



EAT @ E.M.P.S.



Term 1 2024

Monday

Sushi Maki Rolls
2 per serve

\$8.00

California Rolls

Tempura Chicken

Vegetable Combination
(V)

Tuesday

Nachos

Topped with "jumping bean" salsa and served with guacamole (V,GF)

\$6.00

Light sour cream
50c extra

Wednesday

Chicken Nuggets
with carrot & Cucumber sticks

3 Nuggets
\$5.00

GF Option \$1 Extra

6 Nuggets
\$8.00
GF Option \$2 Extra

Thursday

Sushi Maki Rolls
2 per serve

\$8.00

Teriyaki Chicken

Teriyaki Chicken
Dairy Free

Tuna & Avocado

Avocado & Cucumber
(V,GF)

Avocado & Cucumber
Dairy Free
(V,GF)

Friyay Pie Day

Beef Pie
\$6.00

Mini Beef Pie
\$2.00

Sausage Roll
\$5.50

Traditional Vegetable
Pastie (V)
\$6.00

Tomato Sauce
\$0.50 Extra



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

Chef Kat Kitchen Made Meals

\$6.00

Chef Kat will be making a variety of hot dishes.

Check Qkr! for the current selection

Corn Cob

\$4.00

Sprinkled with Chef Kat's special blend mild seasoning. (V,GF)

Taste the Rainbow Garden Salad

\$6.00

- Add Egg, Chicken or Ham
\$1.00 Extra each

Gherkin No Charge Extra

Fresh Sandwich & Roll Bar

All sandwiches and rolls made fresh daily with Wholegrain Bread.

Hi-fibre white, Sour Dough & Gluten Free sandwiches (\$1 extra), Wholegrain rolls (\$1 extra), white rolls (\$2 Extra)

Wholegrain wrap \$2 Extra, white wrap \$3 Extra

Vegemite	\$2.00	Chicken or Ham	\$4.00	<u>Hot Jaffles</u>		<u>Toasties</u>	
Cheese	\$2.50	Chicken or Ham & Cheese	\$4.50	Spaghetti	\$4.00	Cheese	\$3.50
Cheese & Gherkin	\$3.00	Chicken or Ham, Lettuce & Mayo	\$5.00	Spaghetti & Cheese	\$4.50	Cheese & Vegemite	\$4.00
Salad	\$5.00	Chicken or Ham, Cheese, Lettuce & Mayo	\$5.50	Baked Beans	\$4.00	Cheese & Tomato	\$4.00
Salad & Cheese	\$5.50	Chicken or Ham & Salad	\$6.00	Baked Beans & Cheese	\$4.50	Chicken or Ham & Tomato	\$5.00
						Chicken or Ham & Cheese	\$5.00
						Chicken or Ham. Tomato & Cheese	\$5.50

Drinks

Water	\$2.00
Harvey Fresh 100% Juice	
Orange, Apple or Apple	\$3.00
Blackcurrant	
Flavoured Milk	
Chocolate or Strawberry	\$3.50

Frozen Snacks

Light Bulla Vanilla Ice Cream Cup (Gluten & Nut Free, Halal)	\$2.50
Moosies - Chocolate, Strawberry or Banana	\$2.50
Assorted Berri Ice Blocks	\$1.00

Snacks

Popcorn	\$1.00
Assorted Snacks	\$1.50 to \$2.50
Season Fruit	\$1.50
Jelly	\$3.00

Prices subject to change periodically due to supplier costs. Please see Qkr! for current prices.

Please pickup frozen items from canteen at lunchtime – A voucher will be put with lunch order

Any items ordered for recess can be picked up from the canteen during recess. Any unclaimed items will be sent with lunch orders

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.