

EMC Canteen Menu 2024

Breakfast

- Egg & Bacon Muffin 5.0
- Ham & Cheese Toastie from 3.5
- Hash Brown (Oven Baked) 2.0 v

Recess Selection

- Bacon, Cheese & Egg Roll 5.0
- Cheese & Spinach Roll 5.0 v
- Dim Sims 1.5 or 4 for 5.0
- Assorted Homemade Pizza Slice from 4.5 v
- Beef Pie 4.5
- Nacho with Salsa, Tasty Cheese 4.50 or 5.5Lge add 50c Sour cream
- Chicken Burger w Lettuce, Mayo 6.0
- Chicken Schnitzel Burger w Lettuce, Cheese & Mayo 6.5
- Veg Sub w Cos Lettuce, Tomato, Red Onion w Mayo 5.0 v
- Angus Beef Burger with Cheese, Tomato Sauce 6.0
- Hot Dog 4.0 with Cheese 4.5
- Noodles Assorted Flavours 4.0
- Sweet Chilli Tender 2.5

Lunch Selection

- Homemade Pasta of the Day or 5.0sm 7.0lge
- Beef Pie 4.5
- Chicken Burger w Lettuce, Mayo 6.0
- Chicken Schnitzel Burger w Lettuce, Cheese & Mayo 6.5
- Chicken Parmigiana Sub with Sauce & Cheese 7.0
- Angus Beef Burger with Cheese, Tomato Sauce 6.0
- EMC Beef Burger- Lettuce, Cheese & Special Sauce 6.5
- Dim Sims 1.5 or 4 for 5.0
- Assorted Homemade Pizza Slice from 4.5 v
- Tasty Meatball Sub with Sauce & Cheese 6.0
- Hot Dog 4.0 with Cheese 4.5
- Noodles Assorted Flavours 4.0
- Veg Sub w Cos Lettuce, Tomato, Red Onion w Mayo 5.0
- Veggie Burger with Lettuce and Mayo 5.5 (Pre Order)

Wednesday and Thursday Sushi Special

- 2 Rolls from 7.0
- Chicken Teriyaki, Vegetarian, Tuna & Avocado.

Cold Deli Selection

- Seasonal Fruit Salad 3.0
- Garden Salad with Italian Dressing 4.5 (Pre Order)
- Add Chicken Breast 5.0
- Jelly 2.0
- In Season Fruit From 1.5

From The Bakery

- Assorted Gourmet Pies 5.0
- Sausage Roll 4.0
- Assorted Muffins 4.5
- Assorted Slices 4.0
- Vegetable Pastie 5.0
- Quiche 4.0
- Cheesy mite 4.0

Sandwiches

- Made to order
- Assorted Breads
- Salad - Lettuce Tomato Cucumber Carrot Beetroot 4.0
- Salad add Ham 4.5
- Salad add Chicken 4.5
- Salad add Cheese 4.5
- Egg & Lettuce 4.0
- Tuna, Lettuce & Tomato 4.5
- Chicken Lettuce & Mayo 4.5
- Chicken, Avocado & Cheese 5.0
- Ham, Cheese & Tomato 3.5
- Cheese & Tomato 3.0
- Add .50 for Rolls or Wraps**

Drinks

- 250ml Coke-no sugar, 3.0
- 390ml Coke no sugar 4.0
- 750ml Pump Water options 4.5
- 600ml Water 3.0
- 300ml Oak Milk Flavoured 3.5
- 250ml Up N Go 3.0
- 450ml flavoured Milk 4.5
- Fresh Juice 450ml 4.5

Specials

- Tuesday and Friday Recess Oven Bake Potato Cakes 1.5
- Thursday Lunch Parma and Wedges 8.0
- Friday- Chicken Schnitzel Wrap 6.5

Ice Creams

- Mini Callippo 2.0
- Icy Twist 2.0
- Frozen Yoghurt-Gluten Free 3.0

Snacks Options

- Popcorn (Sweet chilli, Sweet & Salty, Salty) 2.0
- Red Rock Deli Chips 3.5
- Assorted Muffins 4.5
- Assorted Slices 4.0
- Cookie 3.0
- Smartie Cookie 4.5

"This menu has been developed with the assistance of the Healthy Eating Advisory Service
<http://foodchecker.heas.health.vic.gov.au/>."



EFTPOS Available