

Rostrevor College Menu - Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	A variety of cereals, full cream & low fat milk, soya milk, assorted toasting breads including high fibre options, spreads, fresh & poached fruits, 100% fruit juice, tea, coffee & milo.						
Breakfast Special	Pancakes with maple syrup, lemon and cinnamon sugar	Eggs benedict	French toast	Grilled bacon & scrambled eggs	Spaghetti & hash browns	Continental breakfast in the boarding house	Continental breakfast in the boarding house
Morning Tea	Seasonal whole fresh fruit						
Morning Tea Special	Ham cheese and tomato scrolls	Triple choc chip muffins	Chicken chili wrap	Chocolate brownies	Pizza scrolls	Fresh fruit	Fresh fruit
Lunch	Build your own sandwich bar with assorted breads, meat & salad options	Hot dogs with bacon, caramelized onion & chips	Build your own sandwich bar with assorted breads, meat & salad options	Chicken and chorizo paella	Build your own sandwich bar with assorted breads, meat & salad options	Hot roast pork & gravy rolls with salads	Chicken Burgers
Afternoon Tea	Seasonal whole & sliced fresh fruit						
Afternoon Tea Special	Asian Basket	Toasted ham & cheese sandwiches	Anzac cookies	Cheese, dips and crackers	Scones with jam and cream	Fresh fruit	Fresh fruit
Dinner	Selection of bread with condiments, fresh whole fruit , selection of hot vegetables & garden salad, water & cordial						
Protein	Mexican Night	Roast pork with gravy	Schnitzel night – beef & chicken schnitzel with gravy	Grilled chicken breast	Salt and pepper squid with Lemon and Tartare	Pizza night	Lasagna
Starch		Roasted potato	Potato wedges	Steamed herbed small potatoes	Crispy Fries Chicken tortellini	Garlic bread	Hassle back roast potato
Vegetables or Salads		Roasted carrots & steamed broccoli	Salads Caesar Garden Roasted vegetable	Ratatouille Steamed beans	Salads Crispy noodle Asian salad Garden Sweet potato		Steamed corn, carrots & broccoli
Dessert	Churros with chocolate sauce	Ice cream with various toppings	Peaches and custard	Sticky date pudding	Ice cream with various toppings	Fresh fruit Salad with yoghurt	Ice cream with various toppings
Salad	Minimum two varieties served nightly						
Supper	Variety of breads & spreads, fresh fruit, milk, herbal tea, milo, coffee & water						

GF

GLUTEN FREE



BRAIN FOOD



SPORT FOOD



HEALTHY HEART



WINTER WARRIOR



SUPER FOOD