

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 7.15am	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Spaghetti and Buttered Mushrooms</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Cheese and Chive Omelette</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Scrambled Eggs - Plain Scrambled Eggs - Tomato &amp; Onion</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Potato Fry and Baked Beans</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Bubble and Squeak Ham Steaks</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter
Morning Tea 10.30am	<b>MYO Sandwiches</b> Fresh Fruit Flavoured Milk	<b>Iced Marble cake</b> Fresh Fruit Flavoured milk	<b>Jam Sponge Cake</b> Fresh Fruit Flavoured milk	<b>Homemade Pizza Buns</b> Fresh Fruit Flavoured Milk	<b>Chocolate Coconut Slice</b> Fresh Fruit	Fresh fruit	<b>Choc Chip Muffins</b> Fresh fruit
Lunch 12.40pm	<b>Sausage Rolls</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Chicken Char Siu Stirfry</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Crumbed Squid Rings</b> Fresh Fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Lamb Korma</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Beef and Black Bean</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar Fresh fruit	<b>BBQ Brunch</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar
Afternoon Tea 3.15pm	<b>Sao, Cheese, Ham and Tomato</b> Bread and spreads milk, tea, coffee or hot chocolate	<b>Brownie</b> Bread and spreads, milk, tea, coffee or hot chocolate	<b>Anzac Biscuits</b> Bread and spreads, milk, tea, coffee or hot chocolate	<b>Sliced Fruit Platter (5 pieces each)</b> Bread and spreads, milk, tea, coffee or hot chocolate	<b>Mixed Cake, Slice and Sandwiches</b> Bread and spreads, milk, tea, coffee or hot chocolate	Bread and spreads, milk, tea, coffee or hot chocolate	Bread and spreads, milk, tea, coffee or hot chocolate
Dinner 5.45pm	<b>Pork Chops</b>	<b>Seasoned Roast Chicken</b>	<b>Savoury Mince</b>	<b>Lamb Forequarter Chops</b>	<b>Baked Potato and Filling</b>	<b>Spaghetti Martigana / Carbonara</b>	<b>Roast Lamb and Mint Sauce</b>
Vegetables	Seasoned Sweet Potato Wedges Zucchini Fry Beans and Carrots	Peas, Carrot, Corn and Capsicum Creamy Choko Pommes Duchess	Mashed Potato Mashed Pumpkin Brussel Sprouts Stirfry	Potato Croquettes Glazed Carrots Cauliflower and Broccoli Gratin	Grilled Bacon Grilled Mushroom Grilled Onion Napoli Sauce Creamy Ham & Corn Sauce	Garlic Bread	Roast Potato Roast Pumpkin Roast Onion Beans, Carrot and Corn Mix
Salads	Pickled Corn and Potato Salad Coleslaw	Sweet and Sour Rice Salad Pickled Beetroot Salad	Rocket and Bacon Salad Egg Salad	Cucumber Salad Orange and Onion Salad	Lettuce, Roast Capsicum and Cannellini Bean Salad	Italian Salad	Tossed Salad
Dietary							
Dessert	<b>Strawberry Cheesecake Fruit Platters</b>	<b>Carrot Cake and Cream Cheese Icing Fruit Platters</b>	<b>Pannacotta Fruit Platters</b>	<b>Homemade Waffles and Ice Cream Fruit Platters</b>	<b>Apple Crumble Fruit Platters</b>	<b>Ice Blocks</b>	<b>Bread and Butter Pudding Fruit Platters</b>
Supper	Bread and spreads, milk, tea, coffee or hot chocolate	Bread and spreads, milk, tea, coffee or hot chocolate	Bread and spreads, milk, tea, coffee or hot chocolate	Bread and spreads, milk, tea, coffee or hot chocolate	Bread and spreads, milk, tea, coffee or hot chocolate	Bread and spreads, milk, tea, coffee or hot chocolate	Bread and spreads, milk, tea, coffee or hot chocolate

Created by Tyrone Lanagan

# Menu - Term 1, Week 7

(Subject to Change)