

## Peace Lutheran College Menu 2018 - Term 1 - Week 5

	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 burger 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	Bacon, eggs, beef chipolatas, hash brown nuggets, grilled tomato & sautéed mushrooms
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	Mixed platters of sandwiches & caked Whole seasonal fruit
Dinner	Beef tortellini in a bolognese sauce and Spinach & ricotta ravioli in a Cheese sauce with	Tandoori chicken legs with	Beef sausage stroganoff with	Beef meatballs in a Swedish cream sauce with	Crumbed chicken fillets with gravy	Garlic and chilli lamb and noodle stir-fry with mixed vegetables	ROAST NIGHT Beef pot roast with gravy
Vegetables	Garlic bread and salad selection	Steamed rice, and a combination of mixed vegetables Salad Bar	Buttered pasta, sweet potato, and broccoli Salad Bari	Mashed potato, honey carrots and steamed peas Salad Bar	Potato wedges, coleslaw, egg salad, garden salad and Greek salad	Salad Bar	Steamed baby potato with butter & parsley Steamed pumpkin and cauliflower & broccoli gratin
Dessert	Butterscotch pudding with 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 & cornflake & honey cookies	Whole seasonal fruit	Whole seasonal fruit	Glass of milk & biscuits

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