FRESH

SNACKS

 Red or Green Apple GF V Qukes Baby Cucumber GF V Snackable Carrots GF V Cherry Tomato GF V Petite Salad GF V Simple Fruit Salad GF V 	\$2.50	\$1.50 \$2.00 \$2.00 \$2.00 \$3.50 \$3.50	 Pizza Scroll v Cinnamon Scroll v Roast Potato Wedges GF v Grilled Banana Bread and Butter v Soup of the Day with Foccacia GFO v Basque Cheesecake with Berries GF v 		\$3.50 \$4.00 \$3.00 \$2.00 \$5.00 \$4.00
SUSHI	ćr oo	¢c co	- Katau Chielen	ćr oo	ćc ro
TunaVegetarian	\$5.00 \$5.00	\$6.50 \$6.50	 Katsu Chicken Teriyaki Chicken 	\$5.00 \$5.00	\$6.50 \$6.50
 SANDWICHES GF/Salad/ Wrap Vegemite v Jam v Cheese v Ham Ham, Cheese and Tomato 		+\$1.00 \$3.00 \$3.00 \$3.50 \$4.00 \$5.00	 TOASTIES Gluten Free Cheese v Ham and Cheese Chicken Tuna Bacon and Egg 		+ \$1.00 \$4.00 \$4.50 \$5.00 \$5.00 \$5.00

PRIMARY SCHOOL all \$5.50

Monday			
 Ham and Pineapple Pizza 	or	Vegetable Fried Rice GF V	
Tuesday		-	
 Nacho Dippers GF 	or	 Mac and Cheese v 	
Wednesday			
Beef Lasagne GF	or	Margarita Pizza v	
Thursday			
Penne Napolataine v	or	Butter Chicken GF	
Friday			
Chicken Nuggets, Wedges GF	or	 Vegetarian Lasagne v 	
All Week			
 Lite Sausage Rolls \$4.00 		 Beef Cruiser Pie \$4.50 	
DRINKS			
	ć2.00		ć2.00
• Water	\$2.00	• 100% Fruit Juice Box	\$2.00
Up and Go	\$3.00	Waterford's	\$3.00

• Up and Go		\$3.00	 Waterford's 		\$3.00
 Juice Bomb 		\$3.00	 Lite' Lipton Iced Tea 		\$4.00
 Plain Milk 	\$2.00	\$3.50	 Browne's Milk 	\$3.50	\$5.00

SWEETS

Icy Poles GF V	\$1.00	• Froyo GF V	\$3.00
Cookies v	\$2.00	Nippys GF V	\$1.50

The Western Australian Dept of Education has implemented the Healthy Food and Drink (HFD) Policy in schools and is reliant on a healthy and active lifestyle.

. I Green – Encourage/Promote

Amber – Select carefully in small serves			
GF- Gluten Free	V Vegetarian		

Red – not available.

Café opens 8.00am/ Limited Number May Apply/ Orders by 9.00am

WEEK 1/4/7/10 ALL \$6.50

MONDAY

Grilled Chicken Breast, Red Sauce, Simple Risotto GF Penne Napolitana with Rosemary and Garlic Focaccia v

TUESDAY

Roast Porchetta stuffed with Spiced Apple, Roast Potato Salad and Pan Juices $_{\rm GF}$ 'Mac and Three Cheese' with Tomato Chutney $_{\rm V}$

WEDNESDAY

Club Sandwich

Rice Vermicelli Noodles v

THURSDAY

Gluten Free Chicken Caesar Salad with Croutons GF VO Black Bean Casserole with Cheese Sauce, Tomato Salsa, Jalapeno GF V Beef Nachos, Pico de Gallo, Corn Chips and Sour Cream GF

FRIDAY

Pulled Pork Burger, Cheese, Apple Slaw, Braising Jus Vegetarian Sushi Rolls with Kewpie and Soy GF V Tuna 'Mayonnaise' Sushi Rolls GF

V VEGETARIAN

VO VEGETARIAN OPTION FOR PREORDERS

GF GLUTEN FREE

WEEK 2/5/8/11

ALL \$6.50

MONDAY

Sweet and Sour Chicken with Pineapple, Vegetables and Rice $_{\mbox{GFO}}$ Charred Vegetable Filo Tarts with Pea Pesto v

TUESDAY

Italian Meatball Pizza with Mild Chilli Penne Pasta in Pink Tomato Sauce, Parmesan and Garlic Pizza v

WEDNESDAY

Glazed Nashville Style Chicken Burrito and Slaw Roast Vegetable Quesadilla with Cheese and Pickles v

THURSDAY

Braised Beef Cheeks with Royal Blue Mash GF Charred Ratatouille Salad with Feta GF VO Roast Chicken Provincial 'Salad' GF

FRIDAY

Cheeseburger, House Made Pickles and Slaw, Burger Sauce Indonesian Fried Rice, Egg Curry and Prawn Crackers v GFO

V VEGETARIAN

WEEK 3/6/9

ALL \$6.50

MONDAY

Tandoori Chicken Skewer, Rice Pilaf, Natural Yogurt and Kachumber GFO

Singapore Style Rice Noodles v

TUESDAY

Chorizo Sausage Roll, Balsamic Tomato Chutney

Chargrilled Bruschetta Trio of Baked Ricotta, Pumpkin 'Pesto' and Garlic Silverbeet v GFO

WEDNESDAY

Beef Brisket Burger, Slaw, House Pickles, Braising Sauce GFO Vegan Potato, Our Own Herbs and E.V.O.O Pizza v Ham and Pineapple Pizza with Wedges

THURSDAY

Penne Bolognaise Penne Pasta in Rose' Sauce, Garlic Parmesan Pizzette v Caprese 'Salad' with Feta Whip v GF

FRIDAY

Thai Green Chicken Curry, Kaffir Scented Jasmine Rice, Shallot GF 'Etli Nohut' Chickpea Tagine, Rice Pilav and Shepards Salad V GF