



EAT @ E.M.P.S.



Monday

Chicken Burger

with Lettuce, Tomato & Mayonnaise
Cheese 50c extra

\$6.00

Veggie Burger (v)

with Lettuce, Tomato & Mayonnaise
Cheese 50c extra

\$5.00

Wednesday

Pizza

Small pizza base with tomato paste

Cheese \$3.00

Ham & Cheese \$4.00

Ham, Cheese & Pineapple

\$4.50

Vegetarian Supreme \$5.00

Ham Supreme \$5.50

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

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

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

Lite 'n' Up Mrs Macs Sausage Roll \$4.50

Traditional Vegetable Pastie (V) \$5.00

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

Allied Chef Meals

Vegetarian Fried Rice (v,gf)	\$4.50
Butter Chicken (gf)	\$6.00
Mac & Cheese (v)	\$5.00
Beef Lasagne	\$5.50
Vegetarian Lasagne (v)	\$5.50
Bolognese Twista Pasta	\$5.50
Potato Bake (gf)	\$5.00
Ravioli Napolitana	\$5.50

Vegetarian Crunchy Nachos

(Monday-Thursday)

Topped with "jumping bean" salsa and served with guacamole and light sour cream. (V,GF)
\$5.00

Mexican Corn Cob

Sprinkled with Chef Kat's special blend mild seasoning and Parmesan cheese. (V,GF)
\$4.00

Taste the Rainbow Garden Salad

\$3.50

- Add Egg, Chicken or Tuna \$1.00
Extra each Salad Dressing optional extra \$0.50
Gherkin No Charge Extra

Canteen Made Vegetarian Fritata

\$4.00

Fresh Sandwich, Roll & Wrap 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	Toasties	
Cheese	\$2.50	Chicken, Lettuce & Mayo	\$4.00	Curried Egg & Lettuce	\$4.00	Cheese	\$3.00
Cheese & Salad	\$3.50	Chicken, Cheese, Lettuce & Mayo	\$4.50	Tuna & Salad	\$4.50	Cheese & Tomato	\$3.50
Salad	\$3.00	Chicken & Salad	\$4.50	Tuna, Lettuce & Mayo	\$4.00	Chicken & Tomato	\$4.00
Cheese & Gherkin	\$3.00					Chicken & Cheese	\$4.00
						Chicken, Tomato & Cheese	\$4.50

Hot Jaffles Spaghetti or Baked Beans \$3.00 Add Cheese 50c Extra

Drinks

Water	\$2.00	Popcorn	\$1.00
Harvey Fresh 100% Juice Orange, Apple or Apple Blackcurrant	\$2.50	Nut Free Trailmix	\$2.00
Flavoured Milk Chocolate or Strawberry	\$3.00	Frozen Orange Slice	\$0.20
		Frozen Watermelon Slice	\$0.50
		Assorted Berri Ice Blocks	\$1.00

Snacks

Bulla Vanilla Ice Cream Cup (Gluten & Nut Free, Halal)	\$2.00
Twisted Healthy Treat Minins Watermelon & Mango Chocolate & Vanilla Bean Strawberry & Vanilla Bean Blueberry & Cookie Dough	\$3.00

A small selection of summer items will be available to purchase from Canteen at recess & lunch

Cash sales only

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