

## The Lakes Café Summer Menu 2024 (Term 1 & 4)

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><b>Flavoured Milk 300ml @ \$3.50 ea.</b></p> <ul style="list-style-type: none"> <li>Berry</li> <li>Chocolate</li> <li>Mocha</li> <li>Spearmint</li> </ul> <p><b>Flavoured Milk 600ml @ \$5.00 ea.</b></p> <ul style="list-style-type: none"> <li>Berry</li> <li>Chocolate</li> <li>Mocha</li> <li>Spearmint</li> </ul> <p><b>GLEE Juice Carb. 250ml @ \$3.00 ea.</b></p> <ul style="list-style-type: none"> <li>Grape Bubblegum</li> <li>Tropical</li> <li>Raspberry</li> <li>Watermelon SOUR</li> </ul> <p><b>Nippy's 250ml flavoured milk @ \$2.70.</b></p> <ul style="list-style-type: none"> <li>Iced Chocolate</li> <li>Iced Strawberry</li> <li>Iced Honeycomb</li> </ul> <p><b>Nippy's 375ml flavoured milk @ \$4.00.</b></p> <ul style="list-style-type: none"> <li>Iced Chocolate</li> <li>Iced Strawberry</li> <li>Iced Honeycomb</li> <li>Iced Banana</li> <li>Iced Vanilla</li> </ul> <p><b>Juice Box 250ml @ \$2.50 ea.</b></p> <ul style="list-style-type: none"> <li>Orange</li> <li>Apple</li> </ul>	<p><b>Fresh Sandwiches</b> (Lettuce, Cucumber &amp; Grated Carrots)</p> <ul style="list-style-type: none"> <li>Salad @ \$3.00 ea.</li> <li>Cheese &amp; Salad @ \$4.00 ea.</li> <li>Cheese, Tomato &amp; Salad @ \$4.50 ea.</li> <li>Ham &amp; Salad @ \$5.00 ea.</li> <li>Ham, Cheese &amp; Salad @ \$5.50 ea.</li> <li>Ham, Cheese, Tomato &amp; Salad @ \$6.00 ea.</li> <li>Chicken, Mayo &amp; Salad @ \$5.50 ea.</li> <li>Chicken, Mayo, Cheese &amp; Salad @ \$6.00 ea.</li> <li>Vegemite @ \$2.50 ea.</li> <li>Roast Beef, Cheese &amp; Spinach @ \$7.00 ea.</li> <li>Cucumber &amp; Lettuce @ \$3.00 ea.</li> <li>Egg Mayo &amp; Lettuce @ \$3.00 ea.</li> </ul> <p><b>Toasted Sandwiches</b></p> <ul style="list-style-type: none"> <li>Cheese @ \$3.00 ea.</li> <li>Cheese &amp; Tomato @ \$3.50 ea.</li> <li>Ham @ \$4.00 ea.</li> <li>Ham &amp; Cheese @ \$4.50 ea.</li> <li>Ham, Cheese &amp; Tomato @ \$5.00 ea.</li> <li>Chicken &amp; Mayo @ \$4.50 ea.</li> <li>Chicken, Cheese &amp; Mayo @ \$5.00 ea.</li> </ul>	<p><b>Pocket</b></p> <ul style="list-style-type: none"> <li>Cheese @ \$2.00 ea.</li> <li>Ham &amp; Cheese @ \$3.00 ea.</li> </ul> <p><b>Snack Packs</b></p> <ul style="list-style-type: none"> <li>Pocket @ \$7.00 ea.</li> <li>Waffle @ \$7.00 ea.</li> <li>Croissant Vegetarian @ \$7.00 ea.</li> <li>Mini Wrap @ \$7.50 ea.</li> <li>Pikelet @ \$6.50 ea.</li> <li>HC Croissant @ \$7.00 ea.</li> </ul> <p><b>Wraps 10"</b> (Lettuce, Cucumber &amp; Grated Carrots)</p> <ul style="list-style-type: none"> <li>Roast Chicken &amp; Salad @ \$7.00 ea.</li> <li>Teriyaki Chicken (Yiros) &amp; Salad @ \$7.00 ea.</li> <li>Sweet Chilli Chicken &amp; Salad @ \$7.00 ea.</li> <li>Ham &amp; Salad @ \$7.00 ea.</li> <li>Salad @ \$7.00 ea.</li> <li>Caesar Salad @ \$7.00 ea.</li> </ul> <p><b>Wraps 8"</b> (Lettuce &amp; Grated Carrots)</p> <ul style="list-style-type: none"> <li>Roast Chicken @ \$4.50 ea.</li> </ul> <p><b>Panini 130g FULL</b></p> <ul style="list-style-type: none"> <li>Yiros Chicken @ \$7.50 ea.</li> <li>Roast Chicken @ \$7.50 ea.</li> <li>Roast Beef @ \$7.50 ea.</li> <li>Sweet Chilli Chicken @ \$8.50 ea.</li> </ul> <p><b>Salad Medium @ \$6.00 ea.</b></p> <ul style="list-style-type: none"> <li>Basic Garden Salad (Lettuce, Cucumber, Celery, Carrots, Corn Kernel, and Tomato)</li> <li>Chicken Caesar Salad</li> <li>Roast Chicken &amp; Salad</li> <li>Sweet Chilli Chicken &amp; Salad</li> </ul> <p>Fruit Cups 150g @ \$3.00 ea. Veggie Cups 150g @ \$3.00 ea. Boiled Egg @ \$1.00 ea.</p>	<p><b>Pre-Cooked MEALS</b></p> <p>Spaghetti Bolognese 300g @ \$6.50 ea. Spaghetti &amp; Meatballs 300g @ \$6.50 ea.</p> <p>Chicken Fried Rice 250g @ \$6.00 ea.</p> <p>Butter Chicken &amp; Rice 300g @ \$6.50 ea.</p> <p><b>Processed MEATS</b></p> <p>American Sausage "Vienna" @ \$3.00 ea.</p> <p>Chicken Nuggets @ \$0.75 ea.</p> <p>Please add vegetables or fruit with your processed meal order to change the status from amber to green.</p> <p><b>SAUCE PORTIONS @ \$0.50c ea.</b></p> <p>Tomato sauce BBQ sauce Mustard sauce</p>	<p><b>MONDAY (Potato DAY!)</b></p> <ul style="list-style-type: none"> <li>Hashbrowns @ \$1.00 ea.</li> <li>Potato Wedges @ \$3.00 ea. <b>ADD: Tomato Relish @ \$1.00</b></li> <li>Hot Dog &amp; sauce @ \$5.00 ea.</li> </ul> <p><b>TUESDAY (Gems &amp; Goujon DAY!)</b></p> <ul style="list-style-type: none"> <li>Potato Gems &amp; Gravy @ \$2.50 ea.</li> <li>Goujons @ \$0.50c ea.</li> </ul> <p><b>WEDNESDAY (Pie DAY!)</b></p> <ul style="list-style-type: none"> <li>Sausage Roll 60g @ \$2.00.</li> <li>Sausage Roll 120g @ \$5.00.</li> <li>Beef Travellers Pie 160g @ \$6.00</li> <li>Traditional Vegetable Pastie 165g @ \$6.00</li> <li>Spinach Ricotta Roll 140g @ \$6.00</li> </ul> <p><b>SAUCE PORTIONS @ \$0.50c ea.</b> Tomato sauce / Mustard sauce / BBQ</p> <p><b>THURSDAY (Sushi Day!)</b></p> <ul style="list-style-type: none"> <li>Cooked Tuna 4pcs @ \$5.00 ea.</li> <li>Teriyaki Chicken 4pcs @ \$5.00 ea.</li> <li>Katsu Chicken 4pcs @ \$5.00 ea.</li> <li>Vegetarian 4pcs @ \$5.00 ea.</li> </ul> <p><b>FRIDAY (Pizza DAY!)</b></p> <ul style="list-style-type: none"> <li>6" Margarita Pizza @ \$4.00</li> <li>6" Pepperoni Pizza @ \$4.00</li> <li>6" Ham Pizza @ \$4.00</li> </ul>
	<b>SNACK TIME</b>			

### GLUTEN-FREE

TOASTED SANDWICHES	FRESH SANDWICHES	HOT MEALS
<ul style="list-style-type: none"> <li>Ham</li> <li>Ham &amp; Cheese @ \$7.00 ea.</li> <li>Ham, Cheese &amp; Tomato @ \$7.50 ea.</li> <li>Chicken &amp; Mayo</li> <li>Chicken, Cheese &amp; Mayo</li> </ul>	<ul style="list-style-type: none"> <li>Ham, Cheese &amp; Salad @ \$7.50 ea.</li> <li>Ham, Cheese, Tomato &amp; Salad @ \$8.00 ea.</li> <li>Chicken, Mayo &amp; Salad</li> <li>Chicken, Cheese, Mayo &amp; Salad</li> </ul>	<ul style="list-style-type: none"> <li>Hash Brown 60g @ \$2.00 ea.</li> <li>Nacho Dippers 160g @ \$6.50 ea.</li> <li>Sausage 7" @ \$3.00 ea.</li> </ul>

### FROZEN SNACKS

Frozen Yoghurt 120g (Lactose FREE)	Frozen Yoghurt 120g
<ul style="list-style-type: none"> <li>Mango LF @ \$3.00 ea.</li> <li>Tropicana LF @ \$3.00 ea.</li> <li>Green Apple LF @ \$3.00 ea.</li> <li>What-a-Melon LF @ \$3.00 ea.</li> </ul>	<ul style="list-style-type: none"> <li>Cookies &amp; Cream 2 @ \$3.00 ea.</li> <li>Fairy Floss @ \$3.00 ea.</li> <li>Bubblegum @ \$3.00 ea.</li> <li>Choc Rumble @ \$3.00 ea.</li> <li>Vanilla Bean @ \$3.00 ea.</li> </ul>