



# CANTEEN

The EMPS Canteen is open: **Everyday at 8am**

Recess: 10.30 – first siren

Lunch: 12.50 – first siren

**To order: Please place order with Name of child, Area & Lunch Order on bags supplied.**  
NO orders will be accepted after 9.30am.

Change will be returned with your lunch order.

## 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.

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 Schools

Halal Friendly (H)

Gluten Free (GF)

Vegetarian (V)



## Drinks

|   |        |
|---|--------|
| (G) Water.....  | \$1.00 |
| (A) Fruit Boxes<br>(Orange, Apple & Blackcurrent, Apple)      | \$1.50 |
| (G) Brownes Flavoured milk<br>(Chocolate, Banana, Strawberry) | \$2.20 |
| (G) Juice Bombs 200ml.....                                    | \$2.00 |
| (Apple, Vanilla Lime, ABC, Watermelon)                        |        |
| (G) Up & Go 250ml.....  | \$2.50 |
| (Chocolate, Vanilla & Strawberry)                             |        |
| (G) Plain Milk with Sipahh Straw.....                         | \$2.00 |

## RECESS ONLY

|   |        |
|---|--------|
| (G) Cheesie.....                            | \$1.00 |
| (G) Pikelet 2 for .....                     | \$0.50 |
| (G) Yoghurt.....                            | \$2.00 |
| (A) Chocolate Yogo .....                    | \$2.00 |
| (G) Fruit Toast.....                        | \$0.60 |
| (G) Popcorn Cup.....                        | \$0.50 |
| (G) Fruit Cup (seasonal Fruit).....         | \$1.00 |
| (G) Pizza Slice.....                        | \$1.00 |
| (A) Hash Browns – Tues and Thurs ONLY ..... | \$1.00 |

## Everyday Menu - LUNCH ONLY

|                                   |        |
|-----------------------------------|--------|
| (G) Sandwiches on Wholemeal Bread |        |
| Vegetite.....                     | \$2.00 |
| Cheese.....                       | \$2.00 |
| Ham.....                          | \$3.00 |
| Chicken.....                      | \$3.00 |
| Tuna.....                         | \$3.00 |
| Plain or Curried Egg .....        | \$2.50 |
| Salad.....                        | \$2.50 |
| <b>EXTRAS</b>                     |        |
| Salad .....                       | 50c    |
| Mayo .....                        | 50c    |
| Cheese .....                      | 50c    |
| Roll .....                        | 50c    |
| Toasted .....                     | 20c    |

## Salad Trays \$5.00

Lettuce, Grated Carrot, Cucumber, Tomato, Grated Cheese and ½ Boiled Egg served with a dressing

Extra – Chicken, Tuna or Ham \$1.00

## EVERYDAY LUNCHES

|                                 |        |
|---------------------------------|--------|
| Homemade Fried Rice(V).....     | \$4.00 |
| Butter Chicken & Rice (H) ..... | \$5.00 |
| Mac & Cheese (GF).....          | \$4.50 |
| Twista Pasta Bolognese.....     | \$4.00 |
| Fruit Cup.....                  | \$1.00 |

## ICE CREAMS (Lunch Times only,

Vanilla Ice Cream Tubs \$2.50

Paddle Pops \$1.50

(Chocolate, Lemonade, Rainbow, Banana)

Icy Poles 50c



## **MIGHTY MONDAY**

- (A) Cruiser Beef Pie.....\$4.00
- (A) Sausage Roll ..... \$3.00
- (A) Potato Pie .....\$4.00
- (A) Snack Pie. ....\$1.00
- Sauce .....20c

## **TASTY TUESDAY**

- (G)Nuggets and Corn.....\$4.00
- 5x Chicken Nuggets with Warm Corn Cob  
*Hot Dog with Sauce....\$4.00*
- ½ Size Portion Hot Dog.....\$2.00*

## **WAKE UP WEDNESDAY**

- Chicken Strip Wrap.....\$5.00
- Chicken Chilli Strip with Lettuce, Tomato, Carrot, Mayo in Wrap
- ½ Size Portion Chicken Strip Wrap...\$2.50

- (A) Cruiser Beef Pie.....\$4.00    (A) Sausage Roll ..... \$3.00
- (A) Potato Pie .....\$4.00    (A) Snack Pie. ....\$1.00
- Sauce .....20c

## **TASTY THURSDAY**

- (G)Pizza.....\$4.00
- Pineapple Paradise - Cheese, Ham and Pineapple*
- Ham Hero – Cheese and Ham*
- Meat Lovers – Cheese, Ham, Bacon, Pepperoni,*
- Margartia Magic – Cheese*
- (G)Hamburgers (H).....\$5.00
- Chicken or Beef burger on fresh bun with lettuce, tomato, carrot, Tomato sauce and Mayo

- FUN FRIDAY** (A)Fish Bites and Chips.....\$5.00
- 5 Fish Bites and serve of chips