chicken, lettuce & mayo	\$4.50
Sandwiches -	
Cheese & Salad (V)	\$3.00
Ham, Cheese & Tomato	\$3.50
Tuna	\$3.50
Egg & Lettuce	\$3.50
Chicken, Lettuce & Mayo	\$4.00

From The Freezer

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

Hot Food

Homemade Sausage Roll	\$4.50
Homemade Chicken Bites	\$4.50
Homemade Individual Pizzas	
- Ham & Pineapple	\$4.50
- Pepperoni	\$4.50
- BBQ Chicken	\$5.00
- Margherita (V)	\$4.00
Hot Dog	\$3.00
Cheese Dog	\$3.50
Spaghetti Bolognese	\$4.20
Beef Lasagna	\$4.20
Macaroni Cheese (V)	\$4.20
Chicken Burger w' lettuce, tomato & mayo	\$4.00
Garlic Bread	\$1.00
Nachos (V)	\$5.00
Potato Gems (V,GF) 10 for	\$1.00

Drinks

Water 600ml	\$1.10
Orange Juice Box 200ml	\$2.00
Apple Juice Box 200ml	\$2.00
Apple & Blackcurrant Box 200ml	\$2.00
Tropical Juice Box 200ml	\$2.00
Strawberry Milk 200ml	\$2.00
Chocolate Milk 200ml	\$2.00
Lime & Vanilla Juice Bomb	\$3.00
Apple Cola Juice Bomb	\$3.00
Apple & Raspberry Juice Bomb	\$3.00



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.

