

# Cafe Menu

TERM 4 2023

ONLINE ORDERS  
QUICKCLIQ.COM.AU

## Daily Specials

### MONDAY

Meatball Sub

\$6.50 

### TUESDAY

Sushi - Teriyaki

Chicken or Vegetarian

\$6.50 

### WEDNESDAY

Pork Bao Buns









\$6.50 

### THURSDAY

Hotdog with sauce

\$4.50 

### FRIDAY






Beef pie	4.60	
Bakery pie	5.20	
Potato pie	4.40	
Party pie	1.80	
Homemade sausage roll	3.90	
Mrs Mac sausage roll	4.20	
Spinach & ricotta roll	4.20	
Veggie pastie	4.40	



# Daily Menu




## BREAKFAST

AVAILABLE FROM 8.30AM

Bacon wrap w hash brown	5.70	
Fruit toast (per slice)	0.80	
Toast w vegemite	0.80	
Pikelets (Mon, Wed, Fri)	0.90	
Muesli muffin (Tues/Thurs)	3.20	

## SNACK BAR





AVAILABLE DURING RECESS

Veggie sticks & hummus	3.20	
Grazing Box	5.70	
Cheese & crackers	2.70	
Egg pot (2 x eggs)	2.20	
Watermelon cup	3.70	
Fruit & yoghurt	3.70	
Fresh fruit	0.80	
Fruit salad cup	4.20	
Assorted slices	2.20	
Pikelets	0.90	
Cookie	2.70	
Muffins	3.20	
Popcorn	2.20	

## SANDWICH BAR

FRESH SANDWICHES

STEP 1: Choose your base

Bread/roll/wrap	4.90/5.40/6.40	
Toasted or gluten free	Add 1.40	
Plain roll only	1.60	
Vegemite roll	3.10	




STEP 2: Choose your fillings

Ham, chicken, tuna, silverside, cheese, feta, egg, bacon, tandoori chicken, lettuce, cucumber, tomato, carrot, beetroot, avocado, olives, red onion, spinach, sprouts,

STEP 3: Choose your dressing

Mayo, ranch, caesar, sweet chilli, relish, pesto, butter

TOASTIES

Toasted sandwich	3.90/4.40/4.70	
w one/two/three fillings		
Toasted wrap	4.20/4.60/4.90	
w one/two/three fillings		
Toasted turkish	4.40/4.90/5.40	
w one/two/three fillings		

Choose from:

Ham, chicken, cheese, feta, tomato, roasted capsicum, sundried tomato, avocado, spaghetti, baked beans, pineapple, spinach, mushroom

## Daily Menu

### SALAD

Salad bowl	6.20	
w meat/protein	7.10	
Caesar salad	6.20	
(w chicken)	7.10	

### FROM THE OVEN

Bento box	7.20	
w chicken goujons, ham & cheese pinwheel, mini muffin, fruit, juice or water		
Mac cheese	5.20	
Lasagna	5.20	
Vegetarian Lasagne	5.20	
Pasta bolognaise	5.20	
Pork fried rice	5.20	
Bacon & cheese quiche	3.70	
w salad	6.20	
Spinach & ricotta quiche	3.70	
w salad	6.20	
Egg and bacon pie	4.70	
Cauli cheese & spinach pie	4.70	
w potato & corn		
Spinach & feta sausage roll	4.20	
Chicken goujons	4.20	
Chicken goujons (gluten free)	4.20	

### ICY TREATS

Dixie cup	2.90
Fruit stick	1.20
FroYo	3.00
Milo Scoop Shake	3.70

### DRINKS

Water	2.40
Milk	1.70
Flavoured milk	3.40
Sippa straw	0.80
100% juice	3.40
Pop top juice	2.20
Iced tea	4.10





## DOING OUR PART FOR THE PLANET!

We are working hard to minimise our impact on our precious environment! Where possible, we buy local and use organic produce from our school gardens. Over 90% of our packaging is biodegradable and over 85% of our menu options are sustainable or available as a waste free lunch order. Do your bit for the planet by choosing sustainable menu items and bringing in your own reusable containers from home. On Waste Free Wednesdays, we only offer sustainable options.

## WASTE FREE WARRIORS HOW TO BOOMERANG YOUR LUNCH

- 1** Find some cutlery & a suitable lunch vessel from the 'Tupperware' drawer at home. Good luck finding the lid!
- 2** Drop your containers at the Cafe with your lunch order... or if you're in Primary School, drop it in your class lunch basket.
- 3** Don't forget to label your things or the boomerang won't work.
- 4** Wait patiently. Before you know it, your container will be returned to you full of delicious food!

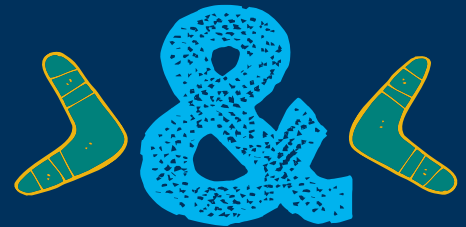


Your tummy and planet will thank you.  
Seriously, what's not to love????

## How to order

ORDER ONLINE  
[QUICKCLIQ.COM.AU](http://QUICKCLIQ.COM.AU)

## BRING YOUR OWN CONTAINERS FROM HOME



## BOOMERANG YOUR LUNCH!

### QUESTIONS?

MRS MERETTA CURNUCK  
CAFE MANAGER  
9752 5252  
[MCU@GMAS.WA.EDU.AU](mailto:MCU@GMAS.WA.EDU.AU)