



About Seaspray Café

Seaspray Café, is open everyday from 8.30am to 1.30pm.

Our Café Manager is Heather DeMunck.

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 Heather in the Cafe.

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 cafe orders. Place your Qkr! order by 9.30am 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 or eftpos sales at breakfast, recess and lunchtime will still be available, but we cannot guarantee

Further Information & Feedback

For further information about Seaspray Café please contact Heather at heather.demunck@cg.catholic.edu.au

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

2020 Terms 1 & 4 SUMMER Menu

as at 28 January 2020

Qkr! Orders close at 9.30am

Qkr! orders for Breakfast close at 8:00am



Seaspray Café Menu Summer Terms 1 & 4 2020



Seaspray Specials

MON	Nourish bowl Burrito style, meat or vegetarian	\$6.50
	Sausage Roll	\$3.50
TUE	Sushi Bowl * Vegetarian or * Chicken	\$6.50
	Pizza (2 per serve) * Hawaiian or * Vegetarian	\$3.50
	Fried Rice	\$5.50
	Roasted Vegetable Salad— warm	\$6.50
WED	Chicken Caesar Salad box	\$6.50
	Sausage Roll	\$3.50
THU	Chicken Taco Bowl * 1 Taco	\$4.00
	* 2 Tacos	\$7.00
	* 1 Taco + Milk	\$5.50
	* 2 Tacos + Kombucha	\$10.00
FRI	Veggie or Beef Cheese burger	\$6.50
	Sausage roll	\$6.50

Sandwiches, Wraps, and Panini's

Design-a-Wrap * Chicken Salad	\$6.50
* Ham Salad	\$6.50
* Cheese Salad	\$6.50
Sandwiches * Egg & Lettuce on wholemeal	\$4.00
* Salad on wholemeal	Each
Toasted Sandwich * Ham & Cheese	\$3.50
* Ham, Cheese & Tomato	\$4.00
Mini Panini Toasted with vegemite and cheese— Tuesday & Thursday ONLY	\$1.20
Toasted Wild Rye Panini * Ham and Cheese	\$4.50
* Tomato and Cheese	\$4.50
* Ham, Cheese & Tomato	\$5.00



Breakfast

Served 8:30am to 8.55am each day
Preorder in advance by 8am each day on Qkr!

Smoothie Bowl	\$6.50
Toasted Ham & Cheese Sandwich	\$3.50
Real Fruit Smoothie	\$4.00
300ml Plain Milk	\$2.00
Vaalia Yoghurt Tub with probiotics	\$1.20

Snacks & Sides

Corn Cob with butter & seasoning	\$1.20
Banana Bread (per slice)	\$2.00
Muffin (Berry)	\$2.00
Fresh Seasonal Fruit (per piece)	\$1.00
Popcorn (per serve)	\$0.50
Frozen fruit yoghurt	\$2.00
Frozen Pineapple (per serve)	\$0.50
Veggie Stick Bowl * Hummus, corn chips & vegetables	\$3.50
Fresh Seasonal Fruit Salad bowl	\$3.50
Vaalia Yoghurt Tub with Probiotics	\$1.20
Vegetarian Rice Paper Roll x 1 large (Rice paper rolls MUST be ordered by 9.30 am each day)	3.50



Thirst Quenchers

Plain Milk	\$2.00
Real Fruit Smoothie	\$4.00
Remedy Kombucha—Choice of Flavours	\$3.50

*Please note that any and all of our products may contain traces of gluten, dairy, egg, wheat and nuts. The Café endeavors to cater for food intolerances but **CANNOT** cater for food allergies.*

Items marked need to be pre ordered. Pre order via Qkr! or place a cash lunch order to avoid disappointment!

