

Canteen Menu

Please note that this menu is an example of the items available from the Canteen and is subject to change. The full and current menu is available to view via the [Qkr! app](#).

GLUTEN FREE

GF Chicken Tender	\$2.50
GF Ham & Cheese Sandwich	\$5.00
GF Ham, Cheese & Tomato Sandwich	\$5.00
GF Chicken, Lettuce, Mayo Sandwich	\$5.80
GF Cheeseburger	\$6.50
GF Chicken Tender Burger	\$6.50
GF Hotdog (DF)	\$5.20
GF Hotdog with Cheese	\$5.70
GF Sausage Roll	\$5.50
GF Nachos	\$6.80
GF Chicken Wrap	\$6.80

HOT FOOD

Nachos - Small	\$5.00
Nachos - Classic	\$6.00
Hot Dog (DF)	\$5.00
Hot Dog with Cheese	\$5.50
Croissant - Cheese (V)	\$4.70
Croissant - Ham & Cheese	\$5.00
Cheese Kransky (Homemade)	\$5.80
Homestyle Beef Pie	\$5.80
Sausage Roll (Homemade)	\$5.50
Spinach & Ricotta Rolls (Homemade) (V)	\$5.80
Quiche - Lorraine	\$7.00
Quiche - Vegetarian (V)	\$7.00
Pizza Slice - Cheese	\$2.50
Pizza Slice - Ham & Cheese	\$3.00
Garlic Bread	\$3.00
Chicken Tender	\$2.50
Sweet Chilli Chicken Tender	\$2.50
Tomato Sauce	\$0.50
BBQ Sauce	\$0.50
Sweet Chilli Sauce	\$0.50
Sour Cream	\$0.50

BURGERS

Grilled Hamburger (DF)	\$6.00
Beef Cheeseburger	\$6.00
Chicken Tender Burger	\$6.00
Vegetarian Burger (V)	\$6.00
Cheeseburger	\$6.50

WEEKLY SPECIALS

Monday

Noodle Soup Cups - Laksa, Pho, Tom Yum	\$9.90
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Wednesday

Curry & Rice - Butter Chicken, Malaysian Chicken, Massaman Beef, Vegetarian Dhal	\$8.00
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Friday

Vietnamese Noodle Bowls - Lemongrass Beef, Pork, or Thai Chicken	\$9.90
Hokkien Noodles with Chicken & Fried Rice with Chicken	\$7.00
Vegetarian Hokkien Noodles (V) & Vegetarian Fried Rice (V)	\$6.50

SANDWICHES, WRAPS & SUBS

Vegemite Sandwich (V)	\$3.50
Cheese Sandwich (V)	\$4.00
Cheese & Salad Sandwich (V)	\$4.80
Chicken Caesar Sandwich/Wrap	\$6.50/\$6.80
Chicken, Lettuce & Mayo Sandwich	\$4.80
Chicken Salad Sandwich/Wrap	\$4.80/\$6.50
Chicken Schnitzel Sandwich	\$5.80
Roast Chicken, Bacon & Avocado Sandwich	\$5.80
Ham & Salad Sandwich/Wrap (DF)	\$5.00/\$6.50
Ham, Cheese & Tomato Sandwich	\$5.00
Ham, Cheese & Honey Mustard Sandwich	\$5.80
Italian Salami Sandwich	\$5.80
Salad Wrap (V)	\$6.50
Falafel Wrap (V)	\$6.50
Sweet Chilli Chicken Wrap	\$6.50
8" Sweet Chilli Chicken Sub	\$6.20
8" Meatball Sub	\$6.20

SALADS

Chicken Summer Salad	\$6.80
Chicken, Avocado & Garden Salad	\$6.80
Chicken Caesar Salad	\$6.80
Falafel Salad (V) (VE) (DF)	\$6.80
Fresh Garden Salad (V) (VE) (DF)	\$6.80
Greek Salad (V)	\$6.80
Ham, Cheese & Garden Salad	\$6.80
Metro Crunch Bowl	\$6.80
Falafel Salad (V) (VE) (DF)	\$6.80

SNACKS & FROZEN TREATS

Brownies (Homemade) (V)	\$2.50
Banana Bread (V)	\$3.00
Choc Chip Cookie (V)	\$1.00
Choc Chip Muffin (V)	\$2.00
Red Rock Deli Chips (27g) (V) - Sea Salt or Honey Soy	\$2.50
Cobbs Popcorn - Butter or Lightly Salted Slightly Sweet	\$2.00
Jelly Cup (V) (DF)	\$2.50
Vanilla Yoghurt (V)	\$3.00
Freshly Cut Watermelon Tub (V) (DF) (NF) (GF)	\$3.50
Nippy's Frozen Cup - Orange or Blackcurrant (V) (DF) (NF) (GF)	\$2.00
Moosie - Choc or Strawberry (V)	\$2.00
Quelch Fruit Tube (V) (DF) (NF) (GF)	\$1.00
Sour Popz - Rotating Flavours: Watermelon, Apple, Grape, Lemon	\$2.00

DRINKS

Nippy's Flavoured Milk (250mL) - Choc or Strawberry	\$3.50
Fruit Box (250mL) - Apple, Orange, Apple & Blackcurrant	\$3.00
Up & Go - Choc or Vanilla	\$3.00
Bottled Water (350mL)	\$2.80
Waterfords Sparkling Water (350mL) - Apple Berry, Tahitian Lime	\$4.00
Glee - Blackcurrant, Grape, Tropical, Rockin' Raspberry	\$3.50
Krazy Krush Slushie (Small)	\$2.50
Krazy Krush Slushie (Large)	\$3.50

CANTEEN PROCEDURES

Emmaus Christian College partners with Metro Canteens to provide convenient, healthy food options for our growing school community at South Plympton. Most lunch orders are placed online using the Qkr! App. We also accept EFTPOS and cash payments over the counter at the Canteen.

Ordering Online via Qkr! App:

- Download the free Qkr! By Mastercard app from the Apple or Android Store/s.
- Set up student profile/s, ensuring the correct class is listed for each child (this is especially important due to the different lunch times for Junior and Secondary School students).
- Cut off for ordering is **8:00am** on the day.
- Pre-order is available for up to 2 weeks in advance.
- Pre-orders can be cancelled using the app before cut off on the day, 8:00am.
- Junior school lunch orders will be sent to class in the class lunch box, daily at 12pm.
- Secondary school lunch orders can be collected by the student from the canteen at lunch time, daily at 1pm.

Ordering via Cash or EFTPOS:

- Orders can be made between 8.15am to 9.00am each day, using the paper bag order forms at the Canteen (or in Lunch Crates for Junior School).
- An EFTPOS machine is available at the Canteen.
- *Students are not permitted to use phones or smart watches to make EFTPOS payments.*

Emergency Lunches:

In the event of a forgotten or dropped/inedible lunch, the Canteen can provide the student with an Emergency Lunch. To access an Emergency Lunch:

- Junior School: Student (or their caregiver) should notify the classroom teacher as early as possible.
- Secondary School: Student (or their caregiver) should notify the Canteen Manager as early as possible.

Parents will be notified of a redeemed Emergency Lunch and advised via SEQTA of money owed to the Canteen, which is payable via Qkr! using the “Money Owed to Canteen” menu.

To Pay For An Emergency Lunch:

- Open Qkr! App
- Select “Money Owed to Canteen” menu
- Enter amount owed for emergency lunch (this will be specified in your SEQTA notification)
- Follow the remaining prompts to make payment. The school will automatically receive notification that the outstanding amount has been paid.

CANTEEN CONTACT INFORMATION:

For late orders or Qkr! Enquiries:

Ilona Hicks (Administration Manager, Metro Canteens)
Phone: 0410 359 054

For other enquiries:

Tamara Summers (Canteen Manager, Metro Canteens)
Phone: 08 8292 3860