

## Peace Lutheran College Menu 2018 - Term 1 - Week 2

	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	Beef breakfast sausages Baked beans and spaghetti	Spaghetti & baked beans Porridge Fruit Juice	Hard boiled eggs Baked beans and spaghetti	Spaghetti & baked beans Porridge Fruit Juice	Poached eggs with hollandaise sauce 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 beef meatball sub Cold meats, cheese, and salad bar	Build your own wrap/sandwiches or rolls with fresh meats, cheese and salads	Build your own hot dog with fried onions, cheese & mustard 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 beef 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	Teriyaki beef and bean stir-fry with	Penne with a creamy chicken, spinach, and pumpkin sauce with	Corned beef silverside with a creamy mustard sauce	Chicken and vegetable korma with	Fish and Chips with	Chicken and noodle Chow Mein with	<b>ROAST NIGHT</b> Roast pork with apple sauce & gravy
Vegetables	Steamed rice and a combination of Asian vegetables Salad Bar	Garlic bread, and Salad Bar	Steamed jacket potatoes, sweet potato & cabbage & spinach combo sautéed in garlic butter Salad Bar	Steamed rice and mixed vegetables Salad Bar	Lemon wedges, tartare sauce and a selection of salads	Salad Bar	Roasted potato, roast carrots, and pumpkin and steamed peas Salad Bar
Dessert	Chocolate mousse and whipped cream		Fresh fruit salad with yoghurt		Lemonade icy pole		
Supper	Glass of milk & biscuits	Glass of milk & biscuits	Glass of milk & biscuits	Glass of milk & coconut cookies	Whole seasonal fruit	Whole seasonal fruit	Glass of milk & biscuits

