



# GMAS CAFE MENU

## Winter 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, milk and sippa straw. 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

Soup: Thai Pumpkin	4.0
Pork Noodle Box	5.0
Stuffed Potato-vege, the lot or bacon/cheese	3.8
Hotdog	3.5
Fruit Salad	3.0

#### Tuesday

Soup: Potato and Leek	4.0
Beef Burrito	5.0
Pizza Slab	3.0
Fruit Salad	3.0

#### Wednesday

Soup: Chicken Noodle	4.0
Pulled Pork Soft Tacos	5.0
Stuffed Potato- vege, the lot or bacon/cheese	3.8
Smoked Salmon Bagel V	5.0
Fruit Salad	3.0

### Thursday

Soup: Corn and Bacon Chowder	4.0
Greek Chicken Gyro with Tzatziki	5.0
Hot Dog	3.5
Pizza Slab	3.0
Fruit Salad	3.0

### Friday

Soup: Thai Pumpkin Soup	4.0
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, Avacado, 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