

UDE FINA FOODS EMC Canteen Menu 2022 As from Tuesday 14th June 2022

Breakfast

Egg & Bacon Muffin 4.0 Ham & Cheese Toastie 4.0 Hash Brown (Oven Baked) 1.0 v

Recess Selection

Bacon, Cheese & Egg Roll 4.5 Cheese & Spinach Roll 4.5 v Dim Sims 1.2

Assorted Homemade Pizza Slice from 4.0 v Traveller Beef Pie (Salt Reduce) 4.0 Nacho with Salsa, Tasty Cheese 4.00or 5.0Lge add 50cSour cream Chicken Burger w Lettuce, Mayo 5.5 Chicken Schnitzel Sub w Lettuce, Cheese & Mayo 6.5 Veg Sub w Cos Lettuce, Tomato, Red Onion w Mayo 5.0 v Angus Beef Burger with Cheese, Tomato Sauce 5.5 Hot Dog 4.0 with Cheese 4.5 Noodles Assorted Flavours 3 5

Lunch Selection

Homemade Pasta of the Day or 4.5sm 6.0lge Beef Pie (Salt Reduce) 4.0 Chicken Burger w Lettuce, Mayo 5.5 Chicken Schnitzel Sub w Lettuce, Cheese & Mayo 6.5 Chicken Parmigiana Sub with Sauce & Cheese 6.5 Angus Beef Burger with Cheese, Tomato Sauce 5.5 Dim Sims 1.2

Assorted Homemade Pizza Slice from 4.0 v Tasty Meatball Sub with Sauce & Cheese 6.0 Hot Dog 4.0 with Cheese 4.5 Noodles Assorted Flavours 3.5 Veg Sub w Cos Lettuce, Tomato, Red Onion w Mayo 5.0 Veggie Burger with Lettuce and Mayo 5.5(Pre Order)

Wednesday and Thursday Sushi Special

2 Rolls from 6.5 Chicken Teriyaki, Vegetarian, Tuna & Avocado.

Cold Deli Selection

Seasonal Fruit Salad 3.0 Garden Salad with Italian Dressing 4.5(PreOrder) Add Chicken Breast 5.0 Jelly 1.5 In Season Fruit From 1.0

"This menu has been developed with the assistance of the Healthy Eating Advisory Service http://foodchecker.heas.health.vic.gov.au/".

From The Bakery

Assorted Gourmet Pies 4.5 Sausage Roll 3.5 Assorted Muffins 4.0 Assorted Slices 4.0 Vegetable Pastie 4.5 Quiche 4.0

Sandwiches

Made to order Assorted Breads Salad - Lettuce Tomato Cucumber Carrot Beetroot 4.0 Salad add Ham 4.5

Salad add Chicken 4.5 Salad add Cheese 4.5 Egg & Lettuce 4.0

Tuna, Lettuce & Tomato 4.5 Chicken Lettuce & Mayo 4.5 Chicken, Avocado & Cheese 5.0 Ham, Cheese & Tomato 3.5 Cheese & Tomato 3.0 Add .50 for Rolls or Wraps

<u>Drinks</u>

250ml Coke-no sugar, 2.0 390ml Coke no sugar 3.5 750ml Pump Water options 4.5 600ml Water 3.0 300ml Oak Milk Flavoured 3.0 250ml Up N Go 3.0 425ml Choc & Vanilla Milk 4.5 Fresh Juice 450ml 3.5

<u>Specials</u>

Tuesday and Friday Recess Oven Bake Potato Cakes 1.2 Thursday Lunch Parma and Wedges 8.0 Friday- Chicken Schnitzel Wrap 6.5

Ice Creams

Mini Callippo 2.0 Icy Twist 2.0 Frozen Yoghurt-Gluten Free 2.5

Snacks Options

Koala Popcorn (Sweet chilli, Sweet & Salty, Salty) 2.0 Red Rock Deli Chips 3.0 Assorted Muffins 4.0 Assorted Slices 4.0 Cookie 2.5







EFTPOS Available