

## Peace Lutheran College Menu 2018 - Term 1 - Week 3

	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	Fish fingers Baked beans and spaghetti	Spaghetti & baked beans Porridge Fruit Juice	Hard boiled eggs Baked beans and spaghetti	Spaghetti & baked beans Porridge Fruit Juice	Scrambled eggs 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 roast chicken gravy rolls 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 & 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	<b>Soup of the Day</b> Build your own sandwiches with 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	<b>MEXICAN NIGHT</b> Build your own beef taco, Wraps or nachos with sour cream, guacamole, salsa, cheese	Chicken pie with sweet potato topping	Traditional beef lasagna with	Spanish chicken casserole with	Crumbed beef steak with gravy	Pork in plum sauce with	Grilled lamb chops With Gravy and mint sauce
Vegetables	A selection of condiments and Salad Bar	Mashed potato, green beans, and corn Salad Bar	Garlic bread, steamed broccoli and Salad Bar	Yellow rice pilaf, carrots, and peas  Salad Bar	Chips and a selection of salads	Rice noodles and Asian green vegetable combo Salad Bar	French onion potato bake, carrots and steamed broccoli, and cauliflower combo Salad Bar
Dessert	Apple crumble with custard		Fresh fruit salad with yoghurt		Lemonade icy pole	Watermelon slices	
Supper	Glass of milk & biscuits	Glass of milk & biscuits	Glass of milk & biscuits	Glass of milk & chocolate chip cookies	Whole seasonal fruit	Whole seasonal fruit	Glass of milk & biscuits

