

CAFÉ GMAS

Summer MENU

**Term 4
2009**



**Opening Hours
8.30am—2.00pm**

BREAKFAST MENU 8.30am - 9.00am

Assorted Cereals & Milk	3.00
Bacon & Egg Muffin	3.50
English Muffin	1.00
Fruit Toast	0.50
Yoghurt	1.50
Fresh Fruit	0.50
Up & Go Drink	2.00
Juice 100%	2.00
Water	1.50

Wholemeal Bread and Rolls (GREEN)

	Sandwiches	Wraps	Rolls
Chicken & Salad	3.00	3.30	3.20
Chicken	2.50	2.90	2.70
Ham & Salad	3.00	3.30	3.20
Ham	2.50	2.90	2.70
Egg & Salad	3.00	2.80	3.10
Egg	2.20	2.80	2.70
Curry Egg	2.20	2.80	2.70
Salad	1.80	2.70	2.40
Cheese	1.70	2.60	2.30
Tuna & Salad	3.00	3.30	3.20
Tuna	2.50	2.90	2.70
Vegemite	1.20	2.20	1.70

Toasted

	Sandwiches	Turkish
Cheese	2.70	3.20
Cheese & Tom	3.20	3.80
Chicken , Cheese & Mayo	3.50	4.00
Chicken , Cheese & P/apple	3.50	4.10
Chicken & Cheese	3.30	3.90
Ham & Cheese	3.30	3.90
Ham, Cheese & Tom	3.50	4.10
Ham, Cheese & Pineapple	3.50	4.10
Baked Bean	2.30	2.90

We can supply gluten free bread for sandwiches on request

Vegetarian Options:

Salad Bowl	4.20 (GREEN)
Veggie Burger	4.50 (GREEN)
Vegatarian Pastie	2.70

Salad Bowl with Meat	4.60 (GREEN)
Pasta Salad (Homemade)	4.50 (GREEN)

Ice-creams: (AMBER)

Milo Scoop Shake	2.50
Dixie Cups	1.50
Billabong	1.50
Zing	.60

Drinks: (GREEN)

Flavoured Milk	2.00
100% Juice	2.00
Popper Juice	1.50
Water	1.50

Prices are subject to change

**DAILY SPECIALS MUST BE
ORDERED (*)**

Monday

Beef Burrito	4.50 G
Nachos	4.50 A

Tuesday

Chilli Chicken Sub (with salad)	4.50 G
Fried Rice	4.50 G

Wednesday

Hamburger with Salad	4.50 G
Sushi (Chick, Tuna, Vege)	4.50 G

Thursday

Chicken Schnitzel Burger	4.50 G
Hot Beef & Gravy Roll	4.50 G

Friday

Meat Pie	3.20 A
Sausage Roll	2.70 A
Party Pie	1.20 A
Sauce	0.30

**GREEN = G
AMBER = A**

LUNCH ITEMS

Stuffed Potato	3.50 G
Corn Cob	1.00 G
Chicken Wing Ding	2.00 G
Macaroni Cheese	2.50 A
Homemade Sausage Rolls	2.50 A
(TUESDAY ONLY)	
Chicken Nuggets	2.00 A
Frozen Choc Banana	1.50 A
Yoghurt	1.50 G
Yogo	1.50 A
Homemade Muffin	1.50 A
Cheesie	1.00 A
Fresh Fruit	0.50 G

RECESS ONLY

1/2 Hamburger	2.50 G
Hot Dog	3.00 A
Mini Chilli Chicken Wrap	2.50 A
Homemade Pizza	1.50 G
Homemade Muffin	1.50 A
Yoghurt	1.50 G
Cheesie	1.00 A
Fresh Fruit	0.50 G
1/2 Vegemite Roll	0.50 G
Pikelets (Tuesday)	0.20 A
Assorted Slices (Homemade)	1.00 A
Homemade Cookies	1.00 A

Recess items can not be ordered

CAFÉ INFORMATION

GREEN AMBER RED– These are the new easy to follow signals to help you select healthy and nutritious food for School.

GREEN– GO! Fill your diet with a variety of 'green foods'.

AMBER-WAIT! Select these foods carefully and try to limit how much you eat.

RED-STOP! These foods and drink are off the menu at our School Café so think before you eat.

SPECIALS (*)
Must be ordered

Years PP-6

Lunch order bags are available from the Café **20 Bags \$1.00**

Please write your name and year on the lunch bag

Place correct money in the bag and fold (**Do not staple or use sticky tape**)

Place in the basket provided in classroom

Years 7-12

Place orders in the box provided, outside the Café, before the commencement of School

Lunches are placed in baskets outside the Café for collection

Late lunch orders
will have limited
choice

THANK YOU FOR YOUR
SUPPORT

Sue Corn & Meretta Curnuck

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