

## The Lakes Café Summer Menu 2025 (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		EVERYDAY 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>Juice BOMB Carb. 250ml @ \$3.00 ea.</b></p> <ul style="list-style-type: none"> <li>Raspberry</li> <li>Watermelon SOUR</li> </ul> <p><b>Juice BOX 250ml @ \$2.50 ea.</b></p> <ul style="list-style-type: none"> <li>Orange</li> <li>Apple</li> <li>Apple Blackcurrant</li> </ul>		<p><b>Fresh Sandwiches (Lettuce, Cucumber &amp; Grated Carrots)</b></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>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>PLEASE SELECT WHITE or WHOLEMEAL BREAD</b></p>		<p><b>Pockets</b></p> <ul style="list-style-type: none"> <li>Ham &amp; Cheese @ \$3.00 ea.</li> <li>Cheese @ \$2.00 ea.</li> </ul> <p><b>Snack Packs</b></p> <ul style="list-style-type: none"> <li>Pocket @ \$7.00 ea.</li> <li>Pikelet @ \$6.50 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 @ \$6.50 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>MONDAY (Potato DAY!)</b></p> <ul style="list-style-type: none"> <li>Potato Wedges @ \$3.00 / tub</li> <li>Hashbrowns @ \$1.00 ea.</li> <li>Hot Dog &amp; sauce @ \$6.00 ea.</li> </ul> <p><b>TUESDAY (Gems &amp; Goujon DAY!)</b></p> <ul style="list-style-type: none"> <li>Potato Gems &amp; Gravy @ \$3.50 /tub</li> <li>Goujons @ \$0.85c ea.</li> </ul> <p><b>WEDNESDAY (Pizza DAY!)</b></p> <ul style="list-style-type: none"> <li>6" Margarita Pizza @ \$4.50 ea.</li> <li>6" Pepperoni Pizza @ \$4.50 ea.</li> <li>6" Ham Pizza @ \$4.50 ea.</li> <li>Puff Dogs @ \$2.50 ea.</li> </ul> <p><b>THURSDAY (Sushi Day!)</b></p> <ul style="list-style-type: none"> <li>Pizza Pocket @ \$4.50 ea.</li> <li>Nuggets &amp; Chips @ \$5.00 per tub.</li> </ul> <p><b>FRIDAY (Pie DAY!)</b></p> <ul style="list-style-type: none"> <li>Beef Travellers Pie 160g @ \$6.00</li> <li>Sausage Roll 120g @ \$5.00.</li> <li>Sausage Roll 60g @ \$2.50 ea.</li> <li>Traditional Vegetable Pastie 165g @ \$6.00</li> <li>Spinach Ricotta Roll 140g @ \$6.00</li> </ul>			
<b>SNACK TIME</b>				<b>PRE-COOKED MEALS</b>					
<p>Banana Bread 140g @ \$3.00 ea. Waffle 60g @ \$2.00 ea.</p> <p><b>Smith Crisps 45g @ \$2.50 ea.</b></p> <ul style="list-style-type: none"> <li>Original</li> <li>Salt &amp; Vinegar</li> <li>Chicken</li> </ul>				<p>Spaghetti Bolognese 300g @ \$6.50 ea.</p> <p>Spaghetti &amp; Meatballs 300g @ \$6.50 ea.</p> <p>Butter Chicken &amp; Rice 300g @ \$6.50 ea.</p>					
<b>SAUCE PORTIONS @ \$0.50c ea.</b>									
<ul style="list-style-type: none"> <li>BBQ sauce</li> <li>Tomato sauce</li> <li>Mustard sauce</li> </ul>									
GLUTEN-FREE				FROZEN SNACKS					
<p><b>TOASTED SANDWICHES</b></p> <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>		<p><b>FRESH SANDWICHES</b></p> <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>		<p><b>HOT MEALS</b></p> <ul style="list-style-type: none"> <li>Hash Brown 60g @ \$2.00 ea.</li> <li>Sausage 7" @ \$3.00 ea.</li> </ul>		<p><b>Frozen Yoghurt 120g (Lactose FREE)</b></p> <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>		<p><b>Frozen Yoghurt 120g</b></p> <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>Vanilla Bean @ \$3.00 ea.</li> <li>Strawberry Cheesecake @ \$3.00 ea.</li> </ul>	