

The Lakes Café Winter Menu 2024 (Term 2 & 3)

Mandurah Baptist College, 'The Lakes Cafe' operates under the West Australian Government's Traffic Light System. This means that our menu meets the Department of Education's Policy and Standards for food and drinks sold in the school canteen.

The Traffic Light System: Eat healthy, eat nutritional meals each day.

GREEN: GO GO GO! Choose Green for yourself, make the right choice and stay healthy.

AMBER: GO SLOW and choose wisely, consume in moderation!

RED: Stay AWAY and avoid as much as possible.

DRINKS	SANDWICHES	HEALTHY SNACKS	EVERYDAY HOT OPTIONS	WEEKDAY MENU
<p>Flavoured Milk 300ml @ \$3.50 ea.</p> <ul style="list-style-type: none"> Berry Chocolate Mocha Spearmint <p>Flavoured Milk 600ml @ \$4.70 ea.</p> <ul style="list-style-type: none"> Berry Chocolate Mocha Spearmint Iced Coffee <p>Iced Tea 500ml @ \$3.50 ea.</p> <ul style="list-style-type: none"> Peach Lemon Mango <p>GLEE Juice & Bubbles 250ml</p> <ul style="list-style-type: none"> Grape Bubblegum Apple & Blackcurrant Tropical Raspberry Watermelon SOUR <p>Nippy's Iced 250ml. flavoured milk.</p> <ul style="list-style-type: none"> Chocolate Strawberry <p>Nippy's Iced 375ml. flavoured milk.</p> <ul style="list-style-type: none"> Chocolate Strawberry <p>Nippy's Juice Box 250ml</p> <ul style="list-style-type: none"> Orange Apple & Blackcurrant Apple <p>Sunraysia Juice Pouch 250ml</p> <ul style="list-style-type: none"> Apple Apple & Blackcurrant Tropical 	<p>Fresh Sandwiches (Lettuce, Cucumber & Grated Carrots)</p> <ul style="list-style-type: none"> Salad @ \$3.00 ea. Cheese & Salad @ \$4.00 ea. Cheese, Tomato & Salad @ \$4.50 ea. Ham & Salad @ \$5.00 ea. Ham, Cheese & Salad @ \$5.50 ea. Ham, Cheese, Tomato & Salad @ \$6.00 ea. Chicken, Mayo & Salad @ \$5.50 ea. Chicken, Mayo, Cheese & Salad @ \$6.00 ea. Vegemite @ \$2.50 ea. Roast Beef, Cheese & Spinach @ \$7.00 ea. <p>Toasted Sandwiches</p> <ul style="list-style-type: none"> Cheese @ \$3.00 ea. Cheese & Tomato @ \$3.50 ea. Ham @ \$4.00 ea. Ham & Cheese @ \$4.50 ea. Ham, Cheese & Tomato @ \$5.00 ea. Chicken & Mayo @ \$4.50 ea. Chicken, Cheese & Mayo @ \$5.00 ea. Vegemite @ \$2.50 ea. Roast Beef, Cheese & Spinach @ \$7.00 ea. <p>SNACK TIME</p> <p>Banana Bread 90g @ \$2.50 ea. Waffle 60g @ \$2.50 ea.</p> <p>Smith Crisps 45g @ \$2.50 ea.</p> <ul style="list-style-type: none"> Original Cheese & Onion Salt & Vinegar BBQ Chicken <p>Red Rock Deli 45g @ \$2.70 ea.</p> <ul style="list-style-type: none"> Sweet Chilli Honey Soy Balsamic Vinegar 	<p>Pocket</p> <ul style="list-style-type: none"> Goujons & Cheese @ \$3.00 ea. Ham & Cheese @ \$3.00 ea. <p>Snack Packs</p> <ul style="list-style-type: none"> Croissant @ \$6.00 ea. Pikelets @ \$6.00 ea. Waffle @ \$6.00 ea. Mini Wrap @ \$6.00 ea. <p>Wraps 10" (Lettuce, Cucumber & Grated Carrots)</p> <ul style="list-style-type: none"> Roast Chicken & Salad @ \$7.00 ea. Teriyaki Chicken (Yiros) & Salad @ \$7.00 ea. Sweet Chilli Chicken & Salad @ \$7.00 ea. Ham & Salad @ \$7.00 ea. Salad @ \$7.00 ea. Caesar Salad @ \$7.00 ea. Cheese & Salad @ \$7.00 ea. <p>Wraps 8" (Lettuce & Grated Carrots)</p> <ul style="list-style-type: none"> Roast Chicken @ \$4.50 ea. Goujons @ \$4.50 ea. <p>Panini 130g FULL</p> <ul style="list-style-type: none"> Yiros Chicken @ \$7.50 ea. Roast Chicken @ \$7.50 ea. Roast Beef @ \$7.50 ea. Sweet Chilli Chicken @ \$8.50 ea. <p>Salad (Medium @ \$6.00 or Small @ \$5.00 ea.)</p> <ul style="list-style-type: none"> Basic Garden Salad (Lettuce, Cucumber, Celery, Carrots, Corn Kernel, and Tomato) Chicken Caesar Salad Roast Chicken & Salad Sweet Chilli Chicken & Salad <p>Fruit Cups 150g @ \$2.50 ea. Veggie Cups 150g @ \$2.50 ea. Veggie, Crackers & Cheese Cup @ \$3.00 ea. Boiled Egg @ \$1.00 ea.</p> <p>SAUCE PORTIONS @ \$0.50c ea.</p> <p>Tomato sauce / Mustard sauce / BBQ.</p>	<p>POTATO MEALS</p> <p>Loaded Chips 200g.</p> <ul style="list-style-type: none"> Ham & Cheese @ \$4.50 Ham, Cheese & BBQ sauce @ \$5.00 ea. <p>Loaded Potato Gems 200g.</p> <ul style="list-style-type: none"> Ham & Cheese @ \$4.50 ea. Cheese & Tomato @ \$4.50 ea. Ham, Cheese & Tomato @ \$5.00 ea. Hash Brown OVAL @ \$1.00 ea. <p>Chips 100g @ \$2.00 ea. Potato Gems 100g @ \$2.00 ea.</p> <ul style="list-style-type: none"> ADD Gravy @ \$0.50 ea. <p>BEEF MEALS</p> <p>Spaghetti Bolognese 200g @ \$5.50 ea. Spaghetti Bolognese 300g @ \$6.50 ea.</p> <p>Hot Dog @ \$5.00 ea. Meatball Sub @ \$7.00 ea.</p> <p>CHICKEN MEALS</p> <p>Chicken Parmi 100g @ \$5.00 ea. Chicken Fried Rice 300g @ \$6.00 ea. Butter Chicken 200g @ \$5.50 ea. Butter Chicken 300g @ \$6.50 ea. Chicken Goujons 4's @ \$2.50 ea. Chicken Nuggets 4's @ \$3.00 ea. Chicken Mac & Cheese 300g @ \$6.50 ea.</p> <p>HOT MEAL OPTIONS</p> <p>Ribs, Chips & a small Salad @ \$10.00 ea. Fish, Chips & a small Salad @ \$10.00 ea. Vienna, Chips & a small Salad @ \$10.00 ea. Parmi, Chips & a small Salad @ \$10.00 ea.</p>	<p>MONDAY (Fish DAY!)</p> <ul style="list-style-type: none"> Fish Finger & Chips @ \$4.50 ea. Fish Finger & Gems @ \$4.50 ea. <p>TUESDAY (Soup DAY!)</p> <ul style="list-style-type: none"> Chicken & Corn Soup @ \$4.50 ea. <p>WEDNESDAY (Pizza DAY!)</p> <ul style="list-style-type: none"> Hawaiian 160g Pizza @ \$6.00 Cheese 160g Pizza @ \$6.00 BBQ Chicken 160g Pizza @ \$6.00 Vegetarian 160g Pizza @ \$6.00 <p>THURSDAY (Burrito Day!)</p> <ul style="list-style-type: none"> Beef Burrito @ \$5.00 ea. Chicken Burrito @ \$5.00 ea.. <p>FRIDAY (Pie DAY!)</p> <ul style="list-style-type: none"> Sausage Roll 60g @ \$2.00. Sausage Roll 120g @ \$5.00. Beef Travellers Pie 160g @ \$6.00. Traditional Vegetable Pastie 165g @ \$6.00 Traditional Beef Pastie 165g @ \$6.00 Spinach Ricotta Roll 140g @ \$6.00
GLUTEN-FREE			FROZEN SNACKS	
<p>TOASTED SANDWICHES</p> <ul style="list-style-type: none"> Cheese @ \$5.00 ea. Cheese & Tomato @ \$6.00 ea. Ham Ham & Cheese @ \$7.00 ea. Ham, Cheese & Tomato @ \$7.50 ea. Chicken & Mayo Chicken, Cheese & Mayo 	<p>FRESH SANDWICHES</p> <ul style="list-style-type: none"> Cheese & Salad @ \$6.00 ea. Cheese, Tomato & Salad @ \$6.50 ea. Ham & Salad Ham, Cheese & Salad @ \$7.50 ea. Ham, Cheese, Tomato & Salad @ \$8.00 ea. Chicken, Mayo & Salad Chicken, Cheese, Mayo & Salad 	<p>HOT MEALS</p> <ul style="list-style-type: none"> Hash Brown 60g @ \$2.00 ea. Nacho Dippers 160g @ \$5.50 ea. Sausage 7" @ \$3.00 ea. Chips 100g @ \$2.50 ea. 	<p>Yoghurt Pouches</p> <ul style="list-style-type: none"> Strawberry 90g @ \$2.00 ea. Vanilla 90g @ \$2.00 ea. <p>Ice Mone</p> <ul style="list-style-type: none"> Lemon @ \$1.50 ea. 	<p>Frozen Yoghurt 120g</p> <ul style="list-style-type: none"> Mango LF @ \$3.00 ea. Tropicana LF @ \$3.00 ea. Green Apple LF @ \$3.00 ea. What-a-Melon LF @ \$3.00 ea. Cookies & Cream 2 @ \$3.00 ea. Fairy Floss @ \$3.00 ea. Vanilla Bean @ \$3.00 ea. Bubblegum @ \$3.00 ea.

