



**INGLEWOOD PRIMARY SCHOOL
TUCK INN CANTEEN MENU
WINTER 2017 (TERM 2 & 3)**

PREPARED FRESH DAILY

HOT ROLLS

HOT CHICKEN ROLL WITH MAYO	\$4.20 G
HOT HAM & CHEESE ROLL	\$4.20 G
HOT BAKED BEANS & CHEESE ROLL	\$4.20 G
(WHOLEMEAL ROLLS AVAILABLE)	
TOASTED CHEESE SANDWICH	\$4.00 G
TOASTED HAM & CHEESE SANDWICH	\$4.50 G

SANDWICHES

SALAD	\$3.70 G
CHICKEN, HAM, CHEESE OR TUNA	\$3.70 G
EGG (PLAIN OR CURRIED)	\$3.70 G
VEGEMITE	\$2.20 G

EXTRAS

CHEESE, EGG OR SALAD	\$1.00 G
PINEAPPLE OR BEETROOT	\$0.50 G
MAYONNAISE	\$0.30 G
TOMATO	\$0.30 G
AVOCADO	\$1.00 G
ROLLS/WRAPS/TOASTED	\$0.50 G

SALADS

SNACKBOX	\$3.00 G
(CARROT, LETTUCE, TOMATO, CUCUMBER)	
LARGE	\$5.00 G
(WITH CHOICE OF CHICKEN, HAM, TUNA, EGG OR CHEESE)	
CHICKEN TENDERBITE SALAD	\$4.70 G
EXTRA TENDERBITE	\$1.00 G
FRUIT SALAD	SMALL \$3.00 G
	LARGE \$5.00

PLEASE PLACE ORDERS BEFORE SCHOOL

- * Prepaid tokens \$32 per sheet
- * Volunteers are welcome, even for 2 hours is helpful
- * Canteen Manager – Karen - Ph: 0400 800 936

DAILY SPECIALS

MONDAY

LASAGNA	\$4.70 G
MACARONI	\$4.70 G
TWISTA BOLOGNESE	\$4.70 G
CHICKEN CURRY & RICE	\$4.70 G

HAWAIIAN WRAP	\$4.20 A
---------------	----------

TUESDAY – CLOSED

WEDNESDAY

SWEET CHILI CHICKEN & SALAD SUB	\$4.70 G
GLUTEN FREE FRIED RICE (GF)	\$4.70 G
CHICKEN, BEEF OR FISH BURGER	\$4.70 G
HOMEMADE TUNA BAKE	\$4.20 G
HOMEMADE SOUP & BREAD ROLL	\$3.50 G

THURSDAY

SUSHI	\$4.70 G
-TERIYAKI CHICKEN, TUNA OR VEG	
HOMEMADE CHICKEN FRIED RICE	\$4.20 G
STUFFED POTATO	\$2.50 G

CHEESE & BACON PIE	\$3.70 A
SHEPHERDS PIE	\$3.70 A
BEEF PIE	\$3.70 A
PARTY PIE	\$2.20 A
SAUSAGE ROLL	\$3.20 A
SAUCE	\$0.50 G

FRIDAY

TERIYAKI CHICKEN & VEG NOODLES	\$4.20 G
HOMEMADE SAUCE WITH PASTA	\$4.20 G
CHICKEN FAJITAS	\$4.20 G

HOT DOG	\$4.70 A
PIZZA –	\$4.00 A
(HAM & PINEAPPLE OR CHEESE & BACON)	

RECESS – VARIED SELECTION AVAILABLE DAILY

ALL UNDER \$2.00

DRINKS

CHILL	\$2.50 G
BANANA, STRAWBERRY, CHOC MINT	

NIPPY	\$2.50 G
HONEYCOMB	
CHOC	

MILO	\$2.50 G
------	----------

HILO MILK	\$2.00 G
HILO MILK + SIPAHH	\$2.50 G

JUICE	\$2.00 A
APPLE, ORANGE, TROPICAL,	
APPLE & BLACKCURRANT	

LOL	\$2.50 A
WATER	\$2.00 G

<u>JELLY & FRUIT</u>	\$1.00 A
--------------------------	----------

AFTER LUNCH SALES

EVERYDAY

QUELCH	\$0.60 A
1/2 QUELCH	\$0.30 A

PADDLE POP	\$1.50 A
VANILLA LIGHT BUCKET	\$1.50 A
FANDANGLES	\$1.50 A
SCOOBY DOO	\$1.50 A

*Our school adheres to the TRAFFIC LIGHT SYSTEM. This policy places food into categories based on a traffic light. **Green (G)** – healthy options for everyday must predominantly fill menu, **Amber (A)** – select carefully (occasionally), **Red** – off the menu. Please select a healthy option by choosing “G” foods.*