



GMAS CAFE MENU

Summer 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- 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	4.5
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	0.6

Sauces	0.4
Extra fork	0.2

AVAILABLE THESE DAYS ONLY

Monday

Chicken Caesar Toasted Turkish	5.0
Rice Paper Rolls- Chicken or Vegetarian	5.0
Chicken Noodle Bowl Salad	5.5

Tuesday

Sushi- Teriyaki Chicken/Tuna or Vegetarian	5.5
Hot Dog w Sauce	3.5
Tropical Stuffed Potato w coleslaw, bacon, grilled pineapple, cheese and avocado	5.0

Wednesday

Soft Pork Taco w slaw	5.0
Steak Burger w bacon, beetroot, lettuce, cheese, caramelised onion and bbq sauce	5.5
Asian Quinoa Salad w chicken	5.0

Thursday

Chicken Schnitzel and Bacon Baguette w lettuce and mayo	5.0
Hot Dog w sauce	3.5
Budda Bowl w roast sweet potato, avocado, spinach, cherry tomato, grilled haloumi, boiled egg, pumpkin seeds and soba noodles	5.5

Friday

Beef pie	4.0
Miss Maude's 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

Sandwich	\$4.0	Roll \$4.5	Wraps \$5.5
Vegetarian Roll	\$1.80	Plain bread roll \$1.00	
TOASTED / GF	- Add \$1		



Est. 2003

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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.

Salad Bowls

Salad Bowl	5.0
Salad Bowl with protein	5.5

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 Bolognese	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	2.5
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