

Week 8	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>Toad in the Hole</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Poached Eggs, Warm Tossed Spinach, Feta Mix</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Savoury Mince</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Potato and Chive Cake Tomato and Leek Fry</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Pumpkin, Spinach &amp; Feta Frittata</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>Chicken and Asparagus Muffin served warm with Sour Cream</b> Fresh Fruit Flavoured milk	<b>Vanilla Slice</b> Fresh Fruit Flavoured milk	<b>Banana Muffins</b> Fresh Fruit Flavoured Milk	<b>Jam &amp; Coconut Slice</b> Fresh Fruit	Fresh fruit	Fresh fruit
Lunch 12.40pm	<b>Curry Rice-o-Riso</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Roast Beef Roll &amp; Gravy</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Beef Stroganoff</b> Fresh Fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Lamb Rogan Josh</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Mixed Hot Lunch</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>MYO</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar
Afternoon Tea 3.15pm	<b>Apple Turnover</b> Bread and spreads milk, tea, coffee or hot chocolate	<b>Rice and Marshmallow Bubble Slice</b> Bread and spreads, milk, tea, coffee or hot chocolate	<b>Weekender Biscuits</b> Bread and spreads, milk, tea, coffee or hot chocolate	<b>Watermelon Platter (3 pieces each)</b> Bread and spreads, milk, tea, coffee or hot chocolate	<b>Mixed</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>Chicken Schnitzel Chicken Parmigiana</b>	<b>Lamb Puff and Tzatziki</b>	<b>Lasagne and Garlic Bread</b>	<b>Homemade Chunky Beef Pie Vol au Vent as base</b>	<b>Lebanese Kebab Chicken</b>	<b>Grilled Salmon and Battered Flathead Grilled Chicken</b>	<b>Roast Lamb and Mint Sauce</b>
Vegetables	Mashed Potato Buttered Beans and Yellow Squash Roast Sweet Potato	Tarragon Peas Steamed Choko Pommes Duchess Carrot and Orange	Boulangère Potato Slices Roast Carrot Cauliflower and Broccoli Gratin	Mashed Pumpkin Corn Cobs Mint Peas Mashed Potato	Grilled Bacon Grilled Mushroom Grilled Onion Napoli Sauce Creamy Ham & Corn Sauce	Sweet Potato Wedges Mixed Vegetable Fry	Roast Potato Roast Pumpkin Roast Onion Beans, Carrot and Corn Mix
Salads	Pickled Corn and Potato Salad Assorted Salads	Sweet and Sour Rice Salad Assorted Salads	Rocket and Bacon Assorted Salads	Cucumber Salad Assorted Salads	Assorted Salads	Artichoke, Feta and Rocket Assorted Salads	Tossed Salad
Dietary							
Dessert	<b>Vanilla Cheesecake Fruit Platters</b>	<b>Banana and Butterscotch Pudding Fruit Platters</b>	<b>Crème Caramel Fruit Platters</b>	<b>Jelly Fruit Cup Fruit Platters</b>	<b>Apple Pie Fruit Platters</b>	<b>Ice Blocks</b>	<b>Sticky Date 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 8

(Subject to Change)