



EMMANUEL ANGLICAN COLLEGE

Learning ~ Living ~ Leading

Canteen Menu Term 3 - 2020

All students must place orders for any items by 9.15am

HOT FOOD - (lunch time)

Lite Lunch Pie 175g			\$3.50
Snack Pie 110g			\$2.50
Lite Sausage Roll 120g			\$3.00
Garlic Bread for 1			\$2.00
Corn on the Cob			\$0.50
Dino Nuggets (6)			\$3.00
Beef Lasagne 200g			\$3.50
Vegetable Lasagne (V, GF)			\$4.50
Spaghetti Bolognaise			\$3.50
Fried Rice (V)			\$3.00
Butter Chicken (GF)	Small \$5.00	Large	\$7.50
Mini Pizza (Bakery) Cheese & Ham, Ham & Pineapple, Vegetarian			\$2.00

SANDWICHES - (lunch time)

Ham or Tomato			\$3.00
Vegemite or Cheese			\$2.50
Tuna or Salmon with Mayo & Lettuce			\$4.00
Chicken & Mayo Sandwich			\$4.00
Salad (lettuce, tomato, carrot, cucumber, beetroot, cheese)			\$4.50
Salad with Ham or Chicken			\$5.00
Salad with Tuna or Salmon			\$5.00
Extra Fillings (mayo, tomato, cheese) each			\$0.30
Full Salad		extra	\$0.80
Toasted or on a Roll		extra	\$0.70

WRAPS (all with full salad)

Salad	Whole	\$5.00	Half	\$3.50
Ham or Chicken	Whole	\$6.00	Half	\$4.00

GLUTEN FREE WRAP / SANDWICH No Extra Cost

DRINKS

FM Milk (Choc, Strawberry, or Choc Malt)			\$3.70
Milk 250ml-calcium (Choc or Strawberry)			\$2.50
Plain Milk	150ml	\$1.00	500ml \$2.00
Water:	Small 350ml	\$1.50	600ml \$2.00 1 Litre \$3.00
Fruit Juice (Apple, Orange, Apple Blackcurrent, or Passionfruit)			\$2.00
Lite Mineral Water 475ml (Passionfruit, Blackcurrent, or Raspberry)			\$3.00
Peach Iced Tea 250ml			\$2.00
Chill J—Sparkling Fruit Juice (Blackcurrent, Raspberry, Grape, Watermelon)			250ml \$2.50

SNACKS

Zucchini Slice (V)			\$2.50
Mini Scrolls (Cheese & Ham, Cheesymite, Cheese & Spinach or Cheese & Tomato)			\$2.00
Low Fat Muffins (Chocolate, Raspberry, or Apple Crumble)			\$3.00
Finger Bun			\$1.00
Cheese & Crackers			\$2.00
Chips (Grainwaves or Sea Salt)			\$1.20
Sultana's	Small	\$0.50	Large \$1.00
Chocolate Mousse (lite) (GF)			\$1.50
Ice Cream Cups (GF)			\$1.00
Moosies - Chocolate			\$1.00
Iced Mony's / Snap Sticks (GF)			\$1.00
Quelch (Fruit)			\$0.50
Frozen Twisted Yoghurt			\$2.00
Frozen Fruit Pieces \$0.20		Frozen Fruit Bags	\$1.00

Placing an order

All orders must be received at the canteen before 9.15 am.

Please place the money in a paper bag of *sufficient* size to fit all of the lunch items.

If you are ordering a drink with your child's lunch, please provide **two (2) bags**. Please write the information on the **LOWER** half of the bag. If money is short we will substitute items to the value received.

REMEMBER, if ordering **RECESS**, you must have a separate recess bag.

Any change required will be placed in the bag for return with the child's lunch order.