

FOOD for THOUGHT



Eat + Drink = Think

Before School 7.30 am-8.50 am

Tea, Coffee, Milo	\$1.50
	\$2.00
Fruit Toast – 2 Slices	
Toast – 2 Slices (White / Wholemeal)	\$2.00
Hash Browns	\$1.20
Bacon and Egg Roll	\$4.50

From the Bakery...

Freshly Baked Muffin*	\$3.00
Banana Bread *	\$3.00

Daily Bread (White / Multigrain)

	<i>S'wich</i>	<i>Roll / Wrap</i>
Chicken / with Salad*	\$4.50	\$6.00
Ham / with Salad*	\$4.50	\$6.00
Cheese / with Salad*	\$4.50	\$6.00
Beef / with Salad*	\$4.50	\$6.00
Tuna / with Salad*	\$4.50	\$6.00
Salad – lettuce, tomato, cucumber and carrot*	\$4.00	\$5.00
Vegemite	\$2.50	\$3.00

Chilled Choices

Seasonal Whole Fruit* – Apple, Orange, Pear, Banana	\$1.50
Fresh Fruit Salad*	\$4.00
Jelly Cup* – Lime / Raspberry / Orange	\$1.50
Yoghurt Cup* – Mango, Vanilla, Raspberry and Coconut, Creamy Lemon	\$3.00

Snack Attack

Rice Sticks*, Cheese, Vegetable	\$1.50
Snaps*, Tangy Salsa, BBQ, Oregano and Thyme	\$2.00

Hot Specials Everyday

Pizza* – Vegetarian, Meat	\$5.00
Open Turkish Toastie – Cheese / Cheese & Ham / Chicken	\$4.00
Daily Vegetarian Dish* – Pasta / Frittata / Risotto /Gnocchi	\$5.50
Warm Baguette* / Panini / Wrap of the Day	\$6.00
Mod Burger* –Beef or Chicken	\$6.50
Noodle Box*– Wok Dish with Rice or Noodles, changed daily	\$6.50
Pie (Travellers)* – Beef, Pepper Steak,	\$4.00
Sausage Roll – Vegetarian	\$4.50
Sausage Roll – Meat	\$4.50
Oven Baked Wedges*	\$3.80
Sauces* – Tomato, Sweet Chilli, Sour Cream, BBQ	\$0.30

Cold Specials Everyday

Sushi* – 5 pack (Veg, Chick, Tuna, Combo)	\$6.00
Sushi* - Reverse (Katsu Chick, Combo)	\$6.00
Assorted Salads *– changed daily (Veg, Meat)	\$6.00

Rice Paper Rolls* – 2 pack (Veg, Chick)	\$5.50/ \$6.00
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Drinks

Water*, 600 ml	\$2.30
100% Juice*, 250 ml – Apple, Orange, Multi V, B/currant	\$3.00
Flavoured Milk*, 300 ml – Choc, Mocha, Straw, S/mint	\$2.50
Flavoured Milk*, 600ml – Choc, Mocha, Coffee, Straw, S/mint	\$3.80

Juice Bombs*, Apple Blackcurrant, Lime and Vanilla, Raspberry Cola	\$2.50
Nippy's* - Strawberry, Banana, Chocolate, H/comb	\$3.50
Up and Go* – Vanilla, Chocolate, Strawberry, Banana	\$2.50

Sweet Treats

Paddle Pop* – Rainbow, Choc	\$2.00
Vanilla Ice Cream Tub*	\$2.00
Frozen Orange /Apple juice Cups*	\$1.00
Il Gelato Ice Creams – Low fat* Various flavours	\$3.50

*School approved – We also serve other daily specials, See Whiteboard in the Café.

Feedback is welcome to: clive.palmer@education.wa.edu.au

[This menu is available to pre order online at www.monitorwa.com.au](http://www.monitorwa.com.au)

[Students can also purchase items using their smart rider card when linked to a monitorwa account \(please see website\) or by cash.](#)