



About Seaspray Café

Seaspray Café is open everyday from 8.30am to 1.30pm. Food is prepared through the combined efforts of our Café assistants, Jess and Louise, working closely with our Creative Catering students under the guidance of our qualified Hospitality teachers. This enables us to not only provide a great range of tasty food, but an educational opportunity for our students. Your support of our café is greatly appreciated.

Healthy Eating @ School!

The Seaspray Café is a great place for your child to start learning about the enjoyment of healthy eating. Good nutrition enhances your child's ability to learn and take in the information presented in class.

The food your child consumes during the school day contributes to a significant portion of their daily food intake and nutrition. Therefore it makes sense to try to ensure the best food possible is available in our College Café.

We believe the Seaspray Café provides the means by which children and adolescents can put into practice the theory about nutrition being taught in the classroom at Lumen Christi.

We aim to provide a variety of tasty, fresh, nutritious food, catering for a variety of tastes, for you and your child, everyday.

Volunteering

Seaspray Café is only able to operate as successfully as it does with the valued support of our parent and grandparent volunteers, who all do an amazing job!

In order to continue to offer a variety of nutritious, affordable and tasty foods for your child we need two volunteers each day to assist with food preparation and sales.

We promise a warm friendly environment, morning tea, lunch, well mannered students, and grateful staff! If you can offer a couple of hours to assist please contact either Louise or Jess in the Canteen.

How to Order

Sometimes no matter what we do, mornings are a rush to get out the door. That's why being able to simplify that part of the day is so important.

With Qkr! by Mastercard, you no longer need to spend valuable time organising cash for lunch orders – you can do it all on your mobile device or computer at a time that suits you. By using Qkr! you can ensure your child is eating well by managing their canteen orders. Place your Qkr! order by 9.00am each morning or alternatively order up to two weeks in advance.



Qkr! is Seaspray Café's preferred payment option!

Signing up for Qkr! is easy and all it takes is a few minutes. Download the app to your mobile device or open the Qkr! Web Shop on your computer. Add your child's name, link your credit card and your ready to start ordering!

Cash order payments will still be accepted for those parents and carers not choosing to take advantage of Qkr!. Place your payment in a paper bag marked with your child's name, Year, PC class and order details and your child can drop it into the order box located outside the Seaspray Café by 11:00 am each morning. Over the counter cash sales at breakfast, recess and lunchtime will still be available.

Further Information & Feedback

For further information about Seaspray Café please contact Louise or Jess on 6495 8820.

Further information about Qkr!, including download instructions, helpful hints and FAQ's, can be found on Skoolbag or the College website, or you can telephone Janine Bradley at the College on 6495 8816.



Seaspray Café

388 Pambula Beach Road
Pambula NSW 2549
Phone: (02) 6495 8820

Fax: (02) 6495 8887

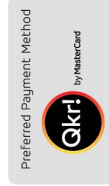
E-mail: lccc@cg.catholic.edu.au
Web: www.lumen.nsw.edu.au

Opening Hours: Monday to Friday, 8:30am to 1:30pm

2016/17 Menu

as at 11 November 2016

**Qkr! Orders close at 9.00am
each morning**



SPECIALS

MON	Tandoori Chicken Wrap	\$5.00
	Chicken Caesar Salad	\$5.00
TUE	Sushi Rolls Chicken, Tuna or Vegetable with soy sauce	\$3.00
	Singapore Noodles Stir Fry of Noodles & Asian Vegetables	\$5.00
WED	Large Rice Paper Roll (1) * Chicken Tandoori; or * Vegetable & Sweet Chilli Sauce	\$2.00
	Spaghetti Bolognese	\$5.00
THU	Pulled Pork Wrap & Salad	\$5.00
	Selection of Wraps Ham, Chicken or Cheese & Salad	\$4.50
FRI	Hot Potatoes Beef or Hawaiian with salad, cheese & sour cream	\$6.00
	Chicken Caesar Wrap	\$5.00

DAILY MENU

Sandwiches & Wraps

Pre-order by 11am

<i>Design-A-Wrap</i> Your choice of Chicken, Tuna, Ham, Cheese, or Egg with Salad	\$4.50
<i>Design-A-Sandwich</i> Your choice of Chicken, Tuna, Ham, Cheese, or Egg with Salad on wholemeal bread	\$4.50
Toasted Ham & Cheese Sandwich	\$3.50
Vegemite, Jam or Honey Sandwich	\$2.00

Light Meals

Pre-order by 11am

Rice Paper Rolls with Sweet Chilli Sauce (3)	\$4.00
Sausage Roll	\$2.50
Chicken Nuggets (each)	\$0.80
Fish Bites (each)	\$0.80
Ham & Pineapple Pizza (slice)	\$2.50
Cheese, Garlic, Herb bread (piece)	\$1.50
Extra sauces- Tomato, BBQ and Sweet Chilli, & Soy	\$0.20

Snacks

Large Yoghurt & Muesli Cup	\$2.50
Small Yoghurt Berry & Mango Cup	\$1.00
Banana Bread (per slice)	\$1.50
Muffin-Berry	\$1.50
Scrolls Mini-Ham & Cheese or Cheese & Spinach	\$0.50
Scroll Large -Vegemite and Cheese	\$1.00
Fresh Seasonal Fruit (per piece)	\$0.50
Popcorn (per serve)	\$0.50
Fruit Icy Pop	\$0.50
Frozen Pineapple (per serve)	\$0.50

Breakfast

Available until 9am each day

Egg and Bacon Muffin	\$4.00
Toasted Ham & Cheese Sandwich	\$3.50
Large Yoghurt & Muesli Cup	\$2.50
Small Yoghurt Berry & Mango Cup	\$1.00

Thirst Quenchers

Plain Milk	\$1.50
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Qkr! Orders close at 9.00am each morning for all menu items

