

Peace Lutheran College Menu 2018 - Term 1 - Week 4

	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	Poached eggs Baked beans and spaghetti	Spaghetti & baked beans Porridge Fruit Juice	Hard boiled 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 Beef Sausages & onion gravy rolls Cold meats, cheese, and salad bar	Build your own wrap/sandwiches or rolls with fresh meats, cheese and salads	Build your own Chicken chilli tenders sub 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 bacon, lettuce & tomato rolls 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	Mediterranean chicken and vegetable bake with	Shepard's Pie with	Hoisin glazed pork stir-fry with	Spaghetti with a creamy bacon and spinach sauce	Fish and chips with	BBQ NIGHT Marinated chicken thigh fillets with fried onions	ROAST NIGHT Roast chicken thighs with gravy
Vegetables	Squashed potatoes, corn cobs and sautéed beans Salad Bar	Mashed potato, honey carrots and steamed broccoli Salad Bar	Steamed rice and a combo of Asian vegetables Salad Bar	Garlic bread and salad selection	Lemon wedges, tartare sauce and a selection of salads	Bread rolls, potato salad and mixed toss salad, beetroot, and pineapple	Roast potato, and pumpkin, and spicy honey beans Salad Bar
Dessert	Mini chocolate tarts with whipped cream		Fresh fruit salad with yoghurt		Billabong Ice cream on a stick	Watermelon slices	
Supper	Glass of milk & biscuits	Glass of milk & biscuits	Glass of milk & biscuits	Glass of milk & Anzac biscuits	Whole seasonal fruit	Whole seasonal fruit	Glass of milk & biscuits

