EMMANUEL ANGLICAN COLLEGE - CANTEEN MENU

HOT FOOD

Butter chicken with rice GF – **Small $6.50 | Large $8.50**

Karaage chicken bites – $7.50

With rice, mayo and teriyaki sauce

Chicken goujons (5 per serve) – **$4.00**

Dino snacks (5 per serve) – **$4.00**

Sausage roll GF – **$5.50**

Spinach roll GF V – **$5.50**

Mini beef pie – $2.00

Steak pie – $6.00

Steak and pepper pie – $6.00

Chicken mornay pie – $6.00

Mac and cheese – $4.00

Vegetable lasagne GF V – **$6.00**

Spaghetti bolognese – $6.00

Garlic bread V – **$3.50**

Sauces – $0.30

BBQ, tomato or sweet chilli

SUSHI – $5.50 EACH

Avocado GF V VG

Chicken teriyaki and avocado

Honey chicken

Tuna and avocado GF

Tempura vegetable V

Tuna GF

$7 DAILY SPECIALS

MONDAY Sweet chilli chicken wrap

Sweet chilli chicken tenders with cheese, lettuce and mayonnaise in a soft wrap

TUESDAY Chicken, beef or vege burger

Salad: cheese, lettuce, cucumber, tomato and carrot. Sauces: BBQ, tomato or mayonnaise

WEDNESDAY Meatball sub

Pork meatballs with tomato passata and cheese

ROLLS, SANDWICHES & SALADS

Rolls, wraps and bread are wholemeal. Gluten free option available.

Salad roll V VG – **$6.00**

Carrot, lettuce, cucumber and tomato.

Add chicken or ham **$0.50**

Ham and cheese sandwich – $5.00

Toasted or fresh

Ham, cheese and tomato sandwich – $5.00

Toasted or fresh

SALADS – MONDAY TO THURSDAY

Garden salad V – **$5.50**

Lettuce, carrot, cucumber, tomato, corn, cheese and capsicum.

Add chicken/ham **$2.00**

Add sweet chilli tenders (2), tuna/salmon in spring water **$3.00**

Greek salad V – **$7.00**

Lettuce, cucumber, feta, tomato and olives with Greek, French or Italian dressing

Crispy noodle salad – $6.00

Vermicelli noodle salad with chicken – $6.00

Caesar salad – $6.00

Cos lettuce, bacon pieces, egg and croutons with Caesar dressing.

Add chicken **$2.00**

SNACKS

BAKED TREATS

Ham and cheese mini roll – $3.00

Vegemite and cheese mini scroll V – **$3.00**

Muffin V – **$4.00**

Chocolate, Apple and Cinnamon or Raspberry and White Chocolate

Fun bun V – **$2.50**

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 – various flavours GF V – **$2.50**

FRUIT AND SNACKS

Sultanas – $1.00

Fruit salad cup GF V – **$4.00**

Diced watermelon cup GF V – **$4.00**

DRINKS

Juice 250ml – $3.50

Apple, apple and blackcurrant, sparkling blueberry or sparkling watermelon

Flavoured milk – 500ml $5.00 | 250ml $4.00

Chocolate or strawberry

Iced tea 250ml – $3.00

Raspberry or peach

Flavoured Mineral water – $3.00

Various flavours

Water 600ml – $3.00

Sparkling spring water – $3.00

Up & Go – $3.50

Choc ice, vanilla ice, Dairy Free choc, Dairy Free vanilla

HOW TO ORDER

Order on **Flexischools** by **8.30am** each day.
Primary: online orders for first break only.
Secondary: first break online orders Mon, Tues and Wed. Second break orders Mon to Fri.
Over the counter purchases are available for Primary and Secondary in both breaks.

PAYMENT

Cash or card payments are accepted.
'Tap and Pay' via a mobile phone is NOT accepted.

**Frozen items are collected from the canteen.*

DIETARY KEY

GF Gluten free DF Dairy free
V Vegetarian VG Vegan