

INGLE FARM EAST PRIMARY SCHOOL

Canteen Menu Term 3 2024

Snacks

| | |
|--|--------|
| ● Grainwaves -sour cream & chives | \$2.00 |
| ● PopCorn | \$1.00 |
| ● Muffin of the Day | \$2.00 |
| ● Anzac Cookie | \$0.50 |
| ● Red Rock Sea Salt Chips | \$2.00 |
| ● Red Rock Honey Soy Chicken | \$2.00 |
| ● Jelly Cup (vegan) orange/lime/strawberry | \$2.00 |
| ● Fruit & Jelly Cup orange/lime/strawberry | \$2.50 |
| ● Choc Fruit Balls | \$0.50 |

Fresh Fruit

| | |
|-----------------------|--------|
| ● Apple- green or red | \$1.00 |
| ● Watermelon Slice | \$2.00 |

Salads

| | bowl | wrap |
|--|--------|--------|
| ● Garden Salad | \$4.00 | \$4.50 |
| ● Cheese Salad | \$5.00 | \$5.50 |
| ● Crispy Chicken- lettuce,cheese,tomato & mayo | \$6.00 | \$6.50 |
| ● Ham Salad -cheese, tomato, cucumber, lettuce | \$5.00 | \$5.50 |

Sandwiches & Rolls

| | sandwiches | rolls |
|---|------------|---------|
| ● Vegemite | \$ 2.00 | \$ 2.50 |
| ● Strawberry Jam | \$ 2.00 | \$ 2.50 |
| ● Cheese | \$ 3.00 | \$ 3.50 |
| ● Cheese & Tomato | \$ 3.50 | \$ 4.00 |
| ● Cheese & Vegemite | \$ 3.00 | \$ 3.50 |
| ● Ham - (toasted on request) | \$ 3.00 | \$ 3.50 |
| ● Ham & Cheese - (toasted on request) | \$ 4.00 | \$ 4.50 |
| ● Ham/Cheese/Tomato - (toasted on request) | \$ 4.50 | \$ 5.00 |
| ● Chicken/Lettuce/Mayo | \$ 5.00 | \$ 5.50 |
| ● Salad - lettuce, carrot, tomato,cucumber & mayo | \$ 3.50 | \$ 4.00 |
| ● Cheese Salad | \$ 4.50 | \$ 5.00 |
| ● Chicken Salad | \$5.00 | \$5.50 |

Hot Food

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|---|--------|
| ● Hot Ham & Cheese Roll | \$5.00 |
| ● Hot Ham/Cheese/Tomato Roll | \$5.50 |
| ● Chicken Burger with Lettuce & Mayo | \$5.50 |
| ● Nacho's with Salsa and Cheese | \$5.00 |
| ● Crispy Chicken Tender Piece | \$3.00 |
| ● Sausage Rolls (Balfours Better Bite) | \$4.00 |
| ● Pastie Vegetable | \$5.00 |
| ● Pie Beef | \$5.00 |
| ● Pie Curry, Lentil,Potato | \$5.00 |
| ● Chicken Nuggets - tempura oven baked | \$1.00 |
| ● Fish Fingers each | \$1.00 |
| ● Vegetable Lasagne | \$6.00 |
| ● Butter Chicken & Rice | \$6.00 |
| ● Garlic Bread (1/2 roll) | \$2.50 |
| ● 4 Chicken Nuggets & Chips (oven baked) | \$6.00 |
| ● 4 Fish Fingers & Chips (oven baked) | \$6.00 |
| ● Pizza Slab- Hawaiian, BBQ Chicken,Cheese, Ham & Cheese, Vegetarian, Pepperoni | \$5.00 |

Deceptively Delicious (50% Hidden Veg)

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|-----------------------|---------|
| ● Macaroni Cheese | \$5.00 |
| ● Spaghetti Bolognese | \$ 6.00 |
| ● Pasta Bake | \$5.00 |
| ● Tuna Bake | \$5.00 |
| ● Beef/Pork Lasagne | \$6.00 |

Frozen Treats

| | |
|---|--------|
| ● Mango Frozen Yoghurt Low Fat | \$3.00 |
| ● Choc Malt Icecream Low Fat | \$3.00 |
| ● Vanilla Ice Cream Low Fat | \$3.00 |
| ● Golden North Swings - Chocolate & Strawberry | \$3.00 |
| ● Juicies - 100% juice, Lemonade, Tropical, Wildberry | \$2.50 |
| ● Quelch - 99% juice | \$1.50 |

Drinks

| | |
|--|--------|
| ● Water 600ml | \$1.00 |
| ● Oak Milk - Chocolate, Strawberry 200ml | \$2.50 |
| ● Fruit Box | \$2.00 |
| ● Orange, Tropical, Apple/Blackcurrant & 10 Fruits | |
| ● Cup of Milk | \$1.00 |

Sauce Portions

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|--------------------------|--------|
| ● <u>Tomato/BBQ/Mayo</u> | \$0.50 |
|--------------------------|--------|

All Chicken Products except the Pizza are Halal

THE CANTEEN IS OPEN ON WEDNESDAY, THURSDAY & FRIDAY

Lunch orders can be placed before 9.30am each day by using the My School Connect app or by writing order on a brown paper bag and placing in lunch order tub in the classroom



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Canteen Menu Term 3 2024

**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.