

Peace Lutheran College Menu 2018 - Term 1 - Week 1-

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Continental breakfast consisting of a variety of cereals, full cream, low fat or soy milk, assorted breads for toasting, yoghurt & fresh fruit, or tin fruit. Accompanied by fruit juice & tea.						
Breakfast special	Scrambled eggs Baked beans and spaghetti	Spaghetti & baked beans Porridge Fruit Juice	Hard boiled eggs Baked beans and spaghetti	Spaghetti & baked beans Porridge Fruit Juice	Fish fingers Baked beans and spaghetti	Continental breakfast w- Baked beans & spaghetti Fruit Juice chocolate milk	Continental breakfast w- Baked beans & spaghetti Fruit Juice chocolate milk
Morning tea	Chef's choice Whole seasonal fruit	Chef's choice Whole seasonal fruit	Chef's choice Whole seasonal fruit	Chef's choice Whole seasonal fruit	Chef's choice Whole seasonal fruit	Whole seasonal fruit	Whole seasonal fruit
Lunch	Daily selection of cold meats, cheese, deconstructed toss salad, condiments and dressings, whole seasonal fruit.						
Lunch	Build your own wrap/sandwiches or rolls with fresh meats, cheese, and salads	Build your own chicken chilli tender roll Cold meats, cheese, and salad bar	Build your own wrap/sandwiches or rolls with fresh meats, cheese and salads	Choose from a selection of pies and sausage rolls Cold meats, cheese, and salad bar	Build your own wrap/sandwiches or rolls with fresh meats, cheese and salads	Build your own wrap/sandwiches or rolls with fresh meats, cheese, and salads	Build your own chicken burger with cheese & fried onions Cold meats, cheese & salad bar
Afternoon Tea	Chef's choice Whole seasonal fruit	Chef's choice Whole seasonal fruit	Chef's choice Whole seasonal fruit	Chef's choice Whole seasonal fruit	Chef's choice Whole seasonal fruit	Chef's choice Whole seasonal fruit	Chef's choice Whole seasonal fruit
Dinner	Fish and chips with	Coconut chicken curry with	Pasta bolognaise with	Hungarian beef goulash with	PIZZA NIGHT Homemade BBQ chicken, Ham & pineapple, Supreme and vegetarian	Honey soy chicken drumsticks with	ROAST NIGHT Traditional roast beef With gravy
Vegetables	A selection of salads	Steamed rice and a combination of mixed vegetables Salad Bar	Garlic bread, and Caesar salad and Salad Bar	Mashed potato and mixed vegetables Salad Bar	Potato wedges and Salad Bar	Fried rice and Salad Bar	Roasted potato and pumpkin and steamed peas Salad Bar
Dessert	Panacotta with strawberry coulis		Fresh fruit salad with yoghurt		Cookies & cream drumstick		
Supper	Glass of milk & biscuits	Glass of milk & biscuits	Glass of milk & biscuits	Glass of milk & chocolate chip cupcakes	Whole seasonal fruit	Whole seasonal fruit	Glass of milk & biscuits

