

**Café Gwelup Menu Term 3, 2017** Open Mon, Wed & Fri for Recess and Lunch. To pre order lunch, please write your child's name, room number and lunch order on a **paper bag/lunch order bag** (NO ENVELOPES OR PLASTIC BAGS) and enclose the correct money. Orders should be placed in the canteen box in your child's classroom by 8:50 a.m.

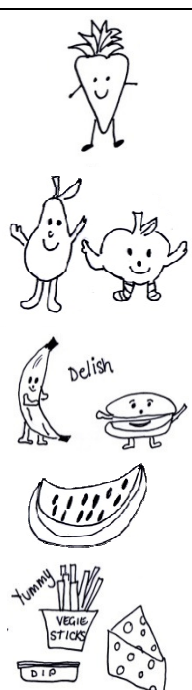
\*Hassle free online ordering now available at: [ouronlinecanteen.com.au](http://ouronlinecanteen.com.au)

available at recess and lunch over counter	PRICE	Lunch – Pre-Ordered	PRICE
Yoghurt Brownes Light Strawberry 175g	\$2.00	<b>Sandwiches - Wholemeal:</b>	
Yoghurt Berry Muesli Cup	\$2.00	Salad (Lettuce, Tomato, Carrot & Cucumber)	\$2.50
Yogo Chocolate	\$2.00	+Chick/Ham/Tuna/Cheese/Avo/Beet	\$1.00
Corn on Cob (Hot)	\$1.00	Egg Mayonnaise & Salad	\$3.50
Apple Slinky (own apple 20c)	\$1.00	Cheese & Vegemite	\$3.00
Cheese and Crackers	\$1.00	Ham & Cheese	\$3.00
Rice Balls (Recess Only)	\$0.50	Cheese or Vegemite	\$2.50
Cheesies (Recess Only)	\$1.00	+Wholemeal Roll/Wrap	\$0.60
Muffin/Slice/Scone/Pikelet	\$0.50-\$1.00	<b>Salad Box:</b>	
Vege Chips	\$1.50	Salad, Beetroot, 1 slice bread	\$4.50
Icy Poles (Years 1-6 only)	\$0.60	+Ham/Chick/Tuna/Egg/Avo/Cheese	\$1.00
Ice Creams (Years 1-6 – Lunch Only)		<b>Hot Food:</b>	
Bulla 100ml 98% Fat Free Vanilla Cup	\$1.50	<b>Toasties: Cheese</b>	\$3.00
Fandangle /Paddle Pop	\$1.50	+Tuna/Ham/Chicken	\$1.00
Moosie	\$1.50	Baked Beans/Spaghetti	\$3.00
Hot or Cold Milo	\$1.50	<b>Jacket Potato: Cheese</b>	\$3.00
<b>Drinks:</b>		Corn/Beans/Tuna/Ham/Chicken	\$1.00
Water 600ml	\$1.50	<b>Pizza: Ham &amp; Pineapple or Cheese &amp; Bacon</b>	\$4.00
Milk HiLo 225ml	\$1.00	Meat Pie	\$3.80
100% Juice 250ml (Apple/Orange/Tropical/ABC)	\$1.50	Sausage Roll	\$3.00
Flavoured Milk Low Fat 300ml	\$2.50	Party Pie	\$1.20
(Choc/Strawberry/Banana)		Hot Chicken & Mayo Roll	\$4.00
Frozen Choc Chill	\$2.50	Hot Dog with Tomato Sauce	\$4.00
<b>Extras:</b>		<b>Side Salad</b> (with any item above)	\$1.50
Tomato Sauce/Mayo/			
Soy Sauce \$0.30			
Lunch Bags x 30 \$2.00 or 10c ea			

### FRESHLY MADE WEEKLY LUNCH SPECIALS \$6.00 on wed & fri only

Please note as per Traffic Light System –

all Specials will come “as is” with no variations except in the case of Dietary Requirements e.g. allergies.

<b>Week 1</b> 17-21 July	Spaghetti Bolognaise	
<b>Week 2</b> 24-28 July	Fish Finger Burger w- Lettuce & Mayo & Wedges	
<b>Week 3</b> 31 July - 4 August	Chicken Taco Boats w- Salad	
<b>Week 4</b> 7-11 August	Kid's Choice (TBC)	
<b>Week 5</b> 14-18 August	Beef Curry & Rice	
<b>Week 6</b> 21-25 August	Chicken Burger w- Salad & Wedges	
<b>Week 7</b> 28 & 30 Aug (M & W only)	Tuna Mornay	
<b>Week 8</b> 4-8 September	Butter Chicken w- Rice	
<b>Week 9</b> 11-15 September	Macaroni & Cheese	
<b>Week 10</b> 18-22 September	Beef & Vegetable Stir fry w- Noodles	
Traffic Light System: <b>Green &amp; Amber</b> foods as per <a href="https://www.det.wa.edu.au/healthyfoodanddrink">https://www.det.wa.edu.au/healthyfoodanddrink</a> Canteen Manager: Kris Robertson Email: <a href="mailto:lgpscanteen@gmail.com">lgpscanteen@gmail.com</a> Tel: 9204 1039 Canteen Days This email contact should <b>only</b> be used for Roster Communication. It is only viewed the day/evening (until 7pm) prior to opening days.		