

The Lakes Café Summer Menu

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.

HEALTHY CHOICE

Snack Packs @ \$4.50

Mini Wrap (chicken, lettuce, grated carrots), mini muffin, fruit cup)
Pikelets x 2, nippy frozen drink, veggie cup & hommus
GF Bento Box ((Crepe Crisps, Fruit in Season, Veggie Sticks & Popcorn)

Salad @ \$4.50 or \$6.50 ea.

Basic Garden Salad (small or large)
Greek Garden Salad (small or large)
Chicken Caesar Salad (small or large)
Sweet Chili Chicken Salad (small or large)

Panini (Turkish Roll 130g filled with...) Half @ \$3.50 or Full @ \$6.50 ea.

Yoris Chicken, Cheese, Tomato, Spinach leaves, Caramelized Onion, Pesto
Roast Chicken, Cheese, Tomato, Spinach leaves, Caramelized Onion
Roast Beef, Tomato, Spinach leaves, Cheese & Gravy
Ham, Cheese & Caramelised Onion

Wraps 10" Tortilla Wrap @ \$6.50 ea.

Chicken & Salad
Ham & Salad
Sweet Chilli Chicken & Salad
BLT

Wraps 8" Tortilla Wrap @ \$4.00 ea.

Roast Chicken, Grated Cheese & Lettuce
Ham, Grated Cheese & Lettuce
Chicken Fingers, Grated Cheese & Lettuce

Sandwiches or Toasties (from \$2.00 - \$6.00 ea.)

Please stipulate – a fresh sandwich or a toasted sandwich

Cheese
Curried Egg & Mayo
Roast Beef, Mayo, Tomato, Caramelized Onion
Ham
Ham & Cheese
Ham, Cheese & Tomato
Chicken Mayo & Cheese
Chicken Mayo
Vegemite
Jam

Gluten-Free Toasted Sandwiches, add \$2.50

Cheese
Ham & Cheese
Ham, Cheese & Tomato
Cheese & Tomato

Nacho Dippers 160g @ \$5.50 ea.

Please ask the CANTEEN STAFF about all our Gluten-Free options.



DRINKS & SNACKS

Flavoured Milk @ \$2.00 or \$2.25 ea.

Oat milk Coffee (**Secondary School ONLY**)
Nippy's Iced Strawberry 250ml
Nippy's Iced Chocolate 250ml
Nippy's Iced Honeycomb 250ml
Nippy's Iced Coffee 250ml

Flavoured Milk 600ml @ \$4.25

(**Secondary School ONLY**)

Mocha Chill, Choc Chill, Berry Chill, Banana Chill, Iced Coffee, Gold Chill

Iced Tea @ \$3.50

Raspberry, Peach, Lemon, Mango & Passionfruit

Cookies @ \$3.00 ea.

Hedgehog
Giant Round Cookies

Smith's Crisps @ \$2.00 ea.

Original, Cheese & Onion, Salt & Vinegar, BBO, Burger Rings
Red Rock Sweet Chilli, Red Rock Honey Soy,
Red Rock Balsamic Vinegar

Moosies 85g @ \$2.00 ea.

Lime, Chocolate, Strawberry, Blue Moon

Juicies 105ml @ \$2.00 ea.

Wildberry, Lemonade, Tropical, Orange

Juice Bomb 250ml @ \$2.50

Watermelon, Grape, Apple & Blackcurrant, Apple & Raspberry, Lemonade, Orange & Passion

Juice Pouches 200ml @ \$2.00

Apple, Apple & Mango, Apple & Strawberry
Apple & Blackcurrant, Tropical

Orange C 300ml @ \$2.50

Orange C 600ml @ \$4.00

Dairy

Flavoured Milk 300ml @ \$2.75

Mocha Chill, Choc Chill, Berry Chill, Banana Chill

Yoghurt @ \$1.75 ea.

Wiggles Pouches 90g

Frozen Yoghurt 120ml @ \$2.50 ea.

Cookies & Cream, Razzle Dazzle, Goopy Marshmallow, Fairy Floss,
Caramelised Popcorn
Mango (Lactose-Free)
Tropicana (Lactose Free)

Nippy's Juice Boxes 250ml @ \$2.00 ea.

Apple, Orange, Tropical, Apple & Blackcurrant

HOT MEALS

Potato Gems @ \$2.00 100g portion

Hash browns @ \$0.75 each

Meatball Sub (Meatballs in Napolitano Sauce within a Brioche Roll with grated cheese & corn on top) @ \$6.50

Hot Dog (American Style Vienna in a Brioche Roll with a portion of Tomato Sauce) @ \$4.50

MONDAY (Pizza DAY!)

Pineapple Paradise 125g @ \$3.50 ea.
Pineapple Paradise 250g @ \$5.50 ea.

Vegetarian Focaccia 125g @ \$3.50 ea.
Vegetarian Focaccia 250g @ \$5.50 ea.

Margarita Focaccia 125g @ \$3.50 ea.
Margarita Focaccia 250g @ \$5.50 ea.

Ham Hero Focaccia 125g @ \$3.50 ea.
Ham Hero Focaccia 250g @ \$5.50 ea.

Fish 100g portion @ \$4.00 ea.
POTATO GEMS 100g portion @ \$2.00 ea.
CHIPS 100g portion Oven-Baked @ \$2.00 ea.
Loaded POTATO GEMS 100g (Bacon Bits & Cheese) @ \$3.00 ea.

TUESDAY (Sushi DAY!)

Onigiri (Triangle Rice Ball)

@ \$4.00 ea.

Cooked Tuna GF
Teriyaki Chicken
Katsu Chicken

Sushi 4pcs @ \$5.00 ea.

Cooked Tuna
Teriyaki Chicken
Katsu Chicken
California
Vegetable

WEDNESDAY (Chicken DAY!)

Chicken Goujons @ \$0.50 ea.
Chicken Nuggets @ \$0.75 ea.
Chicken Dinosnacks @ \$0.75 ea.

AC Butter Chicken GF 200g @ \$5.00

POTATO GEMS 100g portion @ \$2.00
Chicken Parmi 100g portion @ \$5.00 ea.
CHIPS 100g Oven-Baked @ \$2.00 ea.
Loaded POTATO GEMS 100g (Bacon Bits & Grated Cheese) @ \$3.00 ea.

SECONDARY SCHOOL ONLY

AC Butter Chicken 300g @ \$6.50

THURSDAY (Pasta Day!)

AC Spaghetti Bolognese 200g @ \$5.50
AC Nacho Bolognese 160g GF @ \$5.50
Enrico's Spaghetti & Meatballs 200g @ \$5.50
AC Beef Lasagne 200g @ \$5.50 ea.
AC Twista Pasta 200g @ \$5.50 ea.
Creamy Chicken Mac & Cheese 220g @ \$5.00

SECONDARY SCHOOL ONLY

Creamy Chicken Mac & Cheese 300g @ \$6.50

FRIDAY (Pie DAY!)

Sausage Roll 60g @ \$2.00
Sausage Roll 120g @ \$4.00
Round Beef Pie 160g @ \$5.00
Beef Travellers Pie 160g @ \$5.00
Traditional Vegetable Pastie 165g @ \$5.00
Traditional Beef Pastie 165g @ \$5.00
Spinach Ricotta Roll 140g @ \$5.00

SECONDARY SCHOOL ONLY

Mega Sausage Roll 220g @ \$5.50

SAUCE PORTIONS @ \$0.50c ea.

Tomato sauce / Mustard sauce
Balsamic Vinaigrette
Aioli Sauce