



# East Adelaide School Canteen



## Summer Menu 2017

IN ORDER TO PROVIDE THIS HEALTHY SERVICE TO OUR STUDENTS, THE CANTEEN NEEDS VOLUNTEERS DAILY.  
IF YOU ARE AVAILABLE FOR ALL OR ANY OF THE FOLLOWING TIMES, PLEASE LET US KNOW.

8.45 - 10.00 Sorting orders/checking money. 10.00 - 11.30 Preparing recess/counter serving. 11.30 - 1.30 Lunch preparation/tray collection/serving

<b>Sandwiches</b> -white, wholemeal, <b>GF</b> +\$1		<b>Hot Foods</b>		<b>Sauce 30c</b>	
Vegemite or Cheese		\$2.50	Meat Pie or Pasty (Balfours Better Bite Range)		\$5.80
Ham or Egg		\$2.80	Sausage Roll (Balfours Better Bite Range)		\$3.90
Chicken		\$3.00	Mrs Macs Sausage Roll <b>GF</b> or Vegetable Ricotta Roll <b>GF V</b>		\$4.90
Salad <b>VG</b>		\$4.00	Corn Cobbette <b>V, VG</b>		\$1.50
<b>Extras</b> .....Cheese, tomato, cucumber, beetroot	each	\$0.70	Pizza - Ham & Pineapple, Supreme, Vegetarian.		\$3.20
lettuce, carrots, gherkins & pickled onion.	each	\$0.70	Pasta Twist - Bolognese or Napolitana <b>V</b>		\$6.10
Tomato sauce, mayonnaise & sweet mustard	each	\$0.30	Macaroni Cheese Bake <b>V</b>		\$6.10
Salad: tomato, cucumber, lettuce, carrot, pickled onion gherkin		\$2.10	Vegetarian Rice <b>V GF VG</b>		\$4.50
<b>Toasted Sandwiches</b> -white, wholemeal, <b>GF</b> +\$1		<b>D/D *</b>			
Cheese <b>V</b>	\$2.70	\$3.50	Linda McCartney Sausage Rolls <b>VG</b>		\$2.70
Cheese & Tomato <b>V</b>	\$3.30	\$4.30	Sweet Chilli Tenders, Wedges & Salad		\$7.10
Ham & Cheese	\$3.70	\$4.50	<b>Hot Dogs (with Butter)</b>		
Ham, Cheese & Tomato	\$4.40	\$5.70	Hot Dog (plain)	<b>Half</b>	<b>Full</b>
<b>* Double Deckers (filling between 3 slices of bread)</b>			Hot dog (sauce or mustard or BBQ sauce)	\$2.00	\$3.60
<b>Vegan Cheese available for \$1.00 Extra</b>			Cheese Dog (add extra .30c for sauce)	\$2.20	\$3.90
<b>Lapinja Melts</b>			Cheese Dog (add extra .30c for sauce)	\$2.50	\$4.50
Turkey, cranberry sauce & melted cheese.	\$6.00		Vegetarian Dog (add extra 30c for sauce) <b>VG</b>	n/a	\$4.00
Ham, pineapple & melted cheese	\$6.00		<b>And The Little Extras</b>		
Chicken, semi-sundried tomato & cheese	\$6.00		Popcorn <b>GF</b>		\$1.70
<b>Healthy Salads V GF VG</b>			JJs (Chicken / Salt & Vinegar)		\$1.60
Lettuce, tomato, cucumber, red onion, olive, beetroot, capsicum	\$4.60		Rice Sticks <b>GF</b> or Corntos BBQ / Cheese <b>GF</b>		\$1.00
With choice of Italian / French Dressing / Balsamic Glaze			Mamme Noodles - (BBQ / Chicken)		\$1.10
<b>Extra</b> Chicken \$1.60, Ham <b>GF</b> \$1.10, Egg \$1.00, Chickpeas 70c			Red Rock Chips (Sea Salt <b>GF</b> / Honey Soy Chicken)		\$1.60
<b>Pasta Salad VG</b>			Pirhana Snaps <b>GF</b> (Salsa / Oregano & Thyme)		\$1.60
<b>Fresh Fruit Salad</b> - mixed seasonal fruits	\$2.00		Anzac Biscuits		\$0.80
<b>From The Freezer</b> - (only lunchtime till 1.15pm)			Sunfruit Raspberry twists <b>GF</b>		\$0.50
Icy Twists (Lemonade)	\$1.50		Honey Crackles		\$0.80
Quelch Tubes - 99% juice	\$1.00		Fruit Nuggets <b>GF</b>		\$0.60
Cola Mony / Raspberry Mony / Caramel Mony	\$1.00		Banana Bread		\$1.50
Zings - Normal / Sour	\$1.00		Apples / Bananas		\$1.00
Mini Calippo	\$1.50		Sumo Biscuits		\$0.50
Slushies - Chocolate / Strawberry (Milk)	\$2.20		Carrot Sticks		\$0.50
Slushies - Orange / ABC / Grape (Juice)	\$1.40		<b>Drinks</b>		
Frozen Banana on Stick ( <b>Counter purchase only</b> )	\$1.00		Oak Milk 300ml (Strawberry / Chocolate / Vanilla Malt)		\$3.00
Frozen Orange Wedges (4) ( <b>Counter purchase only</b> )	\$1.00		Juice Bomb 250ml (Apple Raspberry / Vanilla Lime / Raspberry Cola / Apple Blackcurrant)		\$2.80
<b>RECESS ONLY</b>			Just Juice 250ml (Orange / Tropical / Apple / Apple & Blackcurrant)		\$2.00
Selection of hot/cold recess items available from	\$1.00		Spring Water 600ml		\$2.00
			Krazy Krush ( <b>Cannot be ordered. Counter service only</b> )		\$2.00

### \*\*\*Mid Week Specials\*\*\*

<b>Tuesday - Pita Rolls</b> - Salad <b>VG</b> tomato, lettuce, cucumber, carrot, beetroot mayo. <b>Optional extras</b> Ham +\$1, Chicken +\$1	\$4.00
<b>Wednesday - Fish Strips</b> - with pasta salad, and carrot, celery, cucumber, cherry tomatoes	\$6.00
<b>Thursday - Chicken Nuggets</b> - with oven fries, and carrot, celery, cucumber, cherry tomatoes <b>GF</b>	\$6.00

**V = Vegetarian GF = Gluten Free VG = Vegan**

Best Choice Foods (Right Bite Strategy)

Select Carefully Foods (Right Bite Strategy)



**To Order Online: Cut off is 9.00am on the day of the order**

- 1/. Go to QKR mobile app
- 2/. Select East Adelaide School
- 3/. Go to CANTEEN MENU
- 4/. Select Student
- 5/. Select School Day
- 6/. Select Items
- 7/. Finalise and Checkout
- 8/. Confirm and Pay

**To Order Using The Lunch Order Bag:**

- 1/. Write student's name & room number on the lunch order bag
- 2/. Select items, and write these on the bag
- 3/. Enclose correct money if possible
- 4/. Place the bag into the classroom tray at the start of the day
- 5/. To request more bags, order them on your bag