



# GMAS CAFE MENU

## Winter 2018

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: 9752 5203

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

### BREAKFAST

**Available from 8.30am**

Bacon and Egg Wrap	4.5
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, 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	1.8
Plain milk	1.5
Sippa Straw	.60c
Flavoured Milk	2.8
100% Juice	2.8
Pop Top	1.8
Iced Tea	3.5

### ICY TREATS

Dixie Cup	2.0
Milo Scoop Shake	3.0
Frozen Yoghurt	2.2
Moosie	1.8
Fruit Stick	0.60

Sauces	0.40
Extra fork	0.20

### AVAILABLE THESE DAYS ONLY

#### Monday

Creamy Corn and Bacon Soup with bread roll	4.50
Pork Noodle Stir Fry	5.00
Sweet Chilli Chicken Wrap w lettuce and Mayo	5.00
Broccoli Cheese Stuffed Potato	4.50

#### Tuesday

Moroccan Lamb and Lentil Soup w Bread Roll	4.50
Chicken Parma Roll (Hm Crumbed Chicken with Napoli sauce, ham and cheese w lettuce)	5.00
Hot Dog w Sauce	3.50
Add Cheese, Mustard, Bacon	Extra 1.00
Bolognaise Stuffed Potato	4.50

#### Wednesday

Cauliflower and Parmesan Soup w Crispy Bacon and Bread Roll	4.50
Beef Curry and Rice (mild)	5.00
Hot Lamb and Gravy Roll	5.00
Cheese and Bacon Ranch Stuffed Potato	4.50

### Thursday

Thai Pumpkin Soup w Bread Roll	4.50
Toasted Sourdough with Guacamole, bacon, sliced tomato, crumbled feta and Pesto	5.00
Hot Dog w sauce	3.50
Add Cheese, Mustard, Bacon	Extra 1.00
Vegetarian Stuffed Potato	4.50

### Friday

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

**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, Bacon, Tandori Chicken, Peri Chicken.

#### 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>Vegetarian Roll</b>	<b>\$1.80</b>	<b>Plain bread roll \$1.00</b>	
<b>TOASTED / GF</b>	<b>- Add \$1</b>		



# GMAS CAFE MENU

## Winter 2018

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

### 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	5.5
Zucchini Slice	3.5
With salad	5.5
Spinach & Ricotta S/R	3.0 V
Chicken Goujons	3.0
GF Chicken Nuggets	3.0

### SNACK BAR AVAILABLE RECESS EVERYDAY

Cheesy Garlic Sub	2.0
Brownie(Weetbix) LS	2.0
Pikelets	0.50
Cookie	2.0
Gingerbread Face	2.0
Muffins LS	2.5
Banana Bread SF	2.5
Boiled Egg	1.0
Popcorn	1.3
Watermelon Cup	2.5
Fruit & Yoghurt	3.5
Fresh Fruit	0.60