




Ingle Farm Primary School Canteen

<p style="text-align: center;">Ingle Farm Primary School Canteen Open: Monday - Friday 9am—1.30pm Ph: 8260 6238 Manager: Laura Nichols</p>	<p>HEALTHY EATING POLICY</p> <p>Ingle Farm Primary School follows the mandated DECD (Department of Child Development) Right Bite Policy. This policy has a very strong intention to ensure that school's promote and support healthy eating habits with children.</p>	<p style="text-align: center;">ORDERING MUST BE DONE IN THE CLASSROOM!</p> <p style="text-align: center;">LUNCH BAGS MUST BE USED! BUY YOUR LUNCH BAGS 10 FOR 50c.</p> 
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2016 MENU

<p style="text-align: center;">'Green' Food Available EVERY DAY</p> 	<p>Lasagne (homemade).....\$5.00 Vegetarian lasagne (homemade).....\$5.00 Pasta Bolognaise (homemade).....\$5.00 Tuna Mornay pasta bake\$5.00 *Butter chicken with rice\$5.50 *Hokkien Noodles with vegetable\$5.00 *Add chicken.....\$5.50 *Hot Chicken Roll\$4.00 w/mayo.....\$4.40 *Chicken Burger\$4.00 w/mayo.....\$4.40 *Sweet corn..... (1).....\$1.00 *Fish..... (1).....\$2.50 w/salad.... \$5.00 Quiche & Salad.....\$5.00 *Salad bowl plain\$4.00 * w/Tuna.....\$4.50 * w/Chicken.....\$4.50</p>	<p style="text-align: center;">Sandwiches & Rolls</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 5%;"></th> <th style="width: 20%; text-align: center;">S/W</th> <th style="width: 20%; text-align: center;">Roll</th> </tr> </thead> <tbody> <tr><td>*Butter.....</td><td style="text-align: right;">\$1.30</td><td style="text-align: right;">\$1.50</td></tr> <tr><td>*Chicken.....</td><td style="text-align: right;">\$3.50</td><td style="text-align: right;">\$4.00</td></tr> <tr><td>*Cheese.....</td><td style="text-align: right;">\$2.00</td><td style="text-align: right;">\$2.50</td></tr> <tr><td>*Tuna.....</td><td style="text-align: right;">\$3.00</td><td style="text-align: right;">\$3.50</td></tr> <tr><td>*Salad.....</td><td style="text-align: right;">\$3.00</td><td style="text-align: right;">\$3.50</td></tr> <tr><td>*Tomato.....</td><td style="text-align: right;">\$2.00</td><td style="text-align: right;">\$2.30</td></tr> <tr><td>*Vegemite.....</td><td style="text-align: right;">\$1.50</td><td style="text-align: right;">\$2.00</td></tr> <tr><td>*Egg.....</td><td style="text-align: right;">\$2.50</td><td style="text-align: right;">\$2.30</td></tr> <tr><td>Ham.....</td><td style="text-align: right;">\$3.00</td><td style="text-align: right;">\$3.50</td></tr> <tr><td>Toasted Cheese Sandwich</td><td style="text-align: right;">\$2.50</td><td></td></tr> <tr><td>Toasted Ham & Cheese.....</td><td style="text-align: right;">\$3.50</td><td></td></tr> <tr><td>Toasted Ham, Cheese & Tom.....</td><td style="text-align: right;">\$3.50</td><td></td></tr> </tbody> </table>		S/W	Roll	*Butter.....	\$1.30	\$1.50	*Chicken.....	\$3.50	\$4.00	*Cheese.....	\$2.00	\$2.50	*Tuna.....	\$3.00	\$3.50	*Salad.....	\$3.00	\$3.50	*Tomato.....	\$2.00	\$2.30	*Vegemite.....	\$1.50	\$2.00	*Egg.....	\$2.50	\$2.30	Ham.....	\$3.00	\$3.50	Toasted Cheese Sandwich	\$2.50		Toasted Ham & Cheese.....	\$3.50		Toasted Ham, Cheese & Tom.....	\$3.50		<p style="text-align: center;">Wraps</p> <p>*Chicken / Ham / *Tuna / *Vegetarian All with Salad Omelette Wrap (*Vegetarian or Ham) Sweet Chilli Chicken with Salad & Mayo</p> <p>Half:\$3.00 Full.....\$5.00</p> <p>Extras Sauce: Tomato / BBQ40c Mayo.....40c Tomato.....40c Lettuce.....40c Cucumber.....40c Carrot.....40c Cheese50c</p>
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<p style="text-align: center;">'Amber' Food Available each day</p> 	<p>*Chicken Nuggets ...(3)...\$2.50...(4)...\$3.00...(6)...\$4.50 *Chicken Nugget & Salad..... \$5.00 *Sweet Chilli Chicken Fingers (1)..... \$1.50 *Hashbrowns (4)\$3.00 Hot ham & Cheese Roll \$4.00 Pizza: Ham & Pine OR Supreme\$3.00 Hot Dogs plain or with sauce\$4.00 Add cheese..... \$4.50</p>	<p style="text-align: center;">Amber snacks</p> <p>*Jatz Crackers30c Tiny teddies.....60c Red Rock Chips.....\$1.20 Smiths Chips\$1.20 *Mamee Noodles BBQ/Chick.....80c *Mamee Cheese Sticks.....\$1.00 Jumpys chicken / salt & vinegar.....\$1.00 Corntos cheese / BBQ80c Jelly.....80c</p>	<p style="text-align: center;">Green snacks</p> <p>*Fruit Salad bowl\$2.00 *Fruit salad tub80c *Carrot & Cucumber sticks.....80c *Frozen Yoghurts Stick.....\$1.30 *Popcorn.....50c</p>																																							
<p>*Halal Approved Menu</p>	<p style="text-align: center;">Drinks</p> <p>Spring Water.....\$1.20 Fruit box Apple/Orange/ABC\$1.80 Flavoured Milk Choc / Straw..... \$2.00 Up N Go Van / Banana\$2.00</p>	<p style="text-align: center;">Lunchtime Only</p> <p>Juicies Ice blocks80c Quelch Ice blocks.....50c Slushies.....\$2.00 Moosies\$1.00</p>	<p style="text-align: center;">Term 2 & 3 only</p> <p>*Pumpkin Soup & Roll\$3.00 *Chicken Noodle Soup & Roll.....\$3.00</p>																																							

THE RIGHT BITE STRATEGY


SCHOOL CANTEENS ARE REQUIRED TO COMPLY WITH THE FOLLOWING GUIDELINES

GREEN Go Group

These foods are healthy and nutritious and can be eaten anytime.

These are the best choice of foods for schools. We must 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.



**GOOD CHOICE
CHOOSE PLENTY**

AMBER Caution Group

These foods contain some 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 the classrooms.

Examples: Full fat dairy products, processed meats, margarine, mayonnaise, oil, snack food bars, ice creams, mild based confections, ice blocks, fruit based iced confections, slushies & fruit juices.



**OK! SO CHOOSE
SOMETIMES**

RED STOP Group

These foods contain little to no nutritional value and should not be eaten very often. Red food items are not to be available in canteen.

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 allowed to offer these foods occasionally (twice per term)

Examples: Sugar and artificial sweetened drinks and confectionary. Deep fried food, savoury snack foods, chocolate coated and premium ice creams, cakes, muffins, sweet pastries and slices, savoury pastries.



**NOT GOOD
CHOICE - AVOID**