



CANTEEN MENU

INFORMATION:

Lets Eat SA in conjunction with Let's Eat Catering have teamed up with Qkr! (pronounced 'quicker') by Mastercard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

Orders are to be placed on QKR! before your schools cut off time.

With Qkr! you can:

- Order and pay for your child's lunches online, reducing the need to bring cash to school;
- Pay for a variety of school items;
- See your receipts on the app and get them sent by email if required.

Legend of Food Groups:

Green Foods
Amber Foods

GF Gluten Free
V Vegetarian

VG Vegan
DF Dairy Free

GREEN FOODS Are foods that can be eaten every day. They include foods that have lean cuts of meat, low fat cheeses or dressings, and are lower in saturated fat and sodium.

AMBER FOODS Are processed more than green foods. They may contain higher levels of fat, sugar and sodium than green foods. Students are encouraged to choose carefully from this selection. Amber products should not be dominate your choices.

RED FOODS Are highly processed, energy dense and nutrient poor. Red foods are an occasional food, so therefore you should limit your intake.

Telephone: 1300 557 060
www.letseatcatering.com.au
Email : eat@letseatcatering.com.au

Let's eat SA

SALADS

CHICKEN CAESAR SALAD (GF) \$ 7.20

Roast Chicken, Egg, Bacon, Cos Lettuce and parmesan cheese. Served with a classic Caesar dressing.

TANDOORI CHICKEN SALAD (GF) \$ 7.20

Tandoori Chicken, Baby Spinach, Cucumber, Spanish Onion, Roasted Capsicum, Cheese with a Green Goddess Dressing.

GARDEN SALAD (GF, V) \$ 6.90

Oak Lettuce, Tomato, Cucumber, Carrot, Cheese with a Vinaigrette Dressing or Mayo

BEETROOT & FETA SALAD (GF) \$ 7.20

Diced Beetroot, Feta Cheese, Spinach & Honey Balsamic Dressing

SEASONAL FRUIT SALAD

Small \$ 3.20 Large \$ 5.00

Diced Seasonal Fresh Fruit (GF, V, VG)

BASIC SANDWICHES

Cheese \$ 3.60

Ham and Cheese \$ 4.40

Ham, Cheese & Tomato \$ 4.70

Chicken & Cheese \$ 4.80

Cheese & Vegemite \$ 3.80

Vegemite \$ 3.00

TOASTED SANDWICHES

Toasted Cheese Sandwich (V) \$ 3.60

Toasted Cheese & Vegemite S/W (V) \$ 3.80

Toasted Ham & Cheese Sandwich \$ 4.40

BAGUETTES, WRAPS & SANDWICHES

CHICKEN SCHNITZEL

Sandwich \$ 5.80 Wrap & Baguette \$ 6.20

Chicken Schnitzel, Lettuce, Cheese and Mayonnaise

TANDOORI CHICKEN **

Sandwich \$ 5.80 Wrap & Baguette \$ 6.20

Tandoori Chicken, Lettuce, Cheese, Cucumber, Roast Capsicum, Spanish Onion and Goddess Dressing.

CHICKEN **

Sandwich \$ 5.80 Wrap & Baguette \$ 6.20

Roast Chicken, Cheese, Lettuce, Cucumber and Mayo

MEDITERRANEAN

Sandwich \$ 5.80 Wrap & Baguette \$ 6.20

Salami, Lettuce, Cheddar Cheese, Roasted Capsicum, Cucumber, Sundried Tomato and Aioli Dressing.

TURKEY & CRANBERRY

Sandwich \$ 5.80 Wrap & Baguette \$ 6.20

Roast Turkey, Cheese, Lettuce, Cucumber with Cranberry Sauce.

HAM & SALAD **

Sandwich \$ 5.50 Wrap & Baguette \$ 5.90

Ham, Cheese, Lettuce, Cucumber & Mayo

FALAFEL & AVOCADO

Sandwich \$ 5.80 Wrap & Baguette \$ 6.20

Falafel, Avocado, Baby Spinach, Tomato, Cucumber, Spanish Onion with Vegan Mayo (V, VG, DF)

TUNA

Sandwich \$ 5.80 Wrap & Baguette \$ 6.20

Tuna, Spanish Onion, Cucumber, Lettuce & Mayo

ROAST BEEF

Sandwich \$ 5.80 Wrap & Baguette \$ 6.20

Roast Beef, Cheese, Tomato, Onion, Lettuce, Honey Mustard.

Gluten Free Rolls \$ 7.80

available on above combinations

indicated by **

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PIZZA

MARGHERITA PIZZA (V) \$ 5.20
Pizza sauce and mozzarella cheese

AUSTRALIAN PIZZA \$ 5.60
Pizza sauce, diced ham and mozzarella cheese

HAWAIIAN PIZZA \$ 5.80
Pizza sauce, diced ham, pineapple and mozzarella Cheese

FOUR N TWENTY PASTRIES

TRAVELLER PIE \$ 4.70
Chicken & Veg 160 gm

BEEF PIE \$ 4.70
Aussie Lite Beef Pie 175 gm

PASTY \$ 4.70
Classic Pastry 175 gm

SAUSAGE ROLL \$ 4.50
125 gm

CHICKPEA, SPINACH & CARAMELISED ONION ROLL \$ 4.70
Classic Pastry 175g (V, VG, DF)

BURGERS

GLUTEN FREE CHEESEBURGER \$ 6.90
Gluten Free beef Patty, cheese and tomato sauce—**GF ROLL (GF)**

BEEF CHEESEBURGER 4" ROLL \$ 5.20
Beef Patty (85gm) Cheese and Tomato Sauce

CRUMBED CHICKEN BURGER 4" ROLL \$ 5.20
Chicken Breast Patty, Lettuce & Mayo

GRILLED CHICKEN BURGER 4" ROLL \$ 5.60
Chicken Breast Patty, Cheese, Lettuce, Sauce

VEGGIE BURGER (V) 4" ROLL \$ 5.60
Veggie Patty, Cheese, Lettuce and sauce

OVEN BAKED

3X CRUMBED CHICKEN TENDERS \$5.40
Incl: choice of dipping sauce; sweet chilli, aioli, tomato & BBQ

CHICKEN NUGGETS \$ 3.90 (4)
Incl: choice of dipping sauce; sweet chilli, aioli, tomato & BBQ \$ 5.20 (6)

POTATO GEM (V, VG, DF) \$ 4.00
Includes dipping sauce, tomato

POTATO WEDGES (V) \$ 5.00
Incl: choice of dipping sauce; sweet chilli, aioli, tomato & BBQ

HOT DOGS

HOT DOG 7" Roll \$ 5.00
All served with or without sauce

HOT DOG WITH CHEESE 7" Roll \$ 5.50
All served with or without sauce

HOUSE SPECIALTIES

CHICKEN COLD ROLLS (GF, DF) \$ 6.20
2x Large rice paper wraps filled with Chicken Breast, julienne vegetables, vermicelli noodles and Asian Dipping sauce.

AVOCADO COLD ROLLS (GF, V, VG, DF) \$ 6.20
2x Large rice paper wraps filled with Julienne vegetables, vermicelli noodles and Asian dipping sauce

HOME COOKED MEALS

BUTTER CHICKEN (GF) \$ 5.90
Chicken Breast marinated in yoghurt and spices, combined in a creamy tomato and herb sauce and served with basmati rice.

BEEF LASAGNE (GF) \$ 5.90
Fresh Pasta Sheets, bolognese and bechamel sauce.

VEGETARIAN LASAGNE (GF, V) \$ 5.90
Fresh Pasta sheets, spinach and ricotta and napolitana sauce.

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HOME COOKED MEALS

RAVIOLI MILANESE \$ 5.90
Beef Filled ravioli topped with Milanese sauce and mozzarella cheese

PENNE BOLOGNAISE \$ 5.90
Penne Pasta, Bolognese sauce and parmesan cheese

FRIED RICE (GF) \$ 5.90
Rice Peas, Corn, Egg, Bacon, Soy Sauce

CAKES

HOME MADE MUFFINS \$ 1.80
Midi Size 50gm

Flavours : Chocolate Chip,
Blueberry
Raspberry & White Chocolate

ICE BLOCKS

FROZEN FRUIT CUP (GF, V, VG) \$ 2.00
110 ml Apple & Blackcurrant

FROZEN BULLA YOGHURT \$ 2.80
100 gm Flavours : Strawberry & Mango

DRINKS

JUICE POPPER 250 ml \$ 2.90
Apple, Apple Blackcurrant, Orange

NIPPY'S FRUITALICIOUS 350 ML \$ 3.90
Apple Guava, Apple Blackcurrant, Orange, Multifruit

NATURAL SPRING WATER 650 ml \$ 3.00
750 ml \$ 3.80

NIPPY'S MILK 250 ml \$ 3.40
Chocolate, Strawberry, Honeycomb

FOCUS SPORTS WATER 350 ml \$ 3.60
Blackcurrant, Raspberry, Lemonade

SNACKS

REDROCK DELI CHIPS (V) \$ 2.30
Honey Soy, Sea Salt 28 gm

MAINLAND CHEESE AND CRACKERS (V) \$ 2.60
Tasty Cheese & Crackers 30 gm

HASH BROWN TRIANGLE (V) \$ 2.30
2 Golden Oven Baked Hash Brown

WATERMELON TUBS (GF, V, DF) \$ 2.80
Freshly cut watermelon

SLICED ORANGE TUBS (GF, V, DF) \$ 2.80
Freshly cut oranges

BANANA CHIP TUBS (GF, V, DF) \$ 1.50
25g approximately

SULTANA TUBS (GF, V, DF) \$ 1.50
40g approximately

DRIED APRICOT TUBS (V, DF, GF) \$ 1.50
50G approximately

YOPLAIT PETIT MIAM YOGHURT \$ 2.00
70g Flavours : Vanilla, Strawberry

JELLY CUPS (VG, GF, DF) \$ 1.60
110 gm Strawberry

CUSTARD CUPS 115g Chocolate \$ 2.80
Vanilla \$ 2.80

Let's Eat has been operating for 16 years and we welcome your enquiries for any catering requirements.

- Birthdays
- Weddings
- Social Function
- Any occasion
- Check out our comprehensive menus on our website

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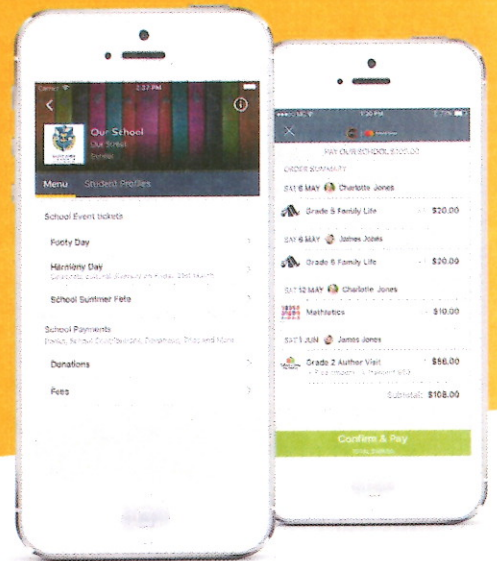
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For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by Mastercard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:

- Order and pay for your child's lunches, reducing the need to bring cash to school;
- Pay for a variety of school items;
- See your receipts on the app and get them sent by email if required.



Getting started is easy - try it yourself today

Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

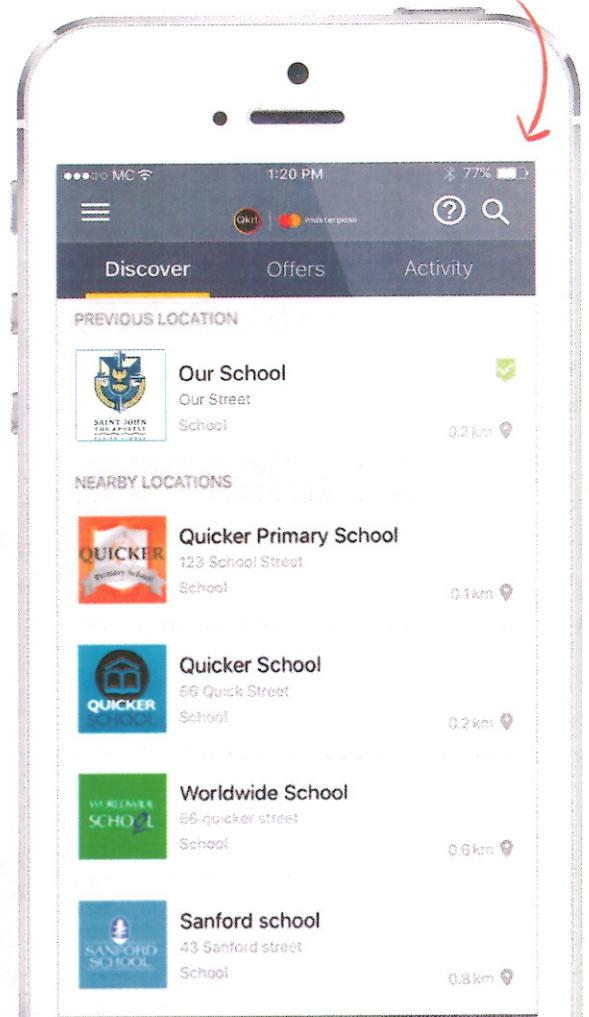
Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

Search for our school name

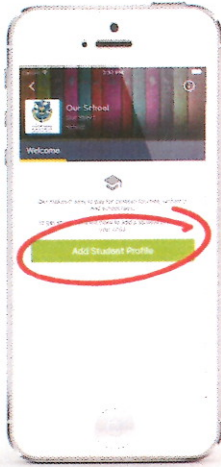




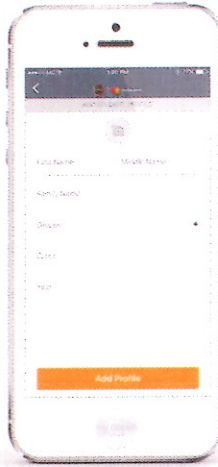
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Add your children's details in Student Profiles

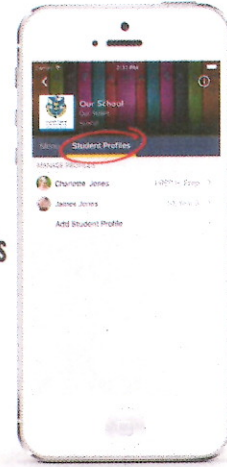
Select 'Add student profile'



Add each child's details



Manage each child's details in Student Profiles

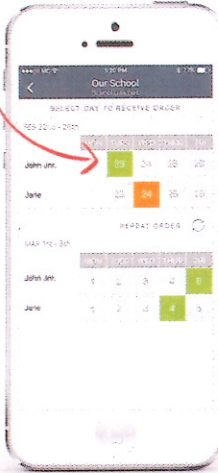


Order meals

Select a menu from our canteen



Tap the green box to view your receipt or to cancel an order

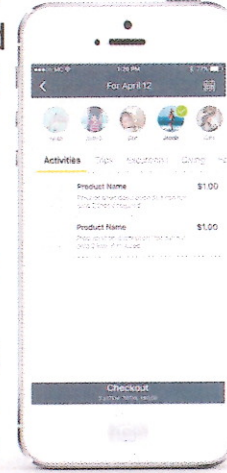


Select a date for a child and order a meal

Tap 'Repeat order' to copy all paid orders from one week to the next

Tap to change the date you are ordering for

Tap to change the child you are ordering for



Tap 'Checkout' then confirm and pay

Making payments

Add up to 5 cards to your wallet



At checkout select which card to pay with.

Pay with any cards accepted by the school.

Once your payment is approved you can continue to the home page, or view your receipt.