



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- 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

Steak Sandwich on Sourdough with lettuce, cheese, tomato, onions and bbq sauce.	5.0
Wedges w sour cream (V)	5.0
Chicken Caesar Wrap: grilled chicken, boiled egg, bacon, lettuce parmesan cheese w Caesar sauce.	5.0
Cream of broccoli and pea soup w roll (V)	4.5

Tuesday

Beef Burrito w mexi mince, lettuce, rice, cheese, sour cream and salsa.	5.0
Vegetarian Wrap w vege pattie and loaded salad. (V)	5.0
Hot Dog w sauce	3.5

Wednesday

Nachos w salsa and sour cream (V)	5.0
Sushi: Crumbed chicken/cucumber/carrot/avo Creamy Tuna/cucumber/carrot/avo Vegetarian(V)	5.5
Stuffed Potato: Bacon and cheese or Vegetarian (V)	4.5

Thursday

Butter Chicken w rice	5.0
Hot Dog w sauce	3.5
Hot Beef and Gravy Roll	5.0
Chicken and corn Soup w roll	4.5

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, Avacado, 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		



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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