



EMMANUEL ANGLICAN COLLEGE

Learning ~ Living ~ Leading

Canteen Menu Term 4 - 2020

All students must place orders for any items by 9.15am

HOT FOOD - (lunch time)

Lite Lunch Pie 175g		\$3.60
Snack Pie 110g		\$2.60
Lite Sausage Roll 120g		\$3.10
Garlic Bread for 1		\$2.10
Corn on the Cob		\$1.00
Dino Nuggets (6)		\$3.10
Dino Nugget (single)		\$0.60
Beef Lasagne 200g		\$3.60
Vegetable Lasagne (V, GF)		\$4.60
Spaghetti Bolognese		\$3.60
Fried Rice (V)		\$3.10
Butter Chicken (GF)	Small \$5.20	Large \$7.70
Mini Pizza (Bakery) Cheese & Ham, Ham & Pineapple, Vegetarian		\$2.10

SANDWICHES - (lunch time)

Ham or Tomato		\$3.10
Vegemite or Cheese		\$2.60
Tuna or Salmon with Mayo & Lettuce		\$4.10
Chicken & Mayo Sandwich		\$4.10
Salad (lettuce, tomato, carrot, cucumber, beetroot, cheese)		\$4.60
Salad with Ham or Chicken		\$5.20
Salad with Tuna or Salmon		\$5.20
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	\$5.20	Half	\$3.60
Ham or Chicken	Whole	\$6.20	Half	\$4.10

GLUTEN FREE WRAP / SANDWICH

No Extra Cost

DRINKS

FM Milk (Choc, Strawberry, or Choc Malt)			\$3.80
Milk 250ml-calicyum (Choc or Strawberry)			\$2.60
Plain Milk	150ml \$1.00	500ml	\$2.10
Water:	Small 350ml \$1.50	600ml \$2.10	1 Litre \$3.10
Fruit Juice (Apple, Orange, Apple Blackcurrent, or Passionfruit)			\$2.10
Lite Mineral Water 475ml (Passionfruit, Blackcurrent, or Raspberr)			\$3.10
Peach Iced Tea 250ml			\$2.10
Chill J—Sparkling Fruit Juice (Blackcurrent, Raspberry, Grape, Watermelon)		250ml	\$2.60

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			\$1.00
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.