



GMAS CAFE MENU

Summer 2019

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- quickclick.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: 9752 5203

Email: mcu@gmas.wa.edu.au

BREAKFAST

Available from 8.30am

Bacon and Egg Wrap	4.7
Fruit Toast (per slice)	60c
Toast & vegemite	60c
Pikelets (Mon, Wed, Fri)	50c
Muesli Muffin (Tues/Thurs)	3.0

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

Bento Box \$6.00 Everyday

Chicken Goujons, ham and cheese pinwheel, mini muffin, fruit pieces, Pop Top juice or water. No variations

JUNIOR SCHOOL RECESS

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

DRINKS

Water	2.0
Plain milk	1.5
Sippa Straw	60c
Flavoured Milk	3.0
100% Juice	3.0
Pop Top	1.8
Iced Tea	3.7

ICY TREATS

Dixie Cup	2.2
Yowie Scoop Shake	3.0
Frozen Yoghurt	2.2
Moosie	1.8
Fruit Stick	80c

Sauces	40c
Extra fork	20c

AVAILABLE THESE DAYS ONLY

Monday

Chicken Schnitzel and Bacon Baguette w lettuce and mayo	6.0
Moroccan Quinoa Salad w chicken	5.0
Nachos w Salsa and Sour Cream	6.0
	5.0

Tuesday

Pumpkin, Feta and Pasta Salad w bacon	5.0
	5.5
Chicken and Brie Baguette w spinach and mayo	6.0
Hot Dog w Sauce	4.0

Wednesday

Caesar Salad w chicken	5.0
	6.0
Sushi- Teriyaki Chicken/Tuna or Vegetarian	5.5
Angus Beef Burger w bacon, lettuce, beetroot cheese, caramelised onion and BBQ sauce/mayo	5.5

Thursday

Vietnamese pork roll w lettuce, pickled carrot and cucumber	6.0
Chicken, bacon and avocado toasted foccacia	5.5
Hot Dog w Sauce	4.0
Noodle salad w chicken	5.0
	6.0

Friday

Beef Pie	4.2
Miss Maudé's Pie	4.4
Sausage Roll	3.3
Homemade S/Roll	3.2
Spinach & Ricotta Roll	3.3
Veggie Pastie	3.4
Party Pie	1.4
Potato Pie	3.5

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, Bacon, Tandori Chicken

Salad:

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

Free: Mayo, Ranch, Caesar, Sweet Chilli, Relish, Pesto

Sandwich	4.5	Roll 5.0	Wrap 6.0
Vegemite Roll	2.0		Plain bread roll 1.2

Toasted or Gluten Free - Add 1.0



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THE SANDWICH BAR - Cont.

Toastie		Wrap		Turkish	
1 filling	3.3	1 filling	3.5	1 filling	3.7
2 fillings	3.8	2 fillings	3.9	2 fillings	4.0
3 fillings	4.0	3 fillings	4.4	3 fillings	4.7

Choose From:

Ham, Chicken, Cheese, Roasted Capsicum, Sundried Tomato, Avocado, Tomato, Spaghetti, Baked Beans, Pineapple, Spinach, Mushroom, Feta

Salad Bowls

Salad Bowl	5.5
w protein	6.0

FROM THE OVEN EVERYDAY

Cauliflower Cheese and Spinach Pie	
w potato and corn	4.5
Egg and Bacon Pie	4.5
Mac and Cheese	4.5
Lasagna	4.5
Pasta Bolognese	4.5
Chow Mein Noodles	4.5
Quiche- Bacon & cheese/spinach & ricotta	3.5
w salad	5.0
Spinach & Feta Sausage Roll	3.5
Chicken Goujons	3.0
GF Chicken Goujons	3.0

SNACK BAR AVAILABLE RECESS EVERYDAY

Cheesy Garlic Sub	3.0
Cheesie	1.5
Bacon Cheesie	2.0
Pizza Slab - Ham, Cheese, Pineapple	2.5
Pizza Slab - BBQ Meat Lovers	3.5
Assorted Slice	2.0
Pikelets	50c
Cookie	2.0
Muffins	2.5
Boiled Egg	1.0
Popcorn	2.0
Watermelon Cup	2.5
Fruit & Yoghurt	3.5
Fresh Fruit	60c
Fruit Salad Cup	3.0