

INGLE FARM EAST PRIMARY SCHOOL CANTEEN MENU

MAY 2018

INPUT TAXED MENU



AVAILABLE MONDAY- FRIDAY

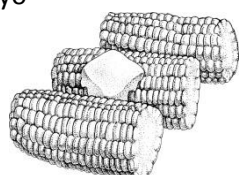
Beef Lasagne	\$4.20	Sushi Roll with Soy Sauce(GF) Tuna	1 for	\$3.00
Macaroni Cheese (V)	\$4.00		2 for	\$6.00
Beef Spaghetti Bolognese	\$4.20	4 Spring Rolls with Chilli Sauce (V)		\$3.50

AVAILABLE MONDAY – FRIDAY MEAL DEALS

Villis Beef Sausage Roll & Fruit Box	\$5.70	6 Dino Nuggets & Fruit Box	\$6.20
Villis Meat Pastie & Fruit Box	\$6.70	Pizza Ham & Cheese & Fruit Box	\$4.50
Villis Beef Pie & Fruit Box	\$7.00	Pizza Ham & Pineapple & Fruit Box	\$4.50
4 Chicken Nuggets & Fruit Box	\$5.20	Potato Wedges	\$4.60
6 Chicken Nuggets & Fruit Box	\$6.20	with Sour Cream & Chilli Sauce & Fruit Box	
4 Dino Nuggets & Fruit Box	\$5.20		

AVAILABLE MONDAY - THURSDAY

Cheese Burger with Tomato Sauce	\$3.50
Hot Dog with or without Sauce	\$3.00
Chicken Burger	\$4.00
With Lettuce, Tomato, Mayo	
Pizza Sub – Ham & Cheese	\$2.00
Hot Chicken Roll	\$3.30
Hot Ham & Cheese Roll	\$4.10
Corn Cob (V, GF)	\$0.50
Potato Gems x 10 (V, GF)	\$1.00



SANDWICHES

Vegemite	\$2.00
Cheese	\$2.50
Cheese & Salad	\$3.00
Ham	\$3.00
Ham & Salad	\$3.50
Ham & Cheese	\$3.50
Chicken	\$3.00
Chicken & Salad	\$3.50



EXTRAS

Cheese	\$0.60
Tomato	\$0.40
Cucumber	\$0.40
Tomato Sauce	\$0.40

V-Vegetarian GF- Gluten Free

AVAILABLE EVERYDAY - EXTRAS

Water	\$1.10	Zings	\$1.00
Orange Fruit Box 200ml	\$2.00	Moosie	\$1.20
Apple Fruit Box 200ml	\$2.00	Homemade Muffins	\$1.00
Apple/Blackcurrant Fruit Box 200ml	\$2.00	Mammi Noodles	BBQ or Chicken \$1.00
Chocolate Milk	\$2.00	Red Rock Chips	\$1.30
Strawberry Milk	\$2.00	Sea Salt, Honey Soy, Chicken	
Small cup Milo	\$0.80	JJ Crispy Snacks Chicken	\$1.30
Polar Krush Slushy	\$1.60	Cheese, Burger, Salt & Vinegar	



**LUNCH BAGS are 10cents each or 10 for .50c, available from the Canteen or the Front Office
If you use an envelope to order your child's lunch please add 10c for a lunch bag**

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 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 the Canteen or Office

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



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

Day/s available	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
Time	9am – 1.30pm		10am – 1.30pm	
When	Each Week	Each Fortnight		Each Month

(Please Circle)

NAME: _____ Contact Phone Number: _____