

Canteen Menu Term 3 2024

GF Indicates Gluten Free Products **V** Indicates Vegetarian **DF** Indicates Dairy Free
VE Indicates Vegan **NF** Indicates Nut Free

GLUTEN FREE

GF Chicken Tender	\$2.00
GF Chicken Nugget	\$1.20
GF Ham & Cheese Sandwich	\$5.00
GF Ham, Cheese & Tomato Sandwich	\$5.00
GF Chicken, Lettuce, Mayo Sandwich	\$5.50
GF Cheeseburger	\$6.50
GF Chicken Tender Burger	\$6.50
GF Hotdog (DF)	\$5.50
GF Hotdog with cheese	\$6.00
GF Sausage Roll	\$5.50
GF Nachos	\$6.00
GF Penne Pasta Napolitana	\$6.00

HOT LUNCHES

Nachos - Small	\$5.00
Nachos - Classic	\$6.00
Mac N Cheese	\$5.50
Pasta Bolognese Small (350mL)	\$5.50
Pasta Bolognese Large (500mL)	\$6.50

BURGERS

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

HOT FOOD

1/2 Hot Dog (DF)	\$2.80
1/2 Hot Dog with Cheese	\$3.00
Hot Dog (DF)	\$5.00
Hot Dog with Cheese	\$5.50
Croissant - Cheese (V)	\$4.70
Croissant - Cheese & Tomato (V)	\$4.50
Croissant - Ham & Cheese	\$4.70
Croissant - Ham, Cheese, Tomato	\$5.00
Cheese Kransky (Homemade)	\$5.70
Homestyle Beef Pie	\$5.70
Homestyle Beef Pastie	\$5.50
Sausage Roll (Homemade)	\$5.00
Spinach & Ricotta Rolls (Homemade) (V)	\$5.50
Quiche - Lorraine	\$7.00
Quiche - Vegetarian (V)	\$7.00
Pizza Slice - Cheese	\$2.50
Pizza Slice - Ham & Cheese	\$2.50
Pizza Slice - Ham & Pineapple	\$2.50
BBQ Sauce	\$0.50
Tomato Sauce	\$0.50
Sweet Chilli Sauce	\$0.50
Sour Cream	\$0.50

SANDWICHES (White or Wholemeal Bread)

Vegemite (V)	\$3.50
Cheese (V)	\$4.00
Chicken, Lettuce & Mayo	\$4.50
Chicken Salad	\$5.00
Chicken Schnitzel	\$5.50
Egg, Mayo & Lettuce (V)	\$4.50
Ham Salad	\$5.00
Ham, Cheese & Tomato	\$5.50
Roast Beef	\$5.50
Ham, Cheese, Honey Mustard	\$5.50
Roast Chicken, Bacon & Avo	\$5.50

WRAPS & SUBS

Wrap - Chicken & Salad	\$6.00
Wrap - Ham & Salad	\$6.00
Wrap - Salad (V)	\$6.00
Wrap - Falafel (V)	\$6.00
Wrap - Sweet Chilli Chicken	\$6.00
Sub - 8" Grilled Chicken & Mayo	\$6.20
Sub - 8" Sweet Chilli Chicken	\$6.20
Sub - 8" Meatball	\$6.20

SALADS

Chicken Summer Salad	\$6.50
Chicken, Avocado & Garden Salad	\$6.50
Falafel Salad (V) (VE) (DF)	\$6.50
Fresh Garden Salad (V) (VE) (DF)	\$6.00
Greek Salad (V)	\$6.50
Ham, Cheese & Garden Salad	\$6.50
KMC Crunch Bowl	\$6.50
Fruit Salad (V) (VE) (DF) (NF)	\$5.50

SNACKS & FROZEN TREATS

Brownies (Homemade) (V)	\$2.50
Banana Bread (V)	\$2.50
Choc Chip Cookie (V)	\$1.00
Choc Chip Muffin (V)	\$4.00
Red Rock Deli Chips (27g) (V)	\$2.50
<i>Sea Salt, Honey Soy, Salt & Vinegar</i>	
Jelly Cup (V) (DF)	\$2.50
Vanilla Yoghurt (V)	\$3.00
Watermelon Tub (V) (DF) (NF) (GF)	\$3.50
Nippy's Frozen Cup - Orange or Blackcurrant (V) (DF) (NF) (GF)	\$1.50
Moosie - Choc or Strawberry (V)	\$2.00
Quelch Fruit Tube (V) (DF) (NF) (GF)	\$1.00

DRINKS

Nippy's Flavoured Milk (250mL) - Choc or Strawberry	\$3.50
Fruit Box (250mL) - Apple, Orange, Apple & Blackcurrant	\$2.80
Nippy's Fruit Juice (350mL) - Apple, Orange, Apple & Blackcurrant	\$4.20
Up & Go - Choc or Vanilla	
Bottled Water (350mL)	2.80
Waterfords Sparkling Water (350mL) - Apple Berry, Tahitian Lime	3.80
Glee - Blackcurrant, Grape, Tropical, Rockin' Raspberry	3.20
Krazy Krush Slushie (Small)	2.00

CANTEEN PROCEDURES

Emmaus Christian College partners with Metro Canteens to provide convenient, healthy and affordable 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.

Ordering Online via Qkr! App:

- Download the free Qkr app from the Apple or Android Store/s
- Set up student profile/s
- 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 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 parent) should notify the classroom teacher as early as possible.
- Secondary School: Student (or their parent) should notify the Canteen Manager as early as possible.

Parents will be notified of a redeemed Emergency Lunch and advised of money owed to the Canteen, which is payable via Qkr!

Contact the Canteen:

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