

EMMANUEL CANTEEN SUMMER MENU 2018/2019

Healthy Food & Drink Choices

This policy was introduced in 2006 by the West Australian Government. This is the 'Traffic Light System' as foods are Categorised as Green, Amber and Red!

● **GREEN** - This colour indicates it is low in fat, sugar or salt and can be eaten or consumed regularly. It is the healthiest of choices.

● **AMBER** - Indicates that content of fat, sugar or salt is medium in these foods and can be eaten occasionally though not on a regular basis.

● **RED** - Indicates that the food is high in fat, sugar or salt. It is best to avoid these kinds of food and can be eaten only rarely and will not be served in this canteen!



BREAKFAST 7.30AM TILL 8.30AM

- Selection of Whole Fruit \$1.50
- Fresh Fruit Salad 500ml \$3.50
- Up and Go (chocolate, strawberry & vanilla) \$2.50
- Hash Browns (2 x small oven baked) \$0.60
- Bacon & Egg Burger (bacon, egg & tomato sauce) \$4.00

MORNING RECESS AND LUNCH

BURGERS

- Steak & Salad (steak, salad & tomato sauce) \$5.00
- Hamburger (beef pattie, cheese, salad, beetroot & tomato sauce) \$5.00
- Cheese Burger (beef pattie, cheese & special sauce) \$4.50
- Fish & Salad Burger (fillet of fish, salad, & mayo) \$5.00
- Chicken & Salad Burger (crumbed chicken breast, salad, cheese & mayo) \$5.00
- Veggie Burger (vegetable pattie, salad, beetroot & tomato sauce) \$4.50

(Salad includes lettuce, tomato, cucumber, spanish onion and carrot)

Gluten free rolls available \$1.00 extra

SANDWICHES

(Sandwiches Made With White, Wholemeal or Gluten Free Bread)

- Mega Salad (Lettuce, Tomato, Avocado, Cucumber, Spanish Onion, Beetroot, Roasted Capsicum and Carrot) \$4.00
- BLT (Bacon, Lettuce, Tomato & Chilli Mayo) \$4.50
- Chicken \$3.50
- Ham \$3.50
- Tuna \$3.50
- Cheese \$3.00
- Egg, Cheese & Mayo \$3.50
- Add Salad \$1.00

(Salad Includes - Lettuce, Tomato, Cucumber, Spanish Onion and Carrot)

Gluten free bread \$1.00 extra

TOASTED SANDWICHES

(Made With White, Wholemeal or Gluten Free Bread)

- Ham & Cheese \$4.00
- Chicken & Cheese \$4.00
- Chicken, Cheese, Avocado & Mayo \$4.50
- Ham, Cheese & Tomato \$4.50

or **DESIGN YOUR OWN TOASTIE!!**

Choose from; Ham, Chicken, Cheese, Roasted Capsicum, Sundried Tomato, Avocado and Tomato. **Gluten free bread \$1.00 extra**

TOASTED FOCACCIA'S

- 1) Honey Ham, salami, cheese, onion jam, tomato & spinach \$6.00
- 2) Grilled chicken breast, cheese, tomato, roasted capsicum, lettuce and sweet chilli sauce \$6.00
- 3) Bacon, egg, onion jam, beetroot, cheese, chicken tender and chilli mayo \$6.00

SALADS

- Garden Salad (Lettuce, tomato, cucumber, spanish onion, fetta, carrot, olives, sundried tomatoes and dressing) \$5.50
- Ploughmans Salad (Ham, lettuce, tomato, cucumber, spanish onion, carrot, cheese, egg, beetroot and mustard relish) \$6.50
- Ceasar Salad
Baby Coz, croutons, crispy bacon, egg, cheese and ceasar dressing) \$6.00
with chicken \$7.00

Monday & Wednesday

- Cop the Lot Burger (Beef pattie, bacon, egg, cheese, beetroot and salad) . \$6.00
- Pasta Bolognese small \$4.50 large \$6.00
- Mrs Macs Giant Sausage Roll \$3.50
- Chicken Chilli Noodles (Asian veg, chicken, noodles & chilli) \$6.00

Tuesday & Thursday

- Chicken Parmigiana Burger (crumbed chicken, ham, tomato & cheese) . \$5.50
- Lasagna (homemade) small \$4.50 large \$6.00
- Thai Chicken Curry with rice \$6.00
- Chicken Scaloppine (Chicken breast, mushroom, cream & spinach sauce served with wedges) \$6.50

Friday

- Traditional Mr's Mac's Beef Pie \$4.00
- American Hot Dog (BBQ sausage, bacon, onion, cheese, American mustard and tomato sauce) \$4.50
- Chicken Chilli Wrap (Chicken tenders, lettuce, onion, cheese, tomato and sweet chilli) \$6.00
- Veggie Fried Rice (Asian Veg, egg, rice, soy & sweet chilli) \$5.00

DRINKS

- Masters Milk (Mocha, Choc, Strawberry and Spearmint) 300ml \$2.50
..... 600ml \$4.00
- Dare (Mocha) 500ml \$4.00
- Supa Juice 350ml; Berry, Mango, Orange, Apple & Coconut \$3.00
- Just Juice Box (Tropical, Orange, Apple & Blackcurrant) \$1.50
- Lipton Tea (Mango, Peach & Raspberry) \$4.00
- Up & Go (Strawberry, Vanilla & Chocolate) \$2.50
- Waterfords Mineral Water 500ml \$3.00
- 600ml Water \$2.00

To Help The Planet

Once we run out of straws we will no longer have them in stock!
From now on we will wrap our sandwiches in grease paper instead of plastic!

SQUEEZE ON SAUCE; tomato, BBQ & Sweet Chilli \$0.50