



East Adelaide School Canteen Summer Menu 2018/19



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

Sandwiches -white, wholemeal, GF +\$1		Hot Foods		Sauce 30c	
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	Vegetable Pasty VG GF		\$5.80
Salad VG		\$4.00	Sausage Roll GF		\$4.90
Extras..... Cheese, tomato, cucumber, beetroot	each	\$0.70	Pizza - Ham & Pineapple, Supreme, Vegetarian.		\$3.20
lettuce, carrots, gherkins & pickled onion.	each	\$0.70	Pasta Twist- Bolognaise		\$6.10
Tomato sauce, mayonnaise & sweet mustard	each	\$0.30	Macaroni Cheese bake V		\$6.10
Salad: tomato, cucumber, lettuce, carrot, pickled onion gherkin		\$2.10	Sweet Chilli Tenders, Wedges & Salad		\$7.10
Toasted Sandwiches -white, wholemeal, GF +\$1	D/D *		Fish Strips, Wedges & Salad		\$7.10
Cheese V	\$2.70	\$3.50	Vegetarian Rice V GF VG		\$4.50
Cheese & Tomato V	\$3.30	\$4.30	Butter Chicken & Rice		\$6.20
Ham & Cheese	\$3.70	\$4.50	Hot Dogs (with Butter)	Half	Full
Ham, Cheese & Tomato	\$4.40	\$5.70	Hot Dog (plain)	\$2.00	\$3.60
* Double Deckers (filling between 3 slices of bread)			Hot dog (sauce or mustard or BBQ sauce)	\$2.20	\$3.90
Vegan Cheese available for \$1.00 Extra			Cheese Dog (add extra .30c for sauce)	\$2.50	\$4.50
Lapinja Melts			Vegetarian Dog (add extra 30c for sauce) VG	n/a	\$4.00
Turkey, cranberry sauce & melted cheese.	\$6.00		And The Little Extras		
Ham, pineapple & melted cheese	\$6.00		Popcorn GF		\$1.70
Chicken, semi-sundried tomato & cheese	\$6.00		JJs (Chicken / Salt & Vinegar)		\$1.60
Healthy Salads V GF VG			Rice Sticks GF or Corntos BBQ / Cheese GF		\$1.00
Lettuce,tomato,cucumber,red onion, olive,beetroot,capsicum & carrot. With choice of Italian / French Dressing / Balsamic Glaze	\$4.60		Mamme Noodles - (BBQ / Chicken)		\$1.10
Extra Chicken \$1.60, Ham GF \$1.10, Egg \$1.00, Chickpeas 70c			Red Rock Chips (Sea Salt GF / Honey Soy Chicken)		\$1.60
NEW Thai Chicken Salad	\$5.00		Pirhana Snaps GF (Salsa / Oregano & Thyme)		\$1.60
Pasta Salad VG	\$3.00		Anzac Biscuits		\$0.80
From The Freezer - (only lunchtime till 1.15pm)			Sunfruit Raspberry twists		\$0.50
Icy Twists (lemonade)	\$1.50		Honey Crackles		\$0.80
Quelch Tubes - 99% juice	\$1.00		Fruit Nuggets GF		\$0.70
Mony Cola/Raspberry/Watermelon/Grape	\$1.00		Banana Bread		\$1.50
Zings - Normal / Sour	\$1.00		Apples / Bananas		\$1.00
Mini Calippo	\$1.50		Carrot Sticks		\$0.50
Slushies - Chocolate / Strawberry (Milk)	\$2.20		Drinks		
Slushies - Orange / ABC / Grape (Juice)	\$1.40		Oak Milk 300ml (Strawberry / Chocolate / Vanilla Malt)		\$3.00
Frozen Fruit (Counter purchase only)	\$0.50		Glee 250ml Blackcurrent/Raspberry/Tropical		\$2.80
RECESS ONLY			Just Juice 250ml (Orange / Tropical / Apple / Apple & Blackcurrent)		\$2.00
Selection of hot/cold recess items available from	\$1.00		Spring Water 600ml		\$2.00
			Krazy Krush (Cannot be ordered. Counter service only)		\$2.00

SPECIALS (Tues, Wed & Thurs only)

Pita Wrap Salad - tomato,lettuce, cucumber, carrot, beetroot, Mayo. Optional extras Ham OR Chicken \$1 ea VG	\$4.50
Fresh Fruit Salad - mixed seasonal fruit	\$3.00
Munchie Box - Hommus,Carrot,Cucumber,Capsicum,Sugar Snap Peas,Cherry Tomato,Cheese,Tortilla Strips, Grapes,Strawberries V GF	\$5.00

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