



Lake J Cafe

<i>Breakfast</i>	\$
Selection of Cereals	1.80
Pancakes & Banana	2.50
Soup to Go	2.20
Selection of Toast & Muffins	0.35
Spread Selection	0.35
Breakfast Cheesy	1.50
Fresh Fruit Pieces	0.80
Fresh Fruit Salad	3.20
Scrambled Eggs & Wholemeal Toast	3.50
Grilled Tomato & Mushrooms on a Muffin	3.50
Poached Eggs & Ham on Wholemeal Toast	3.50
Vanilla Yoghurt Fruit Muesli & Fresh Berries	2.60
Fruit Muffins from	2.00

<i>Salads</i>	
Caesar	3.60
Chicken Caesar	4.50
Chicken	3.60
Egg	3.60
Cheese	3.60
Ham	3.60
Chef's Speciality Salad Daily	3.60
Fruit Salad	3.20
Fruit or Vegetable Salad in a bag	1.60

Canteen Menu – Term 4 2009 Secondary School

<i>Recess</i>	\$
Hash Brown	0.60
Dim Sim	0.60
Yummy Drumsticks	1.20
Cornjack	2.00
Mini Spring Roll	0.25
Pizza Single	2.00
Pizza Pocket	2.00
Dip and Crudités	3.20
Sausage Roll	2.50
Cheesy	1.50
Cruizer	3.20
Vegemite Rolls	1.60
Mini Beef Pie	2.00
Dips & Crackers	3.20
Cup of Soup	2.00

(Selection varies from day-to-day)

<i>Sushi</i>	
Various Flavours	5.60

Lake Joondalup Baptist College

<i>Ice-cream</i>	\$
Fruit Quelches	0.70
Billabong (all flavours)	1.30
Vanilla Dixie Cup	1.40
Frosty Fruit	1.60
Milo Shake	2.40
Slushi	2.00

<i>Drinks</i>	
Flavoured Milk-small 300ml	1.90
Flavoured Milk-large 600ml	3.20
Plain Milk-small 250ml	1.10
Plain Milk-large 600ml	2.10
Flavour Straw	0.60
100% Fruit Juice-400ml	2.00
100% Just Juice	1.50
Mt Franklin	2.00
Pump Water	3.00
LOL	2.00
Up and Go	2.70
Pump flavoured water	3.20



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Sandwiches

Tuna	2.80
Tuna & Salad	3.60
Roasted Skinless Chicken	2.80
Roasted Chicken & Salad	3.60
Roasted Skinless Chicken Mayo	3.60
Tuna, Onion, Mayo & Salad	3.60
Roasted Chicken & Avocado	3.60
Roast Beef	2.80
Roast Beef & Salad	3.60
Ham	2.80
Ham & Salad	3.60
Vegemite	1.60
Ham & Cheese (grated cheese)	2.80
Ham, Cheese & Tomato (grated)	3.30
Egg with Mayo or Curry	2.80
Egg & Salad with Mayo or Curry	3.60
Cheese (grated)	2.80
Cheese & Salad (grated)	3.60
Salad	2.80
Beetroot & Salad	3.10

Add amount to sandwich price for below

Specialty roll and wraps	0.80
Plain roll	0.40

Sauces	0.35
Beetroot	0.30
Cheese	0.30
Sundried tomato	0.80
Avocado	0.80

Meals

Monday

Pizza Slice	3.00
Designer Pizza From (cheese)order only	3.50
Beef Lasagne	4.00
Roast Meat and Gravy Roll	4.00
Teriyaki Chicken (HMD)	4.00

Tuesday

Fried Rice (HMD)	3.80
Sausage Roll	2.50
Toasted Sandwiches selection	2.80
Gourmet foccacia bread (various flavours)	5.50
Beef or Chicken Buritto	3.80
Stir-fry of the day (order only)	4.50

Wednesday

Toasted Turkish Bread H/C T/C	3.50
Roast salad of the day	4.50
Vegetarian Noodle Box	3.00
Fish and Wedges (HMD)	4.50
Stir-fry of the day(order Only)	4.50

Thursday

Beef & Cheese or Chicken Burger	3.50
Pasta Carbonara	3.70
Low fat Hot dog with fresh tomato salsa	3.30
Stirfry of the day(order only)	4.50

GREEN: Often

AMBER: Occasionally

RED: Rarely

Meals

Friday

Pastry Day	
Chicken chilli wrap	3.80
Curried Beef and Rice (HMD)	4.00
Chicken and Vegetable pie	3.20
Potato and tomato sauce pie	2.80
Shepherds pie	3.20
Spinach and Ricotta roll	2.80
Good Eating Sausage Roll	2.50
Good Eating Meat Pie-small	2.00
Vegetable Pastie	3.20
Lite Cruizer Beef Pie	3.20

Treats

Low Fat Muffins	2.70
Fruit Muffins	2.00
Red Rock Deli Chips (one pack per person)	1.20
Custard Cup	1.10
Rainbow Jelly & Fruit	1.50
Jelly Fruit & Custard	1.50
Flavoured Yoghurt	1.60
Popcorn	0.50
Fruit Salad Cup	1.30
Fresh Fruit Pieces	0.80
Chocolate mousse	1.50

Pre-order of lunch items before 11.10am
is appreciated. Thank you.