

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>Spaghetti Sausages</b> <b>Porridge</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Porridge</b> <b>Poached egg with Baby spinach, fetta and onion mix</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Porridge</b> <b>Grilled tomato and steak</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Scrambled eggs and bacon</b> <b>Porridge</b>	Seasonal fruits, assorted toast and spreads, assorted cereal, yogurt, muesli, juice, tinned fruit, fruit platter <b>Breakfast Quiche</b> <b>Porridge</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>Toasties</b> <b>Tomato soup</b> Fresh Fruit Flavoured milk	<b>Weekender biscuit</b> <b>Spring onion soup</b> Fresh Fruit Flavoured milk	<b>Chicken noodle soup</b> <b>Thai pumpkin soup</b> Fresh Fruit	<b>Blueberry Muffins</b> Fresh Fruit	Fresh fruit	Dip, vegetable sticks and crackers Fresh fruit
Lunch 12.40pm	<b>Sweet Chili Chicken</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Stir fry lamb and noodles</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Chili con carne</b> Fresh Fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Sweet and sour chicken and fried rice</b> Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar	<b>Mixed</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	Fresh fruit MYO Sandwiches, selection of cold meats and salads from the salad bar
Afternoon Tea 3.15pm	<b>Chocolate Chip Biscuits</b> Bread and spreads milk, tea, coffee or hot chocolate	<b>Sponge strawberries and cream</b> Bread and spreads, milk, tea, coffee or hot chocolate	<b>Lemon Slice</b> Bread and spreads, milk, tea, coffee or hot chocolate	<b>Chocolate cake</b> Bread and spreads, milk, tea, coffee or hot chocolate	<b>Sandwiches 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>Pasta</b> <b>Bolognese</b> <b>Creamy Bacon</b>	<b>Steak and vegetable pie</b>	<b>Grilled chicken breast</b>	<b>Lamb Hot Pot</b>	<b>Barra, salmon and whiting</b>	<b>Shepherd's Pie</b>	<b>Roast Pork</b>
Vegetables	Garlic Bread Salads	Potato slices Cauliflower gratin Corn cobs Honey carrot	Roast Vegetables	Mashed vegetables	Waffle chips Vegetable bake	Lettuce Tomato Onion Cheese & mushroom	Roast Vegetables
Salads	Orange and apricot Assorted Salads	Jelly Cups Assorted Salads	Assorted Salads	Greek Assorted Salads	Coleslaw Assorted Salads	Tossed Assorted Salads	Tossed Salad
Dietary							
Dessert	<b>Vanilla and Choc Mousse</b> Custard and Cream	<b>Zabaglione with sponge finger in cups</b> Custard and cream	<b>Pavlova</b> Custard and cream	<b>Pannacotta</b> Custard and cream	<b>Berry Cheesecake</b> Custard and cream	<b>Ice blocks</b>	<b>Tinned Fruit and Ice Cream</b> Custard and cream
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 2, Week 8

(Subject to Change)