

EMC Canteen Menu 2022

Breakfast

- Egg & Bacon Muffin 4.0
- Ham & Cheese Toastie 3.5
- Hash Brown (Oven Baked) 1.0 v

Recess Selection

- Bacon, Cheese & Egg Roll 4.5
- Cheese & Spinach Roll 4.0 v
- Dim Sims 1.2
- Assorted Homemade Pizza Slice from 3.5 v
- Traveller Beef Pie (Salt Reduce) 4.0
- Nacho with Salsa, Tasty Cheese 4.00 or 5.0Lge add 50c Sour cream
- Chicken Burger w Lettuce, Mayo 5.0
- Chicken Schnitzel Sub w Lettuce, Cheese & Mayo 6.0
- Veg Sub w Cos Lettuce, Tomato, Red Onion w Mayo 5.0 v
- Angus Beef Burger with Cheese, Tomato Sauce 5.0
- 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 5.0
- Chicken Schnitzel Sub w Lettuce, Cheese & Mayo 6.0
- Chicken Parmigiana Sub with Sauce & Cheese 6.0
- Angus Beef Burger with Cheese, Tomato Sauce 5.0
- Dim Sims 1.2
- Assorted Homemade Pizza Slice from 3.5 v
- Tasty Meatball Sub with Sauce & Cheese 5.5
- 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 (Pre Order)
- Add Chicken Breast 5.0
- Jelly 1.5
- In Season Fruit From 1.0

From The Bakery

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

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

Drinks

- 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

Specials

- Tuesday and Friday Recess Oven Bake Potato Cakes 1.2
- Thursday Lunch Parma and Wedges 8.0
- Friday- Chicken Schnitzel Wrap 6.0

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 3.5
- Cookie 2.5