



EAST MADDINGTON PS CANTEEN

The EMPS Canteen is open: **Everyday**

Recess: 10.30 – first siren
Lunch: 12.50 – first siren

To order: Please place order on a piece of paper with

Name of child, Room & total

Place order & money into a **ZIPLOCK** bag (located on the counter). Seal & place through the canteen door before 9.30am

(NO orders will be accepted after this time).

Change will be returned with your lunch order.

RECESS ONLY

(G) Cheesie \$1.30

(G) Pikelets \$0.25

(G) Yoghurts \$2.00

(G) Popcorn \$1.00

(G) Chocolate Yogo \$2.00

(A) Hash Browns \$1.00

(A) Yummy Drummies \$1.80

(A) Chilli Strips \$1.80

LUNCH TOASTIES

Ham, Cheese and Tomato \$3.80

Ham and Cheese \$3.50

Chicken, Cheese and Mayo \$3.80

Chicken Cheese and Tomato \$4.00

Cheese \$2.50

AFTER LUNCH SALES

(G) Icy Poles 50c

(A) Paddle Pops \$1.50

(A) Vanilla Ice Cream Cups \$2.00

SANDWICHES, ROLLS & SALAD TRAYS

Available every day

All sandwiches and rolls are made fresh

	S/W	Roll
Vegemite	\$2.00	\$2.50
Cheese	\$2.00	\$2.50
Cheese & Vegemite	\$2.50	\$3.00
Cheese & Salad	\$2.50	\$3.00
Cheese & Carrot	\$2.20	\$2.70
Ham	\$3.00	\$3.50
Ham & Salad	\$3.50	\$4.00
Ham, Cheese & Pickles	\$2.50	\$3.00
Chicken	\$3.00	\$3.50
Chicken & Salad	\$4.00	\$4.50
Chicken, Cheese, Lettuce & Mayo	\$3.80	\$4.30
Tuna, Mayo & Cucumber	\$3.50	\$4.00
Salad	\$2.50	\$3.00
Plain or Curried Egg	\$2.00	\$2.50

ALL EXTRA ITEMS ADD 50c

Avocado

Cheese

Chicken/Ham with Salad Wrap \$4.50

Salad box \$4.00

Consists of lettuce, tomato, carrot, cucumber and a slice of bread

Super salad box: as above plus

Ham \$5.00

Chicken \$5.00

Fruit Salad Cup \$4.00

DRINKS

Bottled water	\$1.00
Brownes Flavoured milks	
Chocolate	\$2.00
Strawberry	\$2.00
Banana	\$2.00
99% Fruit juice 250mL	
Apple	\$1.50
Orange	\$1.50
Tropical	\$1.50
Get Go Red or Blue	\$2.00

DAILY SPECIALS

Mighty Monday:

(G) Fried Rice \$4.00

(G) Butter Chicken with Rice \$5.00

Tasty Tuesday:

(G) Spiral Bolognaise \$5.00

(G) Toasted Chicken Wrap \$5.00

Wake Up Wednesday:

(A) Sweet and Sour Chicken \$5.00

With Rice

(A) Mac Cheese \$4.00

Neptune's Thursday:

(G) Fish and Coleslaw & Hot \$5.00

Potato Salad

(G) Fish Finger Wrap \$5.00

Fun Friday:

(A) Ham and Cheese Pizza \$4.00

(A) Hot Dog and Sauce \$4.00

(A) Pie and Sauce \$4.00

EMPS CANTEEN POLICY

We will endeavour to provide a healthy eating menu available to all staff and students at East Maddington Primary School and are committed to following WA School Canteen Association recommendations in order to achieve this.

The EMPS Canteen adheres to the Traffic Light System:

***Green (G):* recommended for everyday consumption**

***Amber (A):* not recommended for everyday consumption**

***Red (R):* not permitted in WA public school canteens**

MIGHTY MONDAY

(G) Homemade
Fried Rice **\$4.00**

(A) Butter Chicken
Served with Rice
(Not Hot) **\$5.00**

TASTY TUESDAY

(G) Spirial
Bolognaise
Beef Bolognaise sauce served
with wholemeal pasta ... **\$5.00**

(A) Toasted Chicken
Tenderloin Wrap Toasted
Chicken Tenderloin with
Spinach, Cheese, Mayo in a
Wholemeal Wrap **\$5.00**

**EMPS WEEKLY
SPECIALS**

**WAKE UP
WEDNESDAY**

(A) Sweet and Sour
Chicken served with
Rice Chicken Crackles with
Sweet and Sour Sauce served
with Rice **\$5.00**

(G) Crispy Chicken
Balls or Mac &
Cheese **\$4.00**

**NEPTUNES
THURSDAY**

(A) Fish N Salad
two pieces of Crispy Fish served
with Coleslaw and Warm potato
Salad
\$5.00

(A) Fish Finger Wrap
Fish Fingers with Lettace,
tomato and Seafood Sauce on
Wholemeal Wrap Toasted
\$5.00

FUN FRIDAY

(A) Homemade Ham
and Cheese Pizza
\$4.00

(A) Hot Dog **\$4.00**

(A) Pie and Sauce
\$4.00