



## EMMANUEL ANGLICAN COLLEGE CANTEEN MENU

Order on [FlexiSchools](#) by 8.30am of day order is required  
 Primary online orders for First Break only | Secondary online orders for Second Break only  
 Over-the-Counter purchases may be made by both Primary and Secondary at either First or Second Breaks  
 Cash or card payments accepted | 'Tap and Pay' using mobile phones are not accepted  
 DF = Dairy Free | GF = Gluten Free | V = Vegetarian

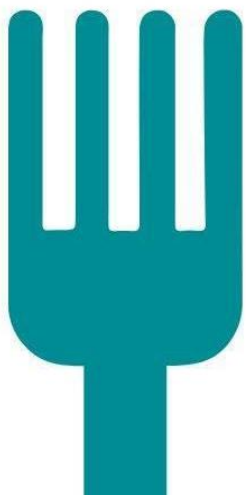
### HOT FOOD

Butter Chicken with Rice		Hot Pies	\$6.00
Small	\$6.00	<i>Chicken Mornay</i>	
Large	\$8.50	<i>Pepper Steak</i>	
		<i>Steak</i>	
Chicken Goujons	\$ 4.00	<i>Mini Beef</i>	\$1.70
<i>5 per serve</i>			
Dino Snacks	\$4.00	Karaage Chicken Bites	\$7.00
<i>5 per serve</i>		<i>with rice, mayo &amp; teriyaki sauce</i>	
Garlic Bread (V)	\$3.30	Spaghetti Bolognaise	\$5.50
Hot Pastries	\$5.50	Vegetable Lasagne (GF, V)	\$6.00
<i>Sausage Roll (GF)</i>			
<i>Spinach Roll (GF, V)</i>			

Tomato Sauce \$.030 | Barbeque Sauce \$0.30

### SUSHI \$5.50

Avocado (GF & V)	Honey Chicken
Chicken Teriyaki and Avocado	Tempura Vegetable (V)
	Tuna & Avocado (GF)



As at 15 October 2024

## ROLLS AND SANDWICHES \$6.00

*Gluten Free Rolls and Bread available*

*All bread and rolls are vegan with vegan 'butter' spread (Nuttelex)*

Rolls: Salad (VG) or Chicken & Salad or Ham & Salad or Falafel & Salad (V)

Sandwiches: Ham, Cheese & Tomato or Ham and Cheese

## SALADS

### Mon – Thursday

Garden Salad – Lettuce, Carrot, Cucumber, Tomato, Corn, Capsicum and Sprouts \$5.00

Add on:

Cheese \$0.50

Ham, Shredded Chicken / Falafel \$1.00

Tuna / Salmon in spring water \$2.00

### Daily Specials

Monday – Rice Salad (V, GF, DF)

Tuesday – Crispy Noodle Salad (V, DF)

Wednesday – Vermicelli Noodle Salad with Shredded Chicken (DF, GF)

Thursday – Greek Salad (V)

Various dressings are available

## SNACKS

### Baked Treats

Ham & Cheese Mini Roll \$2.70

Spinach & Cheese Mini Scroll (V) \$2.70

Vegemite & Cheese Mini Scroll (V) \$2.70

Chocolate Muffin (V) \$4.00

Raspberry & White Chocolate Muffin(V) \$4.00

Fun Bun (V)

\$2.00

### Chilled Treats

Chocolate Mousse (GF, V) \$2.50

Frozen Mini Yoghurt Stick (V) \$1.50

Frozen Twisted Yoghurt (V) \$3.50

Coconut Ice Cream Cup (DF, GF, V) \$2.50

Ice Cream Cup (GF, V) (various flavours) \$2.50

### Snacks

Sultanas \$1.00

### Fruit

Fruit Salad (cup)(GF, V) \$3.50

Fruit Salad (tub) (GF, V) \$5.50

Diced Watermelon (cup)(GF, V) \$3.50

Diced Watermelon (tub)(GF, V) \$5.50

*Frozen items are collected directly from the Canteen rather than delivered to classrooms with remainder of order*



**DRINKS****Juice**

Apple (250ml)	\$3.50
Apple and Blackcurrant (250ml)	\$3.50
Orange (250ml)	\$3.50
Sparkling Grape (250ml)	\$3.50
Sparkling Watermelon (250ml)	\$3.50

**Milk**

Flavoured (500ml)	\$4.50
<i>Chocolate</i>	
<i>Chocolate Malt</i>	
<i>Strawberry</i>	
Flavoured Milk (250ml)	\$3.50
<i>Chocolate</i>	
<i>Strawberry</i>	

**Water**

Water (600ml)	\$3.00
Sparkling Mineral Water (375ml)	\$3.00
<i>Raspberry &amp; Blueberry</i>	
<i>Passionfruit &amp; Pineapple</i>	

**Iced Tea**

Raspberry (250ml)	\$3.00
Peach (250ml)	
Up & Go	\$3.50
<i>Choc Ice</i>	
<i>Vanilla Ice</i>	
<i>Dairy Free Chocolate</i>	
Plain Milk (150ml)	\$1.50
Plain Milk (500ml)	\$3.00

