



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- 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

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

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

Grilled Chicken Panini with Bacon, spinach, caramelized onion, Swiss cheese and aioli	5.0
Chicken Schnitzel Wrap: Crumbed Chicken with lettuce, cheese and mayo.	5.0
Salad: Dukkha crusted pumpkin with broccoli, tomato, roasted pepitas spinach, marinated feta and balsamic dressing.	4.5
Baked Potato with mild chilli con carne, salsa and cheese.	4.5

Tuesday

Sushi: Teriyaki chicken, creamy tuna, vege.	5.5
Salad: Peri Peri Chicken, roast vegetable cous cous	5.0
Chicken Chimmie: Chicken, cheese, salsa, sour cream wrapped in a tortilla and toasted.	5.0

Wednesday

Veggie Buddha Bowl: Roasted sweet potato, spinach, spiced chickpeas, red cabbage, curly beetroot, avocado, quinoa, toasted pumpkin seeds with a lemon tahini dressing. (v)	6.0
Baked potato with smashed avocado, salsa, sour cream and	

cheese.	4.50
Vietnamese Rice Paper Rolls (2): filled with noodles, julienne veg, fresh herbs and marinated chicken.	5.50
	(V Option - 5.0)
Hawaiian grilled chicken burger: Grilled chicken with maple ham and pineapple, tomato, lettuce, cheese and aioli.	

Thursday

Vietnamese Meatball Sub: Pork Meatballs in a crusty roll with lettuce, pickled carrot, coriander and a creamy hoisin mayo.	5.0
Pasta Cup: Spiral pasta with parmesan cheese and butter. GF also available.	3.0
Cheese Box: 2 Cheese flavours, olives, salami, hummus, crudets, lavish and fruit pieces.	5.0

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, Avacado, Olives, Red Onion, Spinach, Sprouts, Feta.

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

Sandwich	\$4.0	Roll \$4.5	Wraps \$5.5
Vegetable 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.

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