

ORDERING

Step 1

Complete a brown paper bag with your child's name and lunch order. Include any special requests. Lunch bags are available in the lunch box 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 box in the Preschool.

Collection

Lunch orders will be collected from the canteen by a volunteer and delivered to the Preschool before lunch.

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 supports



NORTH INGLE PRESCHOOL

CANTEEN MENU

Term 4 2024

Tuesday & Thursday lunch orders



All prices current as of 21st October 2024

GREEN OPTIONS & AMBER OPTIONS

| | |
|--|--------|
| Cheese Stringer AMBER | \$1.00 |
| Apple Slinky GREEN (HL) (V) (GF) | \$1.00 |
| Snack Pack AMBER (4 carrot sticks, 4 cucumber sticks, 4 cheese cubes & 4 crackers) | \$2.20 |
| Salad Pack— Lettuce, cucumber, tomato, carrot | \$2.00 |
| Vegemite Sandwich GREEN | \$2.50 |
| Toasted Cheese Sandwich GREEN | \$3.00 |
| Roast Chicken wrap with lettuce, cheese, carrot, tomato and mayo AMBER | \$5.50 |

HOT FOOD

| | |
|---|--------|
| Baked Potato with Bolognese and Cheese (GF) GREEN | \$5.50 |
| BBQ Chicken Pizza (Pita Bread, BBQ Sauce, Chicken, Cheese and Pineapple) GREEN | \$5.50 |
| Homemade Lasagne with cheese béchamel sauce GREEN | \$5.50 |
| The Big Ingle Chicken Burger AMBER (HL) (Crumbed Chicken Fillet, Lettuce, Tomato and Mayonnaise on a Whole meal Roll) | \$5.50 |
| Toasted Cheese Sandwich GREEN (HL) | \$3.00 |
| Corn on the cob GREEN (HL) (V) | 80c |
| Vegetarian Dim Sim GREEN (V) | \$2.00 |
| Homemade Sausage Rolls AMBER | \$2.50 |
| Chicken Nuggets (5 chicken nuggets with the option of salad or peas & corn plus choice of sauce Tomato, BBQ, Mayonnaise) AMBER (HL) | \$5.50 |
| Spaghetti Bolognese GREEN | \$5.50 |
| Tuna Mornay GREEN | \$5.50 |
| Chicken Fried Rice (contains egg & garlic) GREEN | \$5.50 |

DRINKS

| | |
|--|--------|
| Chocolate Milk | \$2.00 |
| Strawberry Milk | \$2.00 |
| Fruit Box (Tropical, Apple , Orange , Apple and Blackcurrant) | \$1.50 |
| Bottled Water 600ml | \$1.50 |
| Bottled Water 250ml | \$1.00 |

LUNCH SPECIALS

| | |
|--|--------|
| Homemade Lasagna & Flavoured Milk | \$6.50 |
| Homemade Lasagna & Fruit Box | \$6.00 |
| Homemade Sausage Roll & Fruit Box | \$3.00 |
| Big Ingle Chicken Burger & Fruit Box | \$6.00 |
| Big Ingle Chicken Burger & Flavoured Milk | \$6.50 |
| Homemade Sausage Roll & Flavoured Milk | \$3.50 |
| Spaghetti Bolognese & Fruit Box | \$6.00 |
| Spaghetti Bolognese & Flavoured Milk | \$6.50 |
| Chicken Nuggets (Salad or Peas & Corn) & Fruit Box | \$6.00 |
| Chicken Nuggets (Salad or Peas & Corn) & Flavoured Milk | \$6.50 |
| Tuna Mornay & Fruit Box | \$6.00 |
| Roast Chicken wrap with lettuce, cheese, carrot, tomato and mayo & Fruit Box | \$6.50 |
| Chicken Fried Rice (contains egg & garlic) & Fruit Box | \$6.00 |

All specials include your choice in flavour of drink

***GREEN** foods (everyday) are the best everyday food choices

***AMBER** foods (select carefully) are best selected as sometimes foods, once or twice a week.

** 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