INGLE FARM EAST PRIMARY SCHOOL
Canteen Menu

Snacks

- **Grainwaves -sour cream & chives** $1.50
- **PopCorn** $1.00
- **Muffin** of the Day $2.00
- **Cookie** of the day $1.00
- **Red Rock Chips- Sea Salt/ Honey Soy Chicken** $1.50
- **Vege Straws -** salt & vinegar/sour cream & herb $1.50
- **Jelly Cup (vegan)** orange/lime/strawberry $1.00
- **Shapes - BBQ/Pizza/Chicken Crimpy** $1.50
- **Coconut & Fruit Balls** $0.50
- **Sunkisk Fruit Snacks** $0.50

Fresh Fruit

- **Apple- green or red** $1.00
- **Watermelon Slice** $2.00
- **Banana** $1.00
- **Orange** $1.00
- **Fruit Salad Cup** $5.00

Salads

Lettuce, Tomato, Cucumber, Carrot & Mayo	bowl	wrap
Garden	$4.00	$4.50
Cheese	$5.00	$5.50
Crispy Chicken & Cheese	$6.00	$6.50
Ham & Cheese	$5.00	$5.50
Roast Chicken & Cheese	$5.50	$6.00

SPECIALS

- **Ice Cream Meal Deal** includes $10.00
  Chicken Burger or Nachos or Pie or Pastie or Sausage Roll
  Sparkling water - see drinks for flavours
  Ice cream Choc Malt/Vanilla or Mango Frozen Yoghurt
- **Hydration Booster Pack** $5.00
  Watermelon, Sparkling Water, Jelly Cup
- Snack Packs $5.00
  Fruit Box, Quelch Ice Block, Chips or Shapes

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

Hot Food

- **Hot Ham & Cheese Croissant** $5.00
- **Chicken Burger with Lettuce & Mayo** $5.00
- **Nacho's with Salsa and Cheese** $5.00
- **Crispy Chicken Tender Piece** $3.00
- **Sausage Rolls homemade** $5.00
- **Vegan Burger - Sweet Potato/Zucchini/Corn** $5.00
- **Pie Beef homemade - snack size** $4.00
- **Chicken & Corn Pie homemade - snack size** $4.00
- **Chicken Nuggets- oven baked each** $1.00
- **Fish Fingers - oven baked each** $1.00
- **Fried Rice homemade** $5.00
- **10 Potato Gems** $1.00
- **Garlic Bread 1 roll** $2.50
- **4 Chicken Nuggets & 10 potato gems** $5.00
- **4 Fish Fingers & 10 potato gems** $5.00
- **Pizza - homemade** BBQ Chicken,Cheese, Ham & Cheese, Pepperoni $5.00

Deceptively Delicious (50% Hidden Veg)

- **Beef Lasagne** $5.00
- **Spaghetti Bolognese** $5.00
- **Vegetable Lasagna** $5.00
- **Vegetable Spaghetti Bolognaise** $5.00

Gluten Free

- **Spaghetti Napolitano** $5.00
- **Chicken Schntzel Burger** $5.00
- **Gluten Free Pizza -** $5.00
  Select topping from pizza menu
- **Choc Chip Muffin** $2.00
- **Apple & Cinnamon Muffin** $2.00

Frozen Treats

- **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** $1.00
- **Mango Frozen Yoghurt Low Fat** $3.00
- **Sugar free Zooper Dooper** $1.00

Drinks

- **Water 600ml** $1.00
- **Oak Milk** - Chocolate, Strawberry 200ml $2.50
- **Fruit Box** $2.00
  Orange, Tropical, Apple/Blackcurrant, Apple
- **Mount Franklin Lightly Sparkling Water** $2.50
  Watermelon, Passionfruit, Mango, Lime

Sauce Portions

Tomato/BBQ/Mayo $0.50

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

updated 13/03/2026

MY SCHOOL CONNECT

INGLE FARM EAST PRIMARY SCHOOL

INGLE FARM EAST PRIMARY SCHOOL
Canteen Menu

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.