



# Empire Bay Public School Canteen Menu

Open Monday to Friday 8.30am – 11.50am. Closed at recess.

Order online at [www.flexischools.com.au](http://www.flexischools.com.au) by 8:30am

**Food on this page must be pre-ordered**

## Sandwiches/Rolls/Wraps



Vegemite	1.80
Vegemite & Cheese	2.30
Cheese	2.30
Cheese & Tomato	2.80
Ham	2.80
Ham & Cheese	3.30
Ham, Cheese & Tomato	3.80
Egg & Mayo	3.10
Egg, Lettuce & Mayo	3.40
Tuna	3.50
Tuna & Cheese	4.00
Diced Chicken Breast, Lettuce & Mayo	4.40

**Choose:**

On Bread - no extra charge	
On Bread Roll	50c
On Wrap	50c
On Gluten Free Bread	1.00

**Above items toasted on request**

## Salad

### Sandwiches/Rolls/Wraps

Salad – sandwich/wrap	4.30
<small>(Lettuce, Cucumber, Tomato, Beetroot, Carrot)</small>	
<b>Add</b>	
Cheese	60c
Egg	1.00
Ham	1.00
Tuna	1.20
Diced Chicken Breast	1.60
Mayo – no charge	

**Choose:**

On Bread - no extra charge	
On Bread Roll	50c
On Wrap	50c
On Gluten Free Bread	1.00

## Salads



Salad Box	4.90
<small>(Lettuce, Cucumber, Tomato, Beetroot, Carrot)</small>	
<b>Add</b>	
Cheese	60c
Egg	1.00
Ham	1.00
Tuna	1.20
Diced Chicken Breast	1.60

## Burgers



Beef Burger (pattie, lettuce, tomato, sauce)	4.80
Cheese Burger (pattie, cheese, sauce)	4.80
Chicken Burger (grilled fillet, lettuce, mayo)	5.00
Vegan Burger (pattie, lettuce, tomato sauce)	5.30
GF Chicken Burger	6.00
<small>(Gluten Free bun, grilled fillet, lettuce)</small>	
<b>Add</b>	
Cheese	60c
Beetroot	50c
Tomato	50c

## Hot Food



Corn Cob	1.00	
Macaroni Cheese (Canteen Made)	4.20	
Bolognese (Canteen Made)	4.80	
Garlic Bread	2.20	*
Chicken Nuggets x 3 (GF Available)	2.50	*
Chicken Fingers x 3	2.50	*
Sausage Roll	3.50	*
Mini Meat Pie	3.00	*
Large Meat Pie	5.00	*
Chicken Tender & Salad Wrap	5.00	*
Tomato/BBQ/Sweet & Sour Sauce	40c	

Items on this page can be pre-ordered or purchased over the counter

## Snacks



### Daily for Lunch/Recess

Popcorn	40c	
Rice Crackers	60c	
Cereal Snack Bag - Cheerios	60c	
Boiled Egg	1.00	
Custard Tub	1.00	
Apple (whole or slinky)	1.20	
Fruit Bag (seasonal)	1.50	
Vegetable Bag (seasonal)	1.50	
Ham & Cheese Roll (Heated)	2.80	
Mini Muffin Plain (GF available)	40c	*
Mini Muffin Blueberry (GF available)	40c	*
Grain Waves - Sour Cream 28g	1.60	*

## Drinks



Bottled Water 600ml	1.50
Juice Popper 200ml ( Apple, Apple/Blackcurrant, Paradise Punch)	2.00
Flavoured Milk 300ml (Chocolate/Strawberry)	2.50
Chill J 250ml (Blackcurrant, Raspberry, Orange/Passionfruit, Watermelon)	2.60
Hot Chocolate (Terms 2&3)	2.00

## Breakfast



### 8.30am to 8.50am

Cereal Snack Bag - Cheerios	60c
Boiled Egg	1.00
Custard Tub	1.00
Apple (whole or slinky)	1.20
Fruit Bag (seasonal)	1.50
Vegetable Bag (seasonal)	1.50
Ham & Cheese Roll (Heated)	2.80
Juice Popper 200ml (Apple, Apple/Blackcurrant, Paradise Punch)	2.00
Flavoured Milk 300ml (Chocolate, Strawberry)	2.50
Hot Chocolate (Term 2&3)	2.00

## Frozen Treats



½ Quelch Stick Ice Block	30c
Frozen Juice Pop (canteen made)	50c
Frozen Milk Pop (canteen made)	50c
Quelch Stick Ice Block	60c
Frozen Watermelon/Pineapple Slice	1.00
Frozen Juice Cup (Apple & B/Currant)	1.00
Juicies Tube	1.60
Slushie	2.00

**Please bring your lunch bag to the canteen to collect pre-ordered Frozen Items**

**Please Note:** No food from home can be heated in the canteen per Food Standard 3.2.2

**\* Occasional Food Items:**  
Should be enjoyed only sometimes  
and in small amounts

The Canteen always needs volunteers. Talk to our Canteen Manager to join our team or add your name to our roster at <https://signup.zone/ebps-canteen-roster>