

#### **IMPORTANT**

Canteen Manager: Sharron John

Canteen Open 8:15 Lunch Orders MUST be placed by 10:40AM

TO ORDER: Place name, area and order on bags provided and hand into the canteen window or door slot.

#### **EMPS CANTEEN POLICY**

We will endeavour to provide a healthy canteen menu available for all students and staff at EMPS. We are committed in following the Traffic Light System provided by WA School Canteen Association in order to achieve this.

#### **Traffic Light System**

Schools.

Green (G) – recommended for everyday consumption. Amber (A) – not recommended everyday consumption. Red(R) – not permitted in WA Public

## **MONDAY**

(A) Snack Box- \$4.50

(A) Cruiser Beef Pie- \$4.00 (A) Sausage Roll- \$3.50

1 Steggles Tender, 2 Steggles Nuggets & Potato gems.

(A) Party Pies- \$1.00 (A) Halal Sausage Roll-

Choice of Sauce

(Tomato, BBQ, Sweet Chilli)(G) Tomato Sauce-.20c

\$3.50

# TUESDAY

(G) Freshly Made Pizza-\$4.50 (A) Hotdog with sauce-\$4.00

BBQ sauce.

(A) ½ portion Hotdog- \$2.00

- Ham & Cheese

-Cheese -Pineapple Served with Tomato or

-Meatlovers

-BBQ Chicken

### **WEDNESDAY**

(A) Nuggets and Corn (H)-\$4.50

4 x Steggles chicken nuggets

(A) Cruiser Beef Pie- \$4.00

(A) Sausage Roll- \$3.50

(A) Party Pies- \$1.00

(A) Halal Sausage Roll- \$3.50

served with a warm corn cob. (G) Tomato Sauce-.20c

## **THURSDAY**

(G) Hamburgers (H)-\$5.00 (A) Stuffed Spud-\$5.00

Chicken or beef burger with lettuce, tomato, Carrot, mayo and tomato sauce on a fresh bun. Warm baked potato stuffed with ham and cheese.

### P&C

Brunches N Lunches is a P&C run canteen.

The P&C is continuously grateful for the ongoing support from parents, staff, and children.

Parents that wish to volunteer their time in the canteen are welcomed & are encouraged to speak to Sharron John for more information.

## **FRIDAY**

(G) Nacho Dippers- \$5.00

Crunchy corn chips paired with a Bolognese Sauce and topped with cheese

(G) Chicken Strip Wrap \$5.00

(G) ½ Portion-\$3.00

Steggles chicken tender with lettuce, tomato, carrot & mayo.



#### **IMPORTANT**

Canteen Manager: Sharron John

Canteen Open 8:15 Lunch Orders MUST be placed by 10:40AM

TO ORDER: Place name, area and order on bags provided and hand into the canteen window or door slot.

#### **EMPS CANTEEN POLICY**

We will endeavour to provide a healthy canteen menu available for all students and staff at EMPS. We are committed in following the Traffic Light System provided by WA School Canteen Association in order to achieve this.

#### **Traffic Light System**

Green (G) - recommended for everyday consumption. Amber (A) – not recommended everyday consumption. Red(R) - not permitted in WA Public Schools.

### **RECESS**

(G) Cheesy \$1.00

(G) Pikelets 2 for 50c

(G) Yoghurt-straw, vanilla \$2.00

(G) Pretzels \$1.00

(G) Rice Crackers \$1.00

\*CHECK BOARD FOR DAILY RECESS SPECIALS\*

CRUNCH & SIP. \$1.00 EACH

(G) Fruit cup, apple slinky, piece of fruit.

Brunches N Lunches is a P&C run canteen.

The P&C is continuously grateful for the ongoing support from parents, staff, and children.

Parents that wish to volunteer their time in the canteen are welcomed & are encouraged to speak to Sharron John for more information.

### **EVERYDAY**



\$6.00 (G) Salad Tray Lettuce, grated carrot, Cucumber, Tomato, Grated Cheese and a boiled egg EXTRA- Chicken, Tuna, Ham \$1.50

(G) Gluten Free Lasagna (GF) \$5.00

HOMEMADE

\$5.00 (G)Butter Chicken & Rice (DF)

(G) Twisty Bolognese

\$5.00

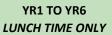
(G)Mac & Cheese- (V) \$5.00

### **SANDWICHES**

G) Sandwiches on Wholemeal Bread. Salad \$3.00 \$2.50 Egg Tuna \$3.00 Chicken \$3.00 Ham \$3.00 Cheese \$2.00 Vegemite \$2.00 Sandwich EXTRAS Salad \$1.50 Mayo 50c Cheese 50c 30c Beetroot 50c Roll 20c Toasted

	DRINKS >	
1	(G) Water 600ml	\$1.00
	(A) Juice Box 250ml Tropical, Apple, Apple & Blackcurrant	\$1.60
	(G) Plain Milk \$2.00	
	(G) Plain milk with Sippah straw \$2.50	
/	(G) Flavoured Milk 300ml Choc, Strawberry, Spearmint, Banana.	\$2.50
	(G) Chill J 200ml (lunch only) Grape, Raspberry, Watermelon	\$2.50
	(G) Focus Water (Lunch Only) \$2.50 Raspberry, Fruit Tingle, Blackcurrant	<u> </u>
	(G) Up & Go 250ml Chocolate, strawberry, vanilla	\$2.60
L		

### ICE **CREAMS**



(A) Moosies \$1.50

Strawberry, Choc, Banana, Bubblegum.

(A) Bulla Ice Cream Tub

(A)Sour Icy Pole

(G)Icy Poles

50c







\$1.00