



Ingle Farm East Primary School

Canteen Menu

Summer 2022/23



Snacks

Garlic Bread (V)	\$1.50
Cheesy Garlic Bread	\$2.00
Party Pie	\$1.00
Mini Hash Browns (3) (V)	\$1.50
Mini Spring Rolls (3)(V)	\$1.00
Potato Gems (8) (V,GF)	\$1.00
Homemade Muffin	\$1.50
Popcorn	\$1.50
Fresh Watermelon Slice (V)	\$1.50
Fresh Fruit Salad (V)	\$3.00

Sandwiches & Wraps

Cheese & Salad	\$4.00
Ham & Salad	\$4.50
Ham, cheese & tomato	\$4.50
Chicken, lettuce & mayo	\$4.50
Crispy Chicken Wrap -	\$6.00
Crispy chicken, bacon, lettuce & Aioli	
Cheese & Avocado Wrap -	\$5.50
Tasty cheese, avocado & mixed salad leaves	
Hot Ham & Cheese	
Croissant	\$4.50

Salads & Plates

Crispy Chicken Salad -	\$6.00
Crispy chicken, bacon, mixed lettuce & aioli.	
Falafel Salad (V,GF) -	\$6.00
Falafel bites, avocado, mixed lettuce & vegan aioli	
Snack Plate -	\$6.00
kabana, cheese, crackers, cucumber & carrot	
Fruit Plate (V) -	\$4.50
Assorted fresh seasonal fruit pieces	

From the Freezer

Golden North Swing	\$2.00
Chocolate & Strawberry Cola, lemonade, Raspberry	
Juicies	\$1.50
Tropical, Apple Blackcurrant	
Everest Vanilla Ice Cream	\$2.00
Zooper Dooper	\$1.00
Frozen Juice cup	\$1.50
Apple, orange	
Twisted Frozen Yoghurt	\$2.50
Watermelon/Mango Chocolate/Vanilla	

Hot Food

Homemade Pizza	\$6.00
- Garlic & cheese	
- Ham & Cheese	
- Pepperoni	
- BBQ Chicken	
Chicken Burger w' lettuce	\$5.00
& Aioli	
Vegan Burger (V) w' tomato	\$6.00
lettuce & peri peri Aioli	
Nachos - Corn chips,	\$5.00
salsa & cheese	
Pasta Napolitana (V)	\$5.00
Macaroni Cheese	\$4.50
Lasagne	\$4.50
Sausage Roll	\$5.00
Hot Dog (cheese +50c)	\$4.00

Drinks

Water 600ml	\$1.50
Oak Chocolate Milk 250ml	\$2.50
Oak Strawberry Milk 250ml	\$2.50
Groove Drinks 350ml	\$2.50
Juice box 250ml	\$2.00
Juice Bomb 250ml	\$3.00
Glee Drinks 250ml	\$3.00



Download the My School Connect app on your phone to easily order lunches online.

Online lunch orders close at **9.30am** every morning.

See our online menu for online only specials and a large range of Gluten Free and Vegan options



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.