CAFÉ INFORMATION

GREEN  GO ahead 😊
AMBER  Sometimes 😐
RED    Forget it 😞

Please note: no credit is provided in the Café
Foreign coins not accepted.
ORDERS TO BE IN BY 9.30AM
Children with no lunch must get a lunch slip
from Student Services. They are then
supplied with a vegemite or cheese roll and a
water.

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
and what you would like for lunch. Please do a
separate bag for recess items to avoid missing out.

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

Place in the basket provided in classroom.

Lunches are placed outside the Café for
collection.

Years 7 – 12
Place orders in the slot provided outside the Café
before the commencement of School.

Ordered lunches are collected from rear café exit
door.

Only items written on lunch order are to be
collected. No extra purchases to be made.

Late lunch orders will have limited choice.

prices are subject to change

THANK YOU FOR YOUR SUPPORT

Meretta Curnuck
Café Manager

Phone: 08 9752 5203
Email: mcu@gmas.wa.edu.au

CAFÉ GMAS
Term 3 Menu
2016

Opening Hours
8.30 am – 1.00 pm

Start

The Day
from-8.30 am
Bacon & Egg Wrap (mon,wed,fri) 😊  4.00
Fruit Toast (per slice) 😐  0.60
Toast & vegemite 😐  0.60
Pikelets (mon,wed,fri) 😊  0.50
Ham/cheese croissant (tues/thurs)  2.50
Breakfast Muffin (tues/thurs) 😊  2.50

Up & Go Drink  2.20
Juice 100%  2.70
Water  1.70

The café endeavors to make products from
scratch where possible, eliminating
sodium, sugars, and preservatives.
**Weekly Specials**
To avoid disappointment please order your lunch. Please Note: no variations

**Monday**
- **Soup**: Chicken and Corn
  - 3.50
- Chicken Caesar wrap
  - 5.00

**Tuesday**
- **Soup**: Chicken and Corn
  - 3.50
- Fried rice with crumbed chicken tender
  - 5.00

**Wednesday**
- **Soup**: Pumpkin
  - 3.50
- Hot beef and gravy roll
  - 5.00

**Thursday**
- **Soup**: Pumpkin
  - 3.50
- Roast vegetable frittata with salad(v)
  - 5.00

**Friday**
- **Soup**: Cream of Zucchini
  - 3.50
- Bsn Bakery Pie
  - 4.20
- Meat Pie
  - 3.80
- Sausage Roll
  - 3.00
- Spinach & Ricotta
  - 3.00
- HM Sausage Roll
  - 2.70
- Vegie Paste
  - 3.40

**From The Oven**
- Stuffed Potato (cheese,bacon or the lot)
  - 3.70
- Cauliflower and Cheese Pie
  - 3.70
- Macaroni and Cheese
  - 3.70
- Chicken Goujons
  - 2.70
- Quiche-Bacon,leek &chedder/spin,feta,sundried tom
  - 3.00
- Quiche with salad
  - 5.00
- Zucchini Slice
  - 2.50
- Mushroom,Spinach, Feta Triangles
  - 2.00
- Mini Chilli Wrap
  - 2.70

**Burgers**
- Cheese Burger(Pattie,lettuce,cheese,sauce)
  - 5.00
- Vegie Burger & Salad
  - 5.00
- BLAT
  - 5.00
- Chicken Burger(schnitzel,lettuce,cheese,mayo)
  - 5.00
- Fish Burger(crumbed fillet,lettuce,cheese,mayo)
  - 5.00
- The Lot Burger- Egg,bacon,beetroot&salad
  - 6.00

**Snack Bar**
- Garlic Bread
  - 1.50
- Vegemite Roll
  - 1.70
- Corn Cobb
  - 2.00
- Weetbix Brownie HM(mon,wed,fri)
  - 1.70
- Pikellets(mon,wed,fri)
  - .50
- Jelly Cup
  - 1.00
- Cookie
  - 1.70
- Gingerbread Kid
  - 1.70
- Muffin(choc,rasb)
  - 2.20
- Banana Bread
  - 2.20
- Yoghurt
  - 2.00
- Boiled Egg
  - .80
- Popcorn
  - 1.00
- Fresh Fruit
  - .50
- Tomato Sauce
  - .30

**The Sandwich Bar 😊**
Choose your own Sandwich/Roll/Wrap from list below:

<table>
<thead>
<tr>
<th>Bread/Roll/Wrap</th>
<th>Fillings</th>
<th>Salad</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>Ham</td>
<td>Lettuce</td>
</tr>
<tr>
<td>Multigrain</td>
<td>Chicken</td>
<td>Tomato</td>
</tr>
<tr>
<td>Wrap</td>
<td>Tuna</td>
<td>Cucumber</td>
</tr>
<tr>
<td>Gluten Free (add $1.00)</td>
<td>Cheese</td>
<td>Carrot</td>
</tr>
<tr>
<td></td>
<td>Egg</td>
<td>Beetroot</td>
</tr>
<tr>
<td></td>
<td>Bacon</td>
<td>Avocado</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Olives</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Red onion</td>
</tr>
<tr>
<td>Vegemite Roll $1.70</td>
<td>Spinach</td>
<td></td>
</tr>
<tr>
<td>Plain bread .90</td>
<td>Sprouts</td>
<td>Feta</td>
</tr>
</tbody>
</table>

**Sandwich $3.50 – Roll $4.00 – Wraps $5.00**
Free: Mayo, Ranch,Caesar,Sweet chilli,Relish,pesto,cranberry

**TOASTED 😊**
Made With White, Grain or GF. (GF $1 Extra)

<table>
<thead>
<tr>
<th>Toastie</th>
<th>Quesadilla (wrap)</th>
<th>Turkish</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Fillings – 3.10</td>
<td>1 Filling – 3.20</td>
<td>1 Filling-3.40</td>
</tr>
<tr>
<td>2 Fillings – 3.50</td>
<td>2 Fillings – 3.60</td>
<td>2 Fillings-3.70</td>
</tr>
<tr>
<td>3 Fillings – 3.90</td>
<td>3 Fillings – 4.20</td>
<td>3 Fillings-4.40</td>
</tr>
</tbody>
</table>

Choose From:
- Ham, Roast Chicken, Cheese, Roasted Capsicum, Sundried Tomato, Avocado, Tomato, Spaghetti, Baked Beans, Pineapple, Spinach, Mushroom and Feta Cheese.

**Daily Cut Healthy Salads 😊**
- Garden Salad
  - 5.00
- Kale and Quinoa Salad(v)
  - 4.00
- Pumpkin and couscous(v)
  - 4.00
- Salad Bowl with Meat-ham/chicken
  - 5.50
- Salad Bowl with Chilli Chicken
  - 5.50
- Salad Bowl with chicken goujons
  - 5.50
- Caesar Salad (cos lettuce, shaved parmesan, bacon croutons, egg and dressing)
  - 4.50
- Chicken Caesar Salad
  - 5.50
- Fruit Salad (seasonal)
  - 2.80

**ICECREAMS**
- Yowie
  - 2.80
- Dixie Cup
  - 2.00
- Frozen Yoghurt
  - 2.00
- Moosie
  - 1.80
- Sour Zing
  - 0.70
- Fruit Stick
  - 0.60
- Fangdangles
  - 1.80

**Drinks Selections**
- Flavoured Milk
  - 2.70 choc/strawberry/caramel/banana
- Iced Tea
  - 3.50
- Water
  - 1.70
- 100% Juice
  - 2.70 apple/orange/appleblackcurrant
- Pop Tops
  - 1.70
- Extra Fork/Spoon
  - .10

**New!!!!! $5.00 😊**

**Bento Box-**
- Chicken strip, Cheese, vegie sticks, dip, rice crackers, Two Fruits tub.