



East Adelaide School Canteen



Winter Menu 2017

FRIDAY ONLY	\$3.50	TUESDAY ONLY	\$6.00
Fantastic Noodles (Beef or Chicken)		Hamburger – Beef Pattie, Tomato, Cheese, Lettuce & Sauce	
Sandwiches -white, wholemeal GF \$1 extra Vegemite or Cheese \$2.50 Ham or Egg \$2.80 Chicken \$3.00 Salad \$4.00 Extras..... Cheese / Tomato / Cucumber each \$0.70 Lettuce / Carrots / Gherkin / Pickled Onion each \$0.70 Tomato Sauce / Mayonnaise / Sweet Mustard each \$0.30 Salad (tomato, cucumber, lettuce, carrot, pickled onion & gherkin) \$2.10		Hot Foods Sauce 30c Meat Pie or Pasty (Balfours Better Bite Range) \$5.80 Sausage Roll (Balfours Better Bite Range) \$3.90 Mrs Macs Sausage Roll GF or Vegetable Ricotta Roll GF V \$4.90 Corn Cobbette V \$1.50 Pizza - Ham & Pineapple / Supreme / Vegetarian \$3.20 Pasta Twist - Bolognaise or Napolitana V \$6.10 Macaroni Cheese Bake V \$6.10 Vegetarian Rice V GF \$4.50 Warm Apple Crumble V \$3.20 Sweet Chilli Tenders, Wedges & Salad \$7.10 Chicken Nuggets(5) Corn Cobbette & Fries GF \$6.00 Fishburger (with lettuce & mayo in roll) \$5.00	
Toasted Sandwiches -white, wholemeal GF \$1 extra D/D * Cheese V \$2.70 \$3.50 Cheese & Tomato V \$3.30 \$4.30 Ham & Cheese \$3.70 \$4.50 Ham, Cheese & Tomato \$4.40 \$5.70 * Double Deckers (filling between 3 slices of bread)		Hot Dogs (with Butter) Half Full Hot Dog (plain) \$2.00 \$3.60 Hot dog (sauce or mustard or BBQ sauce) \$2.20 \$3.90 Cheese Dog (add extra .30c for sauce) \$2.50 \$4.50 Vegetarian Dog (add extra 30c for sauce) n/a \$4.00	
Lapinja Melts Turkey, cranberry sauce & melted cheese \$6.00 Ham, pineapple & melted cheese \$6.00 Chicken, semi-sundried tomato & cheese \$6.00		And The Little Extras Popcorn GF \$1.70 JJs (Chicken / Salt & Vinegar) \$1.60 Rice Sticks GF or Cornitos BBQ/cheese GF \$1.00 Mamme Noodles - (BBQ / Chicken) \$1.10 Red Rock Chips (Sea Salt GF / Honey Soy Chicken) \$1.60 Pirhana Snaps GF (Salsa or Oregano & Thyme) \$1.60 Sunfruit Raspberry Twists GF \$0.50 Anzac Biscuits \$0.80 Honey Crackles \$0.80 Fruit Nuggets GF \$0.60 Banana Bread \$1.50 Apples \$1.00 Sumo Biscuits \$0.50	
Healthy Salad GF Lettuce, tomato, carrot, cucumber, red onion, olives, cheese & capsicum \$4.60 With choice of Italian or French Dressing Extras... Chicken \$1.60 / Ham GF \$1.10 / Turkey \$2.00 / Egg 70c		Drinks Oak Milk 300ml (Strawberry / Chocolate / Vanilla Malt) \$3.00 Juice Bomb (Apple Raspberry / Vanilla Lime / Raspberry Cola / Apple Blackcurrant) \$2.80 Just Juice 250ml (Orange / Tropical / Apple / Apple & Blackcurrant) \$2.00 Spring Water 600ml \$2.00 Krazy Krush (Cannot be ordered. Counter service only) \$2.00	
From The Freezer - (only lunchtime till 1.15pm) Icy Twists (lemonade) \$1.50 Quelch Tubes - 99% juice \$1.00 Cola Mony / Raspberry Mony \$1.00 Zings - Normal / Sour \$1.00 Everest Low Fat Vanilla Cup \$1.50 Slushies - Chocolate / Strawberry (Milk) \$2.20 Slushies - Orange / ABC / Grape (Juice) \$1.40			
RECESS ONLY Selection of hot recess items available from \$1.30			
V = Vegetarian GF = Gluten Free			
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	