

# Little Extras

## DRINKS PRICE

Plain White Milk 150ml	\$1.50
Bottles Spring Water 600ml	\$2.00
Just Juice 99.9% Fruit Juice 200ml <i>Orange/ABC/Apple</i>	\$2.00
Glee Sparkling Fruit Juice 250ml <i>(Blckcrnt/Rasp/Tropical)</i>	\$2.80
Oak Flavoured Milk 300ml <i>(Strawberry/Chocolate/Vanilla Malt)</i>	\$3.00

## FROM THE FREEZER PRICE

Mony (Cola/Rasp/Wtrmln/ Sour Grp)	\$1.00
Zing (Sour/Yoghurt)	\$1.00
Mini Calippo	\$1.50
Icy Twist (Lemonade)	\$1.50
Fruit Slushie (Org/ Grp/ ABC)	\$1.40
Milk Slushie (Strawb/Choc)	\$2.20

## SNACKS PRICE

Carrot Sticks	\$0.50
Sunfruit Raspberry Twists	\$0.50
Black Licorice	\$0.50
Fruit Nuggets (GF)	\$0.70
Anzac Biscuits	\$0.80
Honey Crackles	\$0.80
Piece of Fruit	\$1.00
Corntos (BBQ/Cheese) (GF)	\$1.00
Mamee Noodle Snack	\$1.10
Banana Bread	\$1.50
Banana Bread (GF)	\$2.00
Sam's Popcorn (GF)	\$1.50
JJ's Corn Snacks (Chkn/Salt Vin)	\$1.60
Red Rock Crisps (Hny soy Chkn/ salt)	\$1.60
Pirhana Snaps (Salsa/ Oregano) (GF)	\$1.60

## Online Ordering

Online ordering available through  
QKR before 9am

1. Access the QKR app and select East Adelaide School
2. Go to the canteen menu and select student
3. Select school day and the items requesting
4. Proceed to checkout, confirm and pay

## Weekly Specialty Days

See our newsletter and Konnective for  
Specials and Specialty Days.

*East Adelaide School does not sell or use nut products in the preparation of food. However we do use products that may contain traces of nuts, or other allergens. Please state clearly any food allergies with lunch orders, so that extra care can be taken.*

## For Contact

Lisa Starkey - Manager

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# EAST ADELAIDE KIDS PANTRY CANTEEN

# Winter Menu 2020

## Sandwiches & Toasties

### SANDWICHES PRICE

(Wholemeal or White)	\$1.00
Gluten Free bread (GF)	\$2.50
Vegemite & Cheese	\$2.80
Ham or Egg	\$3.00
Chicken or Tuna	\$4.00
Salad (VG)	\$0.70

#### Additional fillings

Carrot, Cucumber, Gherkin,  
Lettuce, Pickled Onion, Tomato

**Salad** - All salads as listed  
above \$2.10

**Spreads** \$0.30

Mayonnaise, Sweet Mustard,  
Tomato Sauce

Margarine No Charge

### TOASTED SANDWICHES

(Wholemeal or White)	Single	D/D
Gluten Free bread (GF)	\$1.00	
Vegan Cheese (VG)	\$3.70	\$4.50
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
Ham & Cheese & Pineapple	\$4.40	\$5.70

### TOASTED LAPINJA MELT PRICE

Turkey, Cranberry & Cheese	\$6.00
Ham, Pineapple & Cheese	\$6.00
Seasoned Grilled Chicken, Sun Dried Tomato & Cheese	\$6.00

## Hot Foods

### PRICE

Pasta Twist, in a beef bolognaise sauce	\$6.10
Macaroni Cheese Bake (V)	\$6.10
Butter Chicken & Rice (GF)	\$6.20
Fish Strips, Wedges & Salad	\$7.10
Sweet Chili Chicken Tenders, Wedges & Salad	\$7.10
Chicken Tenders, Corn & Chips (GF)	\$7.10
Vegetarian Rice (V,GF,VG)	\$4.50
Pizza - (Hawaiian, Supreme or Vegetarian)	\$3.20

### Hot Dogs (with butter)

	Half	Full
Plain	\$2.00	\$3.60
Cheese Dog	\$2.50	\$4.50
Vegetarian Dog No butter (V)	n/a	\$3.70
Vegetarian Dog (V)	n/a	\$3.70
BBQ Sauce, Mustard, Tomato Sauce		\$0.30

### Pastries

Meat Pie or Pasty	\$5.80
Sausage Roll (Balfours Better Bite Range)	\$3.90
Sausa (GF)	\$4.90
Mustard BBQ, Tomato Sauce,	\$0.30

## Cold Foods \*

### SALADS

### PRICE

**Healthy Salad (V,GF,VG)** \$4.60

Capsicum, Carrot, Cucumber,  
Lettuce, Olive, Red Onion,  
Tomato, with your choice of  
dressing.

Italian, French or Balsamic  
Glaze.

#### Protein Extras

Chick Peas	\$0.70
Egg, or Tuna	\$1.00
Ham (GF)	\$1.10
Seasoned Grilled Chicken	\$1.60

## Monday - Thursday

### PITA WRAP 8 INCH PRICE

Choose **one** of the following - \$4.00

*Chicken, Ham, Tuna, Cheese or Egg*

Then add any of the following -

*Lettuce, Tomato, Mayo, Cucumber  
& Freshly Grated Carrot*

### PITA WRAP 10 INCH PRICE

Choose **one** of the following - \$5.00

*Chicken, Ham, Tuna, Cheese or Egg*

Then add any of the following -

*Lettuce, Tomato, Mayo, Cucumber &  
Freshly Grated Carrot*