



EAT @ E.M.P.S.



Monday & Wednesday

Chicken & Vegetable Stirfry

\$6.00

Vegetable Stirfry

\$5.00

Thursday

Beef Chipolata Sliders

2 per serve

\$5.00

Beef Chipolata, Cheese
& Tomato Sauce

Veggie Sliders (v)

2 per serve

\$5.00

Veggie Finger, Cheese
& Tomato Sauce

Tuesday & Friday Pie Day

**1. Lite 'n' Up Mrs Macs
Beef Cruiser Pie \$5.00**

**2. Lite 'n' Up Mrs Macs
Mini Beef Pie \$2.00**

**3. Lite 'n' Up Mrs Macs
Sausage Roll \$4.50**

**4. Traditional Vegetable
Pastie (V)
\$5.00**

**5. Mrs Macs Spinach and
Ricotta Roll (V) \$5.00
Tomato Sauce \$0.50**



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.



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!

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Available for Lunch Everyday

<p>Allied Chef</p> <p>Vegetarian Fried Rice (v,gf) \$4.50</p> <p>Butter Chicken (gf) \$6.00</p> <p>Mac & Cheese \$5.00</p> <p>Beef Lasagne \$5.50</p> <p>Vegetarian Lasagne \$5.50</p> <p>Bolognese Twista Pasta \$5.50</p> <p>Potato Bake (v,gf) \$5.00</p>	<p>Vegetarian Crunchy Nachos (Monday-Thursday) \$5.00 <i>topped with "jumping bean" salsa and served with guacamole and light sour cream. (V,GF)</i></p> <p>Mexican Corn Cob <i>sprinkled with Chef Kat's special blend mild seasoning and Parmesan cheese. (V,GF)</i> \$4.00</p>	<p>Taste the Rainbow Garden Salad - Add Egg, Chicken or Tuna \$1.00 Extra each \$3.50 Salad Dressing optional extra \$0.50 Gherkin No Charge Extra</p> <p>Vegetarian Canteen Made Fritata \$4.00</p>
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Fresh Sandwich Bar - All sandwiches, wraps and rolls made fresh daily with Wholegrain Bread. Wholegrain Wraps & Rolls \$1.00 extra
Hi-Fibre White & Gluten Free sandwiches (\$1 extra), wraps and rolls (\$2 Extra) Available on request.

Vegemite \$2.00	Chef Kat's Chicken & Cheeseslaw \$4.50	Chicken & Cheese \$3.50	Cheese & Gherkin \$3.00
Cheese \$2.50	Chicken, Lettuce & Mayo \$4.00	Curried Egg & Lettuce \$4.00	<u>Toasties</u>
Cheese & Salad \$3.50	Chicken, Lettuce, Cheese & Mayo \$4.50	Tuna & Salad \$4.50	Cheese \$3.00
Salad \$3.00	Chicken & Salad \$4.50	Tuna, Lettuce & Mayo \$4.00	Chicken & Cheese \$4.00
<u>Hot Jaffles</u>	Spaghetti or Bean Beans \$3.00	Add Cheese 50c Extra	Chicken, Tomato & Cheese \$4.50

<p>Drinks</p> <p>Water \$2.00</p> <p>Harvey Fresh 100% Juice Orange, Apple or Apple Blackcurrant \$2.50</p> <p>Oak Flavoured Milk 300ml Chocolate & Strawberry \$3.00</p>	<p>Snacks</p> <p>Popcorn \$1.00</p> <p>Nut Free Trail Mix \$2.00</p> <p>Frozen Orange Slice \$0.20</p> <p>Frozen Watermelon Slice \$0.50</p> <p>Assorted Berri Ice Blocks \$1.00</p>	<p>Bulla Vanilla Ice Cream Cup \$2.00 (Gluten Free, Nut Free & Halal)</p> <p>Twisted Healthy Treat Minis Watermelon & Mango \$3.00</p> <p>Chocolate & Vanilla Bean Strawberry & Vanilla Bean</p>	<p>A small selection of winter items (e.g. Raisin Toast, Cheese Pizzas, etc) will be available to purchase from Canteen at recess Cash sales only</p>
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Does your child have a food allergy? Please let us know. Chef Kat is happy to source items to ensure all our children get use of the canteen.