



# GMAS CAFE MENU

## Summer 2017

The café endeavors to make products from scratch where possible, reducing sodium, sugars and preservatives.

### CAFÉ INFORMATION

**GREEN - EAT EVERYDAY**  
**AMBER - EAT SOMETIMES**  
**RED - OCCASIONAL**

Visit- [ouronlinecanteen.com.au](http://ouronlinecanteen.com.au) for online ordering.

### YEARS K-6

Place written lunch order in basket provided in the classroom.

### YEARS 7-12

Place orders in slot provided outside the café. Ordered lunches are collected from back door of café.

Orders to be in by 9.30am. Late lunch orders will have limited choice. Any queries, please notify:

Meretta Curnuck

Café Manager

Phone 97525203

Email: [mcu@gmas.wa.edu.au](mailto:mcu@gmas.wa.edu.au)

### BREAKFAST

Available from 8.30am

Bacon and Egg Muffin	4.0
Fruit Toast (per slice)	.60
Toast & vegemite	.60
Pikelets (Mon, Wed, Fri)	.50
Ham/cheese croissant(Tues/Thurs)	2.5
Breakfast Muffin(Tues/Thurs)	2.5
Warm Milo	2.0

**TO AVOID DISAPPOINTMENT,  
PLEASE ORDER YOUR LUNCH**

### Bento Box \$5.50 Everyday

Chicken Goujons, cheesy melt, boiled egg, mini muffin, fruit pieces, Pop Top. No variations

### JUNIOR SCHOOL RECESS

Over the Counter home baked goods available everyday from .50c. Check chalk board outside Café!

### DRINKS

Water	1.7
Plain milk	1.5
Sippa Straw	.60c
Flavoured Milk	2.7
100% Juice	2.8
Pop Top	1.8
Iced Tea	3.5

### ICY TREATS

Yowie	3.0
Dixie Cup	2.0
Frozen Yoghurt	2.2
Moosie	1.8
Fruit Stick	0.60

Sauces	0.40
Extra fork	0.20

### AVAILABLE THESE DAYS ONLY

#### Monday

Roasted Sweet Potato and Quinoa Salad (V)	5.0
Turkey, Cranberry, Brie and Avocado Roll	5.5
Stuffed Potato - veggie, the lot or bacon/cheese	3.8
Hotdog	3.5
Chicken and Gravy Roll	5.0

#### Tuesday

Veggie and Brown Rice Salad	5.0
Sushi - crumbed chicken, creamy tuna, vegetarian	5.0
Bacon and Egg Wrap	4.0
Nachos (V)	5.0

#### Wednesday

Macaroni Salad	5.0
Veggie Burger (V)	5.0
Tandoori Chicken Wrap	5.5
Wedges with sour Cream/gravy	5.0
- loaded with bacon and cheese	1.0 extra

### Thursday

Asian Barley Salad (V)	5.0
Roast Beef and Gravy Roll	5.0
Stuffed Potato-veggie, the lot or bacon/cheese	3.8
Hotdog	3.5

### Friday

Broccoli and Apple Salad	5.0
Beef pie	4.0
Busselton Pie	4.3
Sausage Roll	3.2
Homemade S/roll	3.0
Spinach & Ricotta Roll V	3.2
Vege Pastie V	3.4
Party Pie	1.4
Potato Pie	3.5
GF Sausage Roll	3.5
GF Pie	4.0

### THE SANDWICH BAR - EVERYDAY

Choose your own Sandwich/Roll/Wrap from list below:  
 Bread / Roll / Wrap (White or Multigrain) Gluten Free - Add \$1

#### Fillings:

Ham, Chicken, Tuna, Cheese, Egg, Curried Egg, Roast Beef or Roast Lamb

#### Salad:

Lettuce, Cucumber, Tomato, Carrot, Beetroot, Avocado, Olives, Red Onion, Spinach, Sprouts, Feta.

**Free:** Mayo, Ranch, Caesar, Sweet chilli, Relish, Pesto

<b>Sandwich</b>	<b>\$4.0</b>	<b>Roll \$4.5</b>	<b>Wraps \$5.5</b>
<b>Vegemite Roll</b>	<b>\$1.70</b>	<b>Plain bread roll \$1.00</b>	
<b>TOASTED / GF</b>	<b>- Add \$1</b>		



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### THE SANDWICH BAR - Cont.

Toastie	Wrap	Turkish
1 filling-3.20	1 filling-3.30	1 filling-3.50
2 filling-3.60	2 filling-3.70	2 filling-3.80
3 filling-3.90	3 filling-4.20	3 filling-4.50

Choose From:

Ham, Roast Chicken, Cheese, Roasted capsicum, Sundried tomato, Avacado, Tomato, Spaghetti, Baked Beans, Pineapple, Spinach, Mushroom, Feta, Hommus.

### FROM THE OVEN EVERYDAY

Cauliflower and Cheese Pie	4.0 V
Egg and Bacon Pie	4.0
Mac and Cheese	4.5
Fried Rice	4.5
Pasta Bolognaise	4.5
Quiche- Bacon & cheese/spin,ricotta	3.5
With salad	5.0
Zucchini Slice	3.5
With salad	5.0
Spinach & Ricotta Triangles	2.5 V
Chicken Goujons	2.8
GF Chicken Nuggets	2.8

### SNACK BAR AVAILABLE RECESS EVERYDAY

Cheesy Garlic Bread	1.8
Brownie(Weetbix)	1.8
Pikelets	0.50
Cookie	1.8
Gingerbread Face	1.8
Muffins	2.2
Banana Bread	2.2
Boiled Egg	1.0
Popcorn	1.2
Watermelon Cup	2.5
Fruit & Yoghurt	3.5
Fresh Fruit	0.60