



### 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.

## MONDAY

(A) Snack Box- \$4.50

- 1 Steggles Tender, 2  
Steggles Nuggets &  
Potato gems.
- Choice of Sauce  
(Tomato, BBQ, Sweet Chilli)

(A) Cruiser Beef Pie- \$4.00

(A) Sausage Roll- \$3.50

(A) Party Pies- \$1.00

(A) Halal Sausage Roll-

\$3.50

(G) Tomato Sauce- .20c

## TUESDAY

(G) Freshly Made Pizza-  
\$4.50

- Ham & Cheese
- Cheese
- Pineapple
- Meatlovers
- BBQ Chicken

(A) Hotdog with sauce-  
\$4.00

(A) ½ portion Hotdog- \$2.00

Served with Tomato or  
BBQ sauce.

## WEDNESDAY

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

4 x Steggles chicken nuggets  
served with a warm corn cob.

(A) Cruiser Beef Pie- \$4.00

(A) Sausage Roll- \$3.50

(A) Party Pies- \$1.00

(A) Halal Sausage Roll- \$3.50

(G) Tomato Sauce- .20c

## THURSDAY

(G) Hamburgers (H)-  
\$5.00

Chicken or beef burger  
with lettuce, tomato,  
Carrot, mayo and tomato  
sauce on a fresh bun.

(A) Stuffed Spud-  
\$5.00

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.



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## 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.

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## EVERYDAY



(G) Salad Tray \$6.00

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

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

(G) Twisty Bolognese  
\$5.00

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



## DRINKS

(G) Water 600ml \$1.00

(A) Juice Box 250ml \$1.60  
Tropical, Apple, Apple & Blackcurrent

(G) Plain Milk \$2.00  
(G) Plain milk with Sippah straw \$2.50

(G) Flavoured Milk 300ml \$2.50  
Choc, Strawberry, Spearmint, Banana.

(G) Chill J 200ml (lunch only) \$2.50  
Grape, Raspberry, Watermelon

(G) Focus Water (Lunch Only) \$2.50  
Raspberry, Fruit Tingle, Blackcurrent

(G) Up & Go 250ml \$2.60  
Chocolate, strawberry, vanilla



## SANDWICHES



G) Sandwiches on Wholemeal Bread.

Salad	\$3.00
Egg	\$2.50
Tuna	\$3.00
Chicken	\$3.00
Ham	\$3.00
Cheese	\$2.00
Vegemite	\$2.00

### Sandwich EXTRAS

Salad	\$1.50
Mayo	50c
Cheese	50c
Beetroot	30c
Roll	50c
Toasted	20c

## ICE CREAMS

**YR1 TO YR6  
LUNCH TIME ONLY**

(A) Moosies  
\$1.50

Strawberry, Choc, Banana, Bubblegum.

(A) Bulla Ice Cream Tub \$1

(A) Sour Icy Pole \$1.00

(G) Icy Poles  
50c

