



Children's Menu 2020

Ingle Farm Primary School



Food Codes

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

Burgers

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

Cold rolls

Cold Rolls

Sushi \$3.00

Cucumber and avocado **V,Veg, GF** OR Tuna OR Teriyaki tofu **V,Veg, GF** OR Teriyaki served with soy sauce

Cold rolls \$5.50 (2)

Rice paper filled with noodles, vegetables, fresh herbs and marinated chicken breast served with an dipping sauce.

Tofu cold rolls \$5.50 (2)

Rice paper filled with noodles, vegetables, fresh herbs, marinated tofu served with a dipping sauce. **V,Veg, GF**

Salads

Salads

Greek Salad \$5.90

Marinated feta, olives, capsicum, red onion, cherry tomato, lettuce, cucumber with an lemon oil dressing. **V,Veg, GF**

Seasonal fruit salad (Term 1 and 4) \$4.50

Diced seasonal fruit. **V,Veg, GF**

Chicken caesar salad \$5.90

Chicken, egg, bacon, cos lettuce, tomato, cucumber, parmesan cheese with caesar dressing.

Green salad \$4.50

Mixed lettuce, cucumber, tomato, Danish feta. **V,Veg, GF**

Tabouli salad \$4.50

Burghul, tomato, lemon juice, parsley, mint, green onion, olive oil. **V,Veg, GF**

Snacks

Snacks

Piece of seasonal fruit **V,Veg, GF** \$0.80

Carrot and cucumber stick **V,Veg, GF** \$1.00

Tub of hommus **V,Veg, GF** \$0.50



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Build your own

Base	Filling Quantity	1	2	3	4
Sandwich (white, wholemeal, multi-grain, dark rye)		3.60	4.10	4.60	5.10
Foccacia (white)		3.70	4.20	4.70	5.20
Wrap		3.70	4.20	4.70	5.20
Vietnamese Meat Roll		n/a	n/a	n/a	6.00
(Marinated chicken, cucumber, carrot, coriander, lettuce and mild siracha aioli)					
**** Toasted option available, extra fillings 50c each ****					
Filling dressing					
Meat fillings: chicken, ham, turkey, beef, salami					
Dairy: egg, cheese, cream cheese					
Seafood: tuna					
Other: smashed falafel					
Salad fillings: 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					
Dressings/condiments: mayonnaise, aioli, cranberry jam, fruit chutney, dijonaise mustard, sauce, BBQ sauce, American mustard, butter, chilli sauce (sweet/hot), burger sauce, vegemite.					

Home Cooked Meals

Beef lasagne	\$5.50
Vegetarian lasagne Veg	\$5.50
Butter chicken and rice	\$5.50
Macaroni and cheese Veg	\$5.50
Spaghetti bolognese	\$5.50

Hot dog

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

Pizza Slices

Pizza Slice (Ham OR Ham and Pineapple OR Margherita)	\$2.50
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Beef and Cheese (cheese and tomato)	\$5.00
Hot chicken roll (lettuce, mayonnaise)	\$5.00
Hot chicken roll (gravy)	\$5.00

Pastries

Pie	\$2.80
Pasty	\$2.80
Vegetarian pasty Veg	\$2.80
Vegan pasty V,Veg,	\$2.80
Sausage roll	\$2.80

Oven baked

Chicken tenders	\$4.40 (3)
Sweet chilli tenders	\$4.40 (3)
Chicken nuggets	\$3.20 (4)
Chicken nuggets	\$4.50 (6)
Potato gems	\$4.00
Hash brown	\$1.00
Wedges	\$4.00
Garlic sub	\$1.00
Garlic sub (cheese)	\$1.50
Nachos (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

Tub of yoghurt	\$2.50
Custard tart	\$3.50
Oreo biscuit	\$0.40
Nutri-grain bar/protein bar	\$1.00
M 'n' M cookie	\$0.40
Finger bun with butter	\$1.50
Apple scroll	\$2.00
Choc-chip cookie	\$ 0.40
Smiley face cookie	\$3.00
Cadbury chocolate bar	\$1.50
Frog in a pond (Cadbury freddo chocolate dipped in jelly)	\$2..50
Red Rock Deli chips (plain or sea salt & balsamic vinegar or honey soy chicken)	\$1.40



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Drinks

Water	\$2.00
Big M (chocolate, strawberry)	\$2.20
Up and Go (vanilla, chocolate)	\$2.20
Pop Tops (apple black currant, apple, orange, orange and mango)	\$2.50
Just Juice (apple black currant, apple, orange, orange and mango)	\$1.80
Daily Fresh (breakfast, apple, orange, orange and mango)	\$3.50

Ice-Blocks

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