



Adult Menu 2020

# Ingle Farm Primary School



## Food Codes

V= Vegan Veg=Vegetarian GF=Gluten Free  
DF=Dairy Free H=Halal

## Burgers

<b>Grilled chicken</b> (lettuce, tomato, cheese, mayonnaise)	\$5.00
<b>Vegetarian</b> (lettuce, cheese, tomato, burger sauce) <b>Veg</b>	\$5.00
<b>Vegan</b> (Chickpea and vegetable patty, lettuce and tomato) <b>V,Veg</b>	\$5.00

## Cold rolls

<b>Cold Rolls</b>	
<b>Sushi</b>	\$3.00
Cucumber and avocado <b>V,Veg, GF</b> OR Tuna OR Teriyaki tofu <b>V,Veg, GF</b> OR Teriyaki served with soy sauce	
<b>Cold rolls</b>	\$5.50 (2)
Rice paper filled with noodles, vegetables, fresh herbs and marinated chicken breast served with an dipping sauce.	
<b>Tofu cold rolls</b>	\$5.50 (2)
Rice paper filled with noodles, vegetables, fresh herbs, marinated tofu served with a dipping sauce. <b>V,Veg, GF</b>	

## Salads

<b>Salads</b>	
<b>Greek Salad</b>	\$5.90
Marinated feta, olives, capsicum, red onion, cherry tomato, lettuce, cucumber with an lemon oil dressing. <b>V,Veg, GF</b>	
<b>Seasonal fruit salad (Term 1 and 4)</b>	\$4.50
Diced seasonal fruit. <b>V,Veg, GF</b>	
<b>Chicken caesar salad</b>	\$5.90
Chicken, egg, bacon, cos lettuce, tomato, cucumber, parmesan cheese with caesar dressing.	
<b>Green salad</b>	\$4.50
Mixed lettuce, cucumber, tomato, Danish feta. <b>V,Veg, GF</b>	
<b>Tabouli salad</b>	\$4.50
Burghul, tomato, lemon juice, parsley, mint, green onion, olive oil. <b>V,Veg, GF</b>	

## Snacks

<b>Snacks</b>	
<b>Piece of seasonal fruit</b> <b>V,Veg, GF</b>	\$0.80
<b>Carrot and cucumber stick</b> <b>V,Veg, GF</b>	\$1.00
<b>Tub of hommus</b> <b>V,Veg, GF</b>	\$0.50



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### Build your own

Base	Filling Quantity	1	2	3	4
<b>Sandwich</b> (white, wholemeal, multi-grain, dark rye)		3.60	4.10	4.60	5.10
<b>Foccacia</b> (white)		3.70	4.20	4.70	5.20
<b>Wrap</b>		3.70	4.20	4.70	5.00
<b>Vietnamese Meat Roll</b>		n/a	n/a	n/a	5.00
(Marinated chicken, cucumber, carrot, coriander, lettuce and mild siracha aioli)					
**** Toasted option available, extra fillings 50c each ****					
<b>Filling dressing</b>					
<b>Meat fillings:</b> chicken, ham, turkey, beef, salami					
<b>Dairy:</b> egg, cheese, cream cheese					
<b>Seafood:</b> tuna					
<b>Other:</b> smashed falafel					
<b>Salad fillings:</b> avocado, baby spinach, tomato, cucumber, carrot, red onion, ice-berg lettuce, roasted capsicum, Sundried tomatoes, asparagus, olives, parsley, rocket lettuce, mushroom, beetroot, mixed lettuce, coriander, bean sprouts					
<b>Dressings/condiments:</b> mayonnaise, aioli, cranberry jam, fruit chutney, dijonnaise mustard, sauce, BBQ sauce, American mustard, butter, chilli sauce (sweet/hot), burger sauce, vegemite.					

### Home Cooked Meals

<b>Beef lasagne</b>	\$5.50
<b>Vegetarian lasagne Veg</b>	\$5.50
<b>Butter chicken and rice</b>	\$5.50
<b>Macaroni and cheese Veg</b>	\$5.50
<b>Spaghetti bolognese</b>	\$5.50

### Hot dog

<b>Plain Hot dog</b> (butter, tomato sauce, mustard sauce)	\$3.40
<b>Hot dog</b> (butter, cheese, tomato sauce, mustard sauce)	\$3.90

### Pizza Slices

<b>Pizza Slice</b> (Ham or Ham, Supreme, Pineapple or Margherita)	\$4.70
<b>Pizza Slab</b> (any of the above flavours)	\$45.00



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## Burgers

<b>Beef and Cheese</b> (cheese and tomato)	\$5.00
<b>Hot chicken roll</b> (lettuce, mayonnaise)	\$5.00
<b>Hot chicken roll</b> (gravy)	\$5.00

## Oven baked

<b>Chicken tenders</b>	\$4.40 (3)
<b>Sweet chilli tenders</b>	\$4.40 (3)
<b>Chicken nuggets</b>	\$3.20 (4)
<b>Chicken nuggets</b>	\$4.50 (6)
<b>Potato gems</b>	\$4.00
<b>Hash brown</b>	\$1.00
<b>Wedges</b>	\$4.00
<b>Garlic sub</b>	\$1.00
<b>Garlic sub</b> (cheese)	\$1.50
<b>Nachos</b> (grated cheese, salsa, sour cream)	\$4.50

**Sauces:** aioli, sweet chilli, tomato, bbq, sour cream

\*\*\* All oven baked items come with a choice of 1 sauce, additional sauce 30c extra \*\*\*

## Snacks

<b>Tub of yoghurt</b>	\$2.50
<b>Oreo biscuit</b>	\$0.40
<b>Nutri-grain bar/protein bar</b>	\$1.00
<b>Cadbury chocolate bar</b>	\$1.50
<b>Frog in a pond</b> (Cadbury freddo chocolate dipped in jelly)	\$2.50
<b>Red Rock Deli chips</b> (plain or sea salt & balsamic vinegar or honey soy chicken)	\$1.40



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## Pastries

### Pies

Plain pie	\$4.70
Cheese 'n' bacon	\$4.90
Curry	\$4.90
Butter chicken	\$5.20
Chicken 'n' vegetable	\$5.20
Chicken 'n' camembert	\$5.20
Chicken, cheese 'n' asparagus	\$5.20
Chunky pepper	\$5.20
Chunky steak	\$5.20
Chunky steak 'n' mushroom	\$5.20
Breakfast	\$5.20
Pizza	\$5.20
Potato	\$5.20
Tuna and Potato	\$5.20
Slow cooked lamb 'n' rosemary	\$5.20

### Family Pies

Plain	\$14.00
Flavoured (any of the above flavours)	\$17.00

### Pasties

Plain pasty	\$4.70
Vegetarian pasty <b>Veg</b>	\$4.70
Vegan pasty <b>V, Veg</b>	\$5.20
Cornish pasty	\$5.20
Cheese 'n' bacon	\$5.20
Pasty slice	\$9.95

### Sausage Rolls

Plain sausage roll	\$4.70
Cheese 'n' bacon	\$5.20
Chicken, cheese 'n' spinach	\$5.20
Spinach, feta 'n' wholemeal <b>Veg</b>	\$5.20

### Kranskies

Cheese	\$4.70
Chilli 'n' cheese	\$4.70

### Quiches

Quiche slice (lorraine, spinach, vegetarian)	\$5.90
Quiche and green salad (lorraine, spinach, vegetarian)	\$8.90
Family Quiche (Lorraine, spinach, vegetarian)	\$18.00



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## Sweets

### Slices

Vanilla slice	\$3.50
Strawberry cheesecake	\$3.50
Caramel slice	\$3.50
Macaroon slice	\$3.50
Peppermint slice	\$3.50

### Tarts

Jam tart	\$1.50
Bakewell tart	\$3.50
Custard tart	\$3.50

### Cakes

Cup cake	\$0.90
Butterfly cake	\$1.40
Mini cup cake	\$4.90 doz

### Biscuits/Cookies

Large cookie (choc-chip, cornflake)	\$1.50
Smiley face cookie	\$3.50
M 'n' M Cookie	\$0.40

### Buns

Finger bun	\$1.50 or 4 for 4.95
Apple scroll	\$2.00

### Sweets

Small donut	\$1.50
Large donut	\$3.00
Cream donut	\$3.95
Melting moment	\$2.00
Cream lamington (Jam and cream OR chocolate-apricot OR strawberry)	\$3.95
Mini-Cream lamingtons (Jam and cream OR chocolate-apricot OR strawberry)	\$6.50/1/2doz OR \$13/doz
7" Filled lamington	\$7.00
Honey stick	\$3.95
Berlina (jam or sugar & jam)	\$2.75
Kitchener bun	\$3.95
Banbury	\$3.00
Chocolate eclair	\$3.95



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## Sweets

### Sweets

<b>Small Apple or Apricot Pie</b>	\$3.00
<b>Large Pie</b> (Apple or Apricot)	\$13.95
<b>Streusel</b> (Apple or Apricot)	\$3.00
<b>Turnover</b> (Apple or Apricot)	\$3.00

### Packets

<b>5 pkt of Jam tarts</b>	\$4.95
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### Bar Cakes

<b>Bar Cakes</b> (coffee, orange & poppy seed, banana)	\$4.95
<b>Light Fruit cake</b>	\$4.95
<b>Dark Fruit cake</b>	\$5.95



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## Cold Drinks

<b>Water</b>	\$2.00
<b>Daily Fresh</b> (breakfast, apple, orange, orange and mango)	\$3.50
<b>Farmers Flavoured milk</b> (strawberry, chocolate, iced-coffee, feel good iced-coffee)	Sm \$3.00 Lge \$4.40
<b>Milkshakes</b>	
<b>Milkshake</b> (Coffee, chocolate, strawberry, lime, vanilla, banana)	\$4.50
<b>Malt your milkshake</b>	50 cents extra
<b>Alternative milks</b> (soy, almond, lactose free)	\$1.00 extra
<b>Iced drinks</b>	
<b>Iced coffee</b>	\$5.50
<b>Iced chocolate</b>	\$5.50
<b>Iced mocha</b>	\$5.50
<b>Alternative milks</b> (soy, almond, lactose free)	\$1.00 extra

## Hot drinks

<b>Coffee</b>	<b>Small</b>	<b>Large</b>
<b>Cappuccino</b>	\$3.40	\$4.20
<b>Latte</b>	\$3.40	\$4.20
<b>Flat white</b>	\$3.40	\$4.20
<b>Short/long black</b>	\$3.40	\$4.20
<b>Macchiato</b>	\$3.40	
<b>Hot chocolate</b>	\$3.40	\$4.20
<b>Mocha</b>	\$3.60	\$4.50
<b>Vienna</b>	\$3.60	\$4.50
<b>Chai latte</b>	\$3.40	\$4.20
<b>Babycino</b>	FREE	
<b>Extra shot/flavours</b>	60 cents	
<b>Alternative milks</b> (soy, almond, lactose free)	\$1.00 extra	
<b>Teas</b>		
<b>English Breakfast</b>	\$3.00	\$3.50
<b>Green</b>	\$3.00	\$3.50



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## Ice-Blocks

<b>Milo Scoop</b>	\$3.50
<b>Paddle Pop</b> (chocolate, rainbow)	\$2.00
<b>Callipo</b> (raspberry, lemon)	\$2.50
<b>Icy Pole</b> (lemonade, raspberry)	\$ 1.50