

ORDERING

Step 1

Complete a brown paper bag with your child's name, class and lunch order. Include any special requests or Instructions. Some lunch bags are available in each classroom for your convenience.

Step 2

Place the correct money inside the bag. Any change will be taped to the outside of the bag.

Step 3

Place orders in the Lunch Order boxes in your child's classroom.

Collection

Lunch orders will be collected from the canteen by a couple of chosen students from each class.

Our School Canteen is run completely by volunteers. Please call or pop in to the front office if you would like to volunteer your time in the canteen, all offers greatly appreciated.

North Ingle School Canteen

Promotes—



7 Rothwell Avenue
INGLE FARM SA 5096
Phone: 8264 7498
Fax: 8264 2777
E-mail: dl.1183.info@schools.sa.edu.au

NORTH INGLE SCHOOL

CANTEEN MENU

2022

Canteen Opening Times

Monday, Tuesday & Wednesday-CLOSED

Thursday-Recess only

Friday-Recess and Lunch



All prices current as of 17th FEB 2022

SNACKS

(AVAILABLE THURSDAY AND FRIDAY*)

GREEN OPTIONS

Corn Thins (GF)	10c
Popcorn Cup (GF)	50c
Pikelets *	50c
1/2 Boiled Egg (GF)	30c
Cheese Cube	10c
Apple Slinky (GF) on request	70c
Carrot / Cucumber Sticks (V)	5c
Pineapple UFO (V)	40c
Frozen Yoghurt Pops	50c

AMBER OPTIONS

Pizza Slice	70c
Milo Banana Sticks	40c
Cracker Biscuits	10c
Frozen Juice Pops	50c
Pita Chips	10c
Vege or Rice Chips (GF)	\$1.20
Pretzels	\$1.20
Cheese Stringer	80c
Gelato (Choc or Vanilla) (GF)	\$2.50
Vanilla ice cream (fat free) (GF) (HL)	\$2.00

DRINKS

Chocolate Devondale Moo	\$1.50
Strawberry Devondale Moo	\$1.50
Juice Box (Tropical, Apple , Orange , Apple and Blackcurrant)	\$1.00
Water	\$1.00



LUNCH ORDERS

(FRIDAY ONLY)



SANDWICHES AND WRAPS** (GREEN/AMBER)

Vegemite Sandwich	\$1.50
Toasted Cheese Sandwich	\$2.00
Chicken Schnitzel or Roast Chicken wrap/sandwich/roll with lettuce, cheese, tomato, carrot	\$4.50
Make your own any choice of 4 fillings	\$4.50
Fillings available - Chicken ,Tuna, Lettuce, Tomato, Cucumber, Pineapple, Beetroot, Pickled Onion, carrot and Vegemite.	
Add mayonnaise or sauce to any sandwich or wrap no additional charge	

FRIDAY LUNCH SPECIALS



Homemade Lasagne and Fruit Box GREEN	\$5.00
Homemade Lasagne and Devondale Moo	\$5.50
Chicken Fried Rice (contains egg & garlic) and Fruit Box/Water (GF) GREEN	\$5.00
Vietnamese Chicken Rice Noodle Salad and Fruit Box/Water (GF) (V) GREEN	\$5.00
Vietnamese Rice Noodle Salad and Fruit Box/Water (GF) (V) GREEN	\$4.50
2 Sausage Rolls and Fruit Box/Water	\$4.50
2 Sausage Rolls and Devondale Moo	\$5.00
Big Ingle Burger and Devondale Moo	\$5.50
Extra toppings 40c p/topping	
Chicken Nuggets with Devondale Moo	\$5.50
Roast Chicken sandwich/wrap (with lettuce, cheese, tomato, carrot) and Devondale Moo	\$5.50
Tuna Mornay and Fruit Box/Water	\$5.00
Tuna Mornay and Devondale Moo	\$5.50

** Every effort is made to reduce the number of additives in the food we offer. However, some products can contain some additives which may contribute towards behavioral and learning problems and health issues such as headaches and asthma in some people.

GF = Gluten Free HL = Halal Approved V = Vegetarian

LUNCH ORDERS

(FRIDAY ONLY)



HOT/COLD FOOD

Homemade Sausage Rolls AMBER	\$2.00
Tuna Mornay and Pasta GREEN	\$4.50
Baked Potato with Bolognaise and Cheese (GF) GREEN	\$4.50
Vegetarian Dim Sim (V) AMBER	\$1.70 each
BBQ Chicken Pizza (Pita Bread, BBQ Sauce, Chicken, Cheese and Pineapple) GREEN	\$4.50
Chicken Nuggets (HL) (5 Nuggets served with Garden Salad or Peas and corn) AMBER	\$4.50
The Big Ingle Chicken Burger (HL) AMBER	\$4.50
(Crumbed Chicken Fillet, Lettuce, Tomato and Mayonnaise on a Whole meal Roll)	
Spaghetti Bolognese GREEN	\$4.50
Sushi - Nori wrapped rice with filling choices of	
- Chicken or Tuna with Cucumber and Mayo AMBER	\$4.00
- Cucumber and Carrot GREEN	\$3.50
- Cucumber GREEN	\$3.50
Corn on the Cob (GF) (V) GREEN	50c
Pizza Slices (MAX 3 SLICES) AMBER	70c each
Side Salad (GF) (V) GREEN (Tomato, Lettuce, Carrot, Cucumber)	\$1.00
Salad Pack - Chicken Schnitzel Fillet, Egg, Cheese, Lettuce, Carrot, Tomato, Cucumber, Celery and Lettuce AMBER	\$5.00
Homemade Lasagna with cheese béchamel sauce GREEN	\$4.50
Sauces - Tomato, BBQ, Mayonnaise, Soy	40c each

* Not available all days