



The Lakes Café Winter Menu 2025 (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	EVERYDAY OPTIONS	WEEKDAY MENU
<p>Flavoured Milk 300ml @ \$3.50 ea.</p> <ul style="list-style-type: none">BerryChocolateMochaSpearmint <p>Juice BOMB Carb. 250ml @ \$3.00 ea.</p> <ul style="list-style-type: none">RaspberryWatermelon SOURGrape <p>Juice BOX 250ml @ \$2.50 ea.</p> <ul style="list-style-type: none">OrangeAppleApple Blackcurrant	<p>Fresh Sandwiches (Lettuce, Cucumber & Grated Carrots)</p> <ul style="list-style-type: none">Cheese & Salad @ \$4.00 ea.Ham, Cheese & Salad @ \$5.50 ea.Chicken, Mayo & Salad @ \$5.50 ea.Chicken, Mayo, Cheese & Salad @ \$6.00 ea.Vegemite @ \$2.50 ea.Egg Mayo & Lettuce @ \$3.00 ea.Roast Beef @ \$6.00 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.Roast Beef @ \$6.00 ea. <p>ALL toasties and fresh sandwiches are made with WHOLEMEAL BREAD SLICES</p>	<p>Pockets</p> <ul style="list-style-type: none">Ham & Cheese @ \$3.00 ea.Cheese @ \$2.00 ea. <p>Snack Packs</p> <ul style="list-style-type: none">Pocket @ \$7.00 ea.Croissant Ham & Cheese @ \$7.50 ea.Pikelet @ \$6.50 ea.Nuggets @ \$7.00 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 @ \$6.50 ea.</p> <ul style="list-style-type: none">Chicken Caesar SaladRoast Chicken & SaladSweet Chilli Chicken & Salad	<p>MONDAY (Pie DAY!)</p> <ul style="list-style-type: none">Beef Travellers Pie 160g @ \$6.00Sausage Roll 120g @ \$5.00.Sausage Roll 60g @ \$2.50 ea.Traditional Vegetable Pastie 165g @ \$6.00Spinach Ricotta Roll 140g @ \$6.00
SNACK TIME			<p>TUESDAY (Gems & AlphaBITE DAY!)</p> <ul style="list-style-type: none">Potato Gems & Gravy @ \$3.00 /tubAlphaBITES @ \$0.50c ea.Poke DON bowls @ \$ TBA
<p>Banana Bread 140g @ \$3.50 ea. Waffle 90g @ \$3.50 ea.</p> <p>Smith Crisps 45g @ \$2.50 ea.</p> <ul style="list-style-type: none">OriginalSalt & VinegarChicken <p>Red Rock 45g @ \$2.80 ea.</p> <ul style="list-style-type: none">Sweet Chilli & Sour CreamHoney Soy ChickenBalsamic Vinegar	<p>PRE-COOKED MEALS</p> <ul style="list-style-type: none">Spaghetti Bolognese 300g @ \$6.50 ea.Spaghetti & Meatballs 300g @ \$6.50 ea.Butter Chicken & Rice 300g @ \$6.50 ea.Cottage Pie 300g @ \$6.50 ea.	<p>Fruit Cups 150g @ \$3.00 ea. (watermelon or rockmelon) Fruit Salad 200g @ \$4.00 ea.</p> <p>Veggie Cups 150g @ \$3.00 ea.</p> <p>Boiled Egg @ \$1.00 ea.</p>	<p>WEDNESDAY (Pizza DAY!)</p> <ul style="list-style-type: none">6" Margarita Pizza @ \$4.50 ea.6" Pepperoni Pizza @ \$4.50 ea.6" Ham Pizza @ \$4.50 ea.Pizza Pocket @ \$4.50 ea.
	<p>FROZEN SNACKS</p>	<p>GLUTEN-FREE</p>	<p>THURSDAY (Nuggets & Chips Day!)</p> <ul style="list-style-type: none">Puff Dogs @ \$2.50 ea.Nuggets & Chips @ \$5.00 per tub.Assortment of small SALADS @ \$ TBA
<p>SAUCE PORTIONS @ \$0.50c ea.</p>	<p>Frozen Yoghurt 120g</p> <ul style="list-style-type: none">Cookies & Cream 2 \$3.00 ea.Fairy Floss @ \$3.00 ea.Bubblegum @ \$3.00 ea.Razzle Dazzle @ \$3.00 ea.Strawberry Cheesecake @ \$3.00 ea. <p>Frozen Yoghurt 120g (Lactose FREE)</p> <ul style="list-style-type: none">Mango LF @ \$3.00 ea.Tropicana LF @ \$3.00 ea..	<p>TOASTED SANDWICHES</p> <ul style="list-style-type: none">HamHam & Cheese @ \$7.00 ea.Ham, Cheese & Tomato @ \$7.50 ea. <p>FRESH SANDWICHES</p> <ul style="list-style-type: none">Ham, Cheese & Salad @ \$7.50 ea.Ham, Cheese, Tomato & Salad @ \$8.00 ea.	<p>FRIDAY (Hot Dog DAY!)</p> <ul style="list-style-type: none">Crazy Cheezies @ \$2.50 ea.Hashbrowns @ \$1.00 ea.Hot Dog & sauce @ \$6.00 ea.

