



EAT @ E.M.P.S.



<u>MONDAY MEXICAN MAGIC</u>	<u>A TUESDAY IN TUSCANY</u>	<u>WELLNESS WEDNESDAY</u>	<u>TASTY CURRY THURSDAY</u>	<u>FRIYAY PIE DAY</u>
<p>1. Crunchy Nachos topped with "jumping bean" salsa and served with guacamole and light sour cream. (V,GF) \$5.00</p> <p>2. Mexican Corn Cob sprinkled with Chef Kat's special blend mild seasoning and Parmesan cheese. (V,GF) \$3.00</p>	<p>1. Half a Wholegrain English Muffin Pizza with a yummy herby tomato sauce base. <u>Flavours available</u> Ham and cheese \$3.00 Hawaiian \$3.50 <i>Ham, cheese & Pineapple</i> Chicken Supreme \$4.50 <i>Chicken, red onion, capsicum, mushroom, black olives, pineapple and cheese</i> Vegetarian \$3.50 <i>red onion, capsicum, mushroom, cherry tomato, pineapple and cheese. (V)</i></p> <p>2. Chef Kat's Hidden Treasures Macaroni & Cheese (V) \$5.00</p>	<p>A Tasty selection of soups and salads:</p> <p>1. Chicken and Sweet corn soup \$4.00</p> <p>2. Roasted Pumpkin Soup (V) \$3.50 <i>All soup served with a small roll</i> <i>Gluten Free roll Add \$1.00</i></p> <p>3. Caesar Salad \$5.00 <i>Lettuce, boiled egg, Parmesan cheese and crispy croutons tossed in a light yet creamy canteen made Caesar dressing. (Dressing contains anchovy)</i></p> <p>4. Bow Tie Pasta Salad \$4.00 <i>Roasted pumpkin, Spinach, and red onion with canteen made (nut free) pea pesto. (V)</i></p>	<p>1. CANTEEN MADE BUTTER CHICKEN \$6.00 <i>Served with steamed basmati rice</i></p> <p>2. CANTEEN MADE BUTTER CHICKPEAS \$5.00 <i>Served with steamed basmati Rice (V)</i></p>	<p>1. Lite 'n' Up Mrs Macs Beef Cruiser Pie \$5.00</p> <p>2. Lite 'n' Up Mrs Macs Mini Beef Pie \$2.00</p> <p>3. Lite 'n' Up Mrs Macs Sausage Roll \$4.50</p> <p>4. Mrs Macs Traditional Vegetable Pastie (V) \$4.50</p> <p>5. Mrs Macs Spinach and Ricotta Roll (V) \$5.00 Tomato Sauce \$0.50</p>

Available for Lunch Everyday

Fried Rice (v)	\$4.50	Fresh Sandwich Bar - All sandwiches, wraps and rolls made fresh daily with Wholegrain Bread. Hi-Fibre White & Gluten Free (Add \$1.00 Extra) Available on request.		
Canteen Made Quiche (v)	\$4.00	Vegemite \$2.00	Chefs Kat's Chicken & Cheeseslaw \$4.00	<u>Toasties</u>
Taste the Rainbow (Fresh Garden Salad)	\$3.00	Cheese \$2.50	Chicken, Lettuce & Mayo \$3.50	Cheese \$3.00
<i>Lettuce, Tomato, Spanish Onion, Carrot, Cucumber, Beetroot, Cheese</i>		Cheese & Salad \$3.00	Chicken & Salad \$4.00	Chicken & Cheese \$4.00
<i>- Add Egg, Chicken or Tuna \$1.00 extra each</i>		Salad \$2.50	Chicken & Cheese \$3.50	Chicken, Cheese & Tomato \$4.50
		Tuna & Salad \$4.00	Curried Egg & Lettuce \$3.50	<u>Hot Jaffles</u>
		Tuna, Lettuce & Mayo \$3.50		Baked Beans \$3.00
			Rolls & Wraps Add \$1.00 extra each	Spaghetti \$3.00

EAT @ E.M.P.S.

Drinks

Water 600ml	\$2.00
100% Juice Orange, Apple or Apple-Blackcurrant	\$2.50
M2Go Flavoured Milk 250ml Chocolate & Strawberry	\$3.00



East Marden Primary School acknowledges that important role that nutritious food plays in the growth and development of our children. We are committed to offering a healthy menu that follows the DECD Right Bite Food & Drink Spectrum Guidelines.

For more information on these guidelines please refer to www.education.sa.gov.au/



Online Ordering with Qkr! by Mastercard

Our preference is to have Lunch orders placed online using the Qkr! App as this offers a fast and convenient method for placing orders.

Online Orders must be placed by 9.15am on the day required.

Please be aware that Daily Specials will only available for 24 hours prior to the 9.15am deadline.

Snacks



Volunteering at our canteen

Volunteers are an important resource to the success of the canteen. Children love to see their parents or Grandparents in the canteen and it is a great way to meet others at the school.

If you are able to spare some time to help in our canteen, please contact the front office for further information.

Chef Kat looks forward to welcoming you!

Does your child have a food allergy? Please let us know. Chef Kat is happy to source items to ensure all our of children get use of the canteen.

Canteen Manager : Kathryn Lee (Chef Kat)

Email : canteen.manager174@schools.sa.edu.au