

# EMMANUEL ANGLICAN COLLEGE CANTEN MENU



## HOT FOOD

<b>BUTTER CHICKEN WITH RICE (GF)</b>	
SMALL	<b>\$6.50</b>
LARGE	<b>\$8.50</b>
<b>KARAAGE CHICKEN BITES WITH</b>	<b>\$7.50</b>
RICE, MAYO & TERIYAKI SAUCE	
<b>CHICKEN GOUJONS (5 PER SERVE)</b>	<b>\$4.00</b>
<b>DINO SNACKS (5 PER SERVE)</b>	<b>\$4.00</b>
<b>SAUSAGE ROLL (GF)</b>	<b>\$5.50</b>
<b>SPINACH ROLL (GF,V)</b>	<b>\$5.50</b>
<b>MINI BEEF PIE</b>	<b>\$2.00</b>
<b>STEAK PIE</b>	<b>\$6.00</b>
<b>STEAK AND PEPPER PIE</b>	<b>\$6.00</b>
<b>CHICKEN MORNAY PIE</b>	<b>\$6.00</b>
<b>VEGETABLE LASAGNE (GF,V)</b>	<b>\$6.00</b>
<b>SPAGHETTI BOLOGNAISE</b>	<b>\$6.00</b>
<b>GARLIC BREAD (V)</b>	<b>\$3.50</b>
SAUCES BBQ, TOMATO	<b>\$0.30</b>

## ROLLS, SANDWICHES & SALADS

<b>SALAD ROLLS</b>	<b>\$6.00</b>
CARROT, LETTUCE, CUCUMBER, TOMATO (V)	
(VG)	
ADD CHICKEN	<b>\$0.50</b>
ADD HAM	<b>\$0.50</b>
<b>HAM &amp; CHEESE SANDWICH</b>	
TOASTED OR FRESH	<b>\$5.00</b>
<b>HAM, CHEESE &amp; TOMATO SANDWICH</b>	
TOASTED OR FRESH	<b>\$5.00</b>
<b><u>SALADS - MONDAY TO THURSDAY</u></b>	
<b>GARDEN SALAD (V)</b>	<b>\$5.50</b>
LETTUCE, CARROT, CUCUMBER, TOMATO,	
CORN, CAPSICUM, CHEESE	
ADD CHICKEN/HAM	<b>\$2.00</b>
ADD TUNA/SALMON IN SPRING WATER	<b>\$3.00</b>
<b>GREEK SALAD (V)</b>	<b>\$7.00</b>
LETTUCE, CUCUMBER, FETA, TOMATO, OLIVES	
WITH YOUR CHOICE OF GREEK, FRENCH OR	
ITALIAN DRESSING	

## \$7 DAILY SPECIALS

<b><u>MONDAY</u></b>
<b>SWEET CHILLI CHICKEN SALAD WRAP</b>
<b><u>SALAD OPTIONS:</u></b> LETTUCE, CHEESE AND
MAYO
<b><u>TUESDAY</u></b>
<b>CHICKEN OR BEEF BURGER</b>
<b><u>SALAD:</u></b> CHEESE, LETTUCE, CUCUMBER,
TOMATO, CARROT
<b><u>SAUCES:</u></b> BBQ, TOMATO, MAYONNAISE
<b><u>WEDNESDAY</u></b>
<b>MEATBALL SUB</b>
PORK MEATBALLS WITH TOMATO
PASSATA AND CHEESE

*ROLLS/WRAPS/BREAD ARE WHOLEMEAL  
GLUTEN FREE OPTION AVAILABLE*

## SUSHI

<b><u>SUSHI</u></b>	<b>\$5.50EA</b>
<b>AVOCADO (GF)(V)(VG)</b>	
<b>CHICKEN TERIYAKI AND AVOCADO</b>	
<b>HONEY CHICKEN</b>	
<b>TUNA AND AVOCADO (GF)</b>	
<b>TEMPURA VEGETABLE (V)</b>	

## DRINKS

<b><u>JUICE 250ML</u></b>	
<b>APPLE</b>	<b>\$3.50</b>
<b>APPLE AND BLACKCURRANT</b>	<b>\$3.50</b>
<b>SPARKLING BLUEBERRY</b>	<b>\$3.50</b>
<b>SPARKLING WATERMELON</b>	<b>\$3.50</b>
<b><u>FLAVOURED MILK</u></b>	
<b>500ML CHOC/STRAWBERRY</b>	<b>\$5.00</b>
<b>250ML CHOC/STRAWBERRY</b>	<b>\$4.00</b>

<b><u>ICED TEA 250ML</u></b>	
<b>RASPBERRY</b>	<b>\$3.00</b>
<b>PEACH</b>	<b>\$3.00</b>

<b><u>MINERAL WATER</u></b>	
<b>RASPBERRY &amp; BLUEBERRY</b>	<b>\$3.00</b>
<b>PASSIONFRUIT &amp; PINEAPPLE</b>	<b>\$3.00</b>
<b>WATER 600ML</b>	<b>\$3.00</b>
<b>UP &amp; GO</b>	<b>\$3.50</b>
<b>CHOC ICE/ VANILLA ICE/ DF CHOC</b>	

## PLEASE NOTE

Place orders on **Flexischools** by 8.30am each day.  
**Primary** online orders are for first break only.  
**Secondary** online orders for first break are available  
Monday, Tuesday and Wednesday.  
**Secondary** second break orders are available from  
Monday to Friday.  
 Over the counter purchases are available for both  
 Primary and Secondary in both breaks.  
 Cash or Card payments are accepted  
 'Tap and Pay' via a mobile phone is NOT accepted

## SNACKS

<b><u>BAKED TREATS</u></b>	
<b>HAM &amp; CHEESE MINI ROLL</b>	<b>\$3.00</b>
<b>VEGEMITE &amp; CHEESE MINI SCROLL (V)</b>	<b>\$3.00</b>
<b>CHOCOLATE MUFFIN</b>	<b>\$4.00</b>
<b>RASPBERRY &amp; WHITE CHOC MUFFIN (V)</b>	<b>\$4.00</b>
<b>FUN BUN (V)</b>	<b>\$2.50</b>

*FROZEN ITEMS ARE COLLECTED FROM THE CANTEEN*

**DF= DAIRY FREE**  
**GF = GLUTEN FREE**  
**V= VEGETARIAN**  
**VG=VEGAN**

## CHILLED TREATS

<b>CHOCOLATE MOUSSE (GF, V)</b>	<b>\$2.50</b>
<b>FROZEN MINI YOGHURT STICK (V)</b>	<b>\$1.50</b>
<b>FROZEN TWISTED YOGHURT (V)</b>	<b>\$3.50</b>
<b>COCONUT ICE CREAM CUP (DF, GF, V)</b>	<b>\$2.50</b>
<b>ICECREAM CUP VARIOUS FLAVOURS (GF,V)</b>	<b>\$2.50</b>

## SNACKS

<b>SULTANAS</b>	<b>\$1.00</b>
<b>FRUIT SALT CUP (GF, V)</b>	<b>\$4.00</b>
<b>DICED WATERMELON CUP (GF,V)</b>	<b>\$4.00</b>