



Term 1 Boarding House Menu 2020 - WEEK 1 & 5 & 9

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	5.30AM Pre-training options including cereals, reduced fat milk, fruit, juice, bread and condiments						
	Continental breakfast bar consisting of -: Cereals & untoasted muesli (gf), Wholegrain & whole meal bread & GF bread, Muffins, Crumpets, Fruit bread, Reduced fat milk & chilled water jugs, assorted fresh whole seasonal fruit and fruit salad PLUS tinned fruit, Assorted spreads including Jam, honey & Vegemite, Separate toaster & PC spreads for GF breads, Greek Yoghurt						
	<i>Warm scones, plain or with sultanas Whipped cream & jams</i>	<i>Boiled eggs Greek yogurt Fruit salad</i>	<i>Assorted French Danishes</i>	<i>Grilled bacon Poached eggs Assorted toast</i>	<i>Leg Ham, cheddar cheese Croissant Fresh fruits</i>	<i>French toast raisin with maple syrup Fresh juices</i>	<i>Big breaky Eggs, bacon, chipolatas hash browns, fresh juices</i>
BREAK 1. BREAK 2.	<i>M.Y.O Aussie beef burger with the lot Sidewinders chips</i>	<i>Ravioli spinach and ricotta, fresh tomato and basil sauce</i>	<i>Beef meat loaf & jus On creamy mash potato Caesar salad</i>	<i>Greek chicken Gyros with Tzatziki Dip Greek salad</i>	<i>Chefs Focaccia pizza Meat lover, peperoni, Chicken tandoori</i>	<i>Salad bar, Assorted cold meats, Hot meals Toasties – pies, fruits</i>	<i>Salad bar, Assorted cold meats, Hot meals Toasties – pies, fruits</i>
	<i>*Sliced roasted cold meats available each day along with breads & rolls & sliced / shredded salad fillings and condiments to make your own, how you like it!</i>						
	<i>Variety of salad bowls highlighting the seasonal produce. Your choice of freshly prepared dressings Assorted seasonal fresh whole fruit</i>						
	<i>Chicken kebab with tomato relish Fresh slice fruits</i>	<i>Spring rolls with chilli jams Seasonal fresh fruits</i>	<i>Assorted fresh Sushi Soya sauce Seasonal fresh fruits</i>	<i>Mini beef slider With cheese Seasonal fresh fruit</i>	<i>Mini beef pie Tomato sauce</i>	<i>Sport Supplement pack from dining room from 7am</i>	<i>Seasonal fruit (WHOLE)</i>
AFTER SCHOOL	<i>Fresh fruits muffins or cakes Zooper dooper</i>	<i>Fresh fruits muffins or cakes Zooper dooper</i>	<i>Fresh fruits muffins or cakes Zooper dooper</i>	<i>Fresh fruits muffins or cakes Zooper dooper</i>	<i>Fresh fruits muffins or cakes Zooper dooper</i>	<i>Bottle water, Popper, Anzac Biscuit, Cheese & biscuit, fresh whole fruit</i>	<i>Seasonal fruit (SLICED)</i>
DINNER	<i>Slow Roasted Brisket With fresh herbs and mustard or Chicken with pesto and sundried tomato SIDE DISHES Cauliflower w garlic Green beans & basil</i>	<i><u>'GRILL NIGHT'</u> Sirloin steak cooked Rare, Med or W/done. SIDE DISHES Fresh Corn on Cob, Chunky chips, Carrot & peas and Rich gravy</i>	<i>Roasted pork collar butt with honey & 5 spices or Grilled lemon pepper Chicken served with tomato Chili Chutney SIDE DISHES Basmati Rice, Pumpkin pot Mix green casserole</i>	<i><u>"Taco night"</u> - BBQ chipotle chicken strips - Slow cooked beef brisket shredded - Fried fish taco - Mexican vegetables salsa - Guacamole - corn chips - corn tortillas - chilli tomato relish</i>	<i>" PASTA NIGHT " - Spaghetti with bolognaise sauce Or Spaghetti Carbonara Garlic bread Caesar salad</i>	<i>Pork goulash casserole or lamb chops Garlic cream sauce SIDE DISHES potato gratin Carrot Vichy Broccoli hollandaise sauce</i>	<i>Roast night -Roast rib filet beef Souvlaki or -Whole roast Italian style Chicken with Cacciatore SIDE DISHES Roasted Potato Oven baked pumpkin Green beans persillade</i>
DESSERT	<i>Black forest cake Vanilla custard</i>	<i>Ice cream with House Cookies</i>	<i>Monte Carlo cookies cheese cake</i>	<i>Churros Mexican chocolate sauce</i>	<i>Vanilla pot cream with soft chocolate ganache</i>	<i>Ice cream with House Cookies</i>	<i>Chocolate Mousse with choc chip cookies and caramel sauce</i>
	<i>Fresh Toasties Cookies Assorted Cereal</i>	<i>Fresh Toasties Cookies Assorted Cereal</i>	<i>Fresh Toasties Cookies Assorted Cereal</i>	<i>Fresh Toasties Cookies Assorted Cereal</i>	<i>Fresh Toasties Cookies Assorted Cereal</i>	<i>Seasonal Fresh fruits</i>	<i>Seasonal Fresh fruits</i>



Term 1 Boarding House Menu 2020 - WEEK 2 & 6 & 10

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	5.30AM Pre-training options including cereals, reduced fat milk, fruit, juice, bread and condiments						
	Continental breakfast bar consisting of -: Cereals & untoasted muesli (GF), Wholegrain & whole meal bread & GF bread, Reduced fat milk & chilled water jugs, assorted fresh whole seasonal fruit and fruit salad PLUS tinned fruit, Assorted spreads including Jam, honey & Vegemite, Separate toaster & PC spreads for GF breads, Greek Yoghurt						
	<i>Continental Baked Beans & Toast</i>	<i>Frittata with bacon and cheddar cheese Fresh juices</i>	<i>Chakchuka Eggs ,baked in tomato, beans & peppers</i>	<i>Pain au Chocolat Mango Greek yogurt Fresh juices</i>	<i>Savories beef mince on Turkish bread Spaghetti</i>	<i>Pancake with maple syrup, Fresh Juices</i>	<i>'The Big Brekky' Eggs, bacon, chipolatas, hash browns, juices</i>
BREAK 1.	<i>M.Y.O Chicken schnitzel burger Coleslaw salad & All salad & cheese</i>	<i>Spaghetti bolognaises Parmesan cheese and cheddar cheese</i>	<i>Chicken tender filet Caesar wrap Potato shallots salad</i>	<i>Taco of Shredded beef brisket slowly baked Chipotle gravy</i>	<i>Chefs Focaccia pizza Meat lover, peperoni, Chicken tandoori</i>	<i>Salad bar, Assorted cold meats, Hot meals Toasties – pies, fruits</i>	<i>Salad bar, Assorted cold meats, Hot meals Toasties – pies, fruits</i>
	Sliced roasted cold meats available each day along with breads & rolls & sliced / shredded salad fillings and condiments to make your own, how you like it!						
	Variety of salad bowls highlighting the seasonal produce. Your choice of freshly prepared dressings						
	Assorted seasonal fresh whole fruit.						
BREAK 2.	Samosa with honey & Soya sauce Seasonal fresh fruits	Roasted chicken legs With spices seasonal fresh Fruit	Assorted fresh Sushi With soya sauce seasonal fresh Fruit	Chicken skewer's w/ yogurt mint dip seasonal fresh Fruit	Sausage roll & sauces Seasonal fresh fruit	<u>Sport supplement pack from dining room 7am</u>	Seasonal fruit (SLICED)
AFTER SCHOOL	<i>Fresh fruits muffins or cakes Zooper dooper</i>	<i>Fresh fruits muffins or cakes Zooper dooper</i>	<i>Fresh fruits muffins or cakes Zooper dooper</i>	<i>Fresh fruits muffins or cakes Zooper dooper</i>	<i>Fresh fruits muffins or cakes Zooper dooper</i>	<i>Bottle water, Popper, biscuit, Cheese, biscuit, fresh fruit</i>	Seasonal fruit (WHOLE)
DINNER	<i>beef brisket with mustard & rosemary pesto or Apricots chicken casserole SIDE DISHES Sautéed potato persillade -Sautéed zucchini & Mushrooms & thyme Oven bake pumpkin</i>	'GRILL NIGHT' <i>G/F Rib filet steak cooked to Rare, Med or W/done SIDE DISHES -Chunky chips, -Corn on Cob, Carrot and peas Dianne Sauce</i>	<i>Massaman Thai beef Curry Or Butter chicken SIDE DISHES Basmati rice Broccoli and coconut Oven bake sweet potato</i>	-BBQ Night – <i>-Merguez sausage -marinated Chicken Thigh filet -streaky bacon Pasta salad & aioli All salad and sauces Bread rolls & butter</i>	" PASTA NIGHT " <i>- Penne pasta w/meat balls Napoli sauce Or Penne Chicken Carbonara Garlic bread Caesar salad</i>	<i>Chef Beef spare ribs or Crispy Pork belly with honey lemon & soy SIDE DISHES Creamy garlic mash Potato Honey Glazed carrots, Green beans persillade</i>	"Sunday Roast " <i>-Roasted whole chicken w/ lemon and corn syrup -Roast pork leg with crackling, apple sauce -Side dishes- Roasted potato paprika Roasted pumpkin & herb Roasted carrot & spinach</i>
DESSERT	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread
	<i>Apple, berry crumbled Vanilla custard Fresh seasonal fruits</i>	<i>Ice cream with House Cookies Fresh Seasonal fruit</i>	<i>Oreo creamy cheese cake Fresh Seasonal fruits</i>	<i>Ice cream with Filled donuts fresh seasonal fruits</i>	<i>Sticky date pudding Salted caramel sauce fresh seasonal fruit</i>	<i>Ice cream with house cookies fresh seasonal fruit</i>	<i>lemon meringue tarte Fresh seasonal fruit</i>
Supper	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Seasonal Fresh fruits</i>	<i>Seasonal Fresh fruits</i>



Term 1 Boarding House Menu 2020 - WEEK 3 & 7

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	5.30AM Pre-training options including cereals, reduced fat milk, fruit, juice, bread and condiments						
	Continental breakfast bar consisting of -: Cereals & untoasted muesli, Wholegrain & whole meal bread, Reduced fat milk & chilled water jugs, Assorted fresh whole seasonal fruit and fruit salad PLUS tinned fruit, Assorted spreads including Jam, honey & Vegemite, Separate toaster & PC spreads for GF bread, Greek Yoghurt						
	<i>Baked bean And toast</i>	<i>Boiled eggs Or porridge</i>	<i>Cheesy scrambled eggs Grilled sausages</i>	<i>English muffins with bacon, egg and cheese</i>	<i>spaghetti In tomato sauce And toast</i>	<i>Waffles caramelized bananas Maple syrup Fresh juice</i>	<i>'The Big Brekky' Eggs, bacon, chipolatas, hash browns, fresh juices</i>
BREAK 1.	<i>MYO, Lamb burger BBQ, cheese and all salad</i>	<i>Oven bake beef lasagna 'al forno " Caesar salad</i>	<i>Vietnamese fried rice with chicken & shallots</i>	<i>Nacho's chili con carne Guacamole, corn chips</i>	<i>Chefs Focaccia pizza Meat lover, peperoni, Chicken tandoori</i>	<i>-Assorted Rolls & wraps -pie, Hot take away meals Chicken Noodle Soup</i>	<i>Mixed Toasted Sandwiches (gf) Bacon & sweet potato</i>
	Sliced roasted cold meats available each day along with breads & rolls & sliced / shredded salad fillings and condiments to make your own, how you like it!						
	Variety of salad bowls highlighting the seasonal produce. Your choice of freshly prepared dressings Assorted seasonal fresh whole fruit						
BREAK 2.	<i>Chicken skewers honey and soy seasonal fresh fruits</i>	<i>Hot dogs, onion cheese BBQ sauce Seasonal fresh fruits</i>	Assorted fresh Sushi With soya sauce seasonal fresh Fruit	<i>Beef Sliders & cheese in brioche Seasonal Fresh fruits</i>	<i>Assorted mini meat pie Seasonal Fresh fruits</i>	<i><u>Sport supplement pack from dining room at 7am Seasonal whole fruits</u></i>	<i>Seasonal fruit (WHOLE)</i>
AFTER SCHOOL	<i>House cookies Seasonal fresh fruits</i>	<i>Assorted cakes Seasonal fresh fruits</i>	<i>Chocolate muffin Seasonal fresh fruits</i>	<i>Seasonal fresh fruits</i>	<i>Seasonal fresh fruits</i>	<i>water, Popper, Anzac biscuit, Cheese fresh fruit</i>	<i>Seasonal fruit (SLICED)</i>
DINNER	<i>Roasted beef slowly cooked with roots vegetables Or Shepperd's pie baked Sweet potato casserole Seasonal vegetables Rustic Mash potato</i>	<i>'Grill Night' G/F Rib filet Steak (Rare, Med or Well done) Corn on cob Chunky chips Carrot & Peas Mushroom sauce</i>	<i>-oven baked leg of ham glazed with honey and Dijon mustard Or Pork steak with lemon grass Baby potatoes Seasonal vegetables</i>	<i>-Indian night – Mangalorean pork bafath or chicken tikka masala steam rice with coconut & Cardamome pumpkin and spinach Carrot with chick pea Nam bread</i>	<i>“ PASTA NIGHT “ - Spaghetti or penne with bolognaise sauce Or Spaghetti or penne Carbonara Garlic bread Caesar salad</i>	<i>Moroccan lamb stew Or chicken And spinach Potato casserole w/thyme Steamed rice Ratatouille niçoise Carrot Vichy</i>	<i>“Sunday Roast “ -Roasted whole chicken with middle eastern spice & apricot stuffing -Roast beef with mustard crust Roasted potato and vegetables</i>
	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread
	DESSERT	<i>Orange gluten free cake w/caramel Sce Seasonal fresh fruit</i>	<i>Ice cream night Homemade cookies Seasonal fresh fruits</i>	<i>Chocolate steamed pudding white chocolate sauce</i>	<i>Ice cream night Homemade cookies Seasonal fresh fruits</i>	<i>Panna cotta With mix berry compote Seasonal fresh fruits</i>	<i>Ice cream night Homemade cookies Seasonal fresh fruits</i>
Supper	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Seasonal Fresh fruits</i>	<i>Seasonal Fresh fruits</i>



Term 1 Boarding House Menu 2020 – Week 4 & 8

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	5.30am Pre-training options including cereals, reduced fat milk, fruit, juice, bread and condiments						
	Continental breakfast bar consisting of -: Cereals & untoasted muesli (gf), Wholegrain & whole meal bread, fruit toast, muffins, crumpets, Reduced fat milk & chilled water jugs, assorted fresh whole seasonal fruit and fruit salad PLUS tinned fruit, Assorted spreads including Jam, honey & Vegemite, Separate toaster & PC spreads for GF bread, Greek yoghurt						
	<i>Continental Spaghetti and toast</i>	<i>Fried eggs & bake beans Fresh juices</i>	<i>Croissant with bacon and cheese</i>	<i>Boiled Eggs & Porridge</i>	<i>Grilled bacon, roasted tomato & pesto</i>	<i>Bacon and vegetables fritters</i>	<i>Bacon, eggs, Hash Brown sausage, Fresh juices</i>
Break 1.	<i>M.Y.O Kentucky fried chicken American mustard and</i>	<i>Penne pasta chicken carbonara oven baked, Caesar salad</i>	<i>Beef stroganoff with rice Greek salad</i>	<i>Chicken parmigiana With pasta bake</i>	<i>Chefs Focaccia pizza Meat lover, peperoni, Chicken tandoori</i>	<i>-Assorted Rolls wraps pie, take/away meal Chicken Noodle Soup</i>	<i>Mixed Toasted Sandwiches (gf) Pumpkin Soup</i>
	Sliced roasted cold meats available each day along with breads & rolls & sliced / shredded salad fillings and condiments to make your own, how you like it!						
	Variety of salad bowls highlighting the seasonal produce. Your choice of freshly prepared dressings						
	Assorted seasonal fresh whole fruit.						
Break 2.	Corn dog sausage Seasonal fresh fruits	Chicken skewers satay Nut free Seasonal fresh fruits	<i>Assorted Sushi with soya</i> Seasonal fresh fruits	Beef & beef sliders Seasonal fresh fruits	Mini sausage roll Seasonal fruit sliced	<u><i>Sport supplement pack from dining room 7am</i></u>	Seasonal fruit (SLICED)
After School	Fruit Smoothie (gf) Seasonal fruit WHOLE	Homemade cookies Seasonal fresh fruit	<i>Homemade</i> Cake (gf) PLUS Seasonal fresh fruit	Assorted mini muffin Seasonal fresh fruit	Assorted Cake/Slice Seasonal fresh fruits	<i>water, Popper, biscuit, Cheese, fresh fruit</i>	Seasonal fruit (WHOLE)
DINNER	<i>-Roast pork collar Butt Lemon grass ginger marinade Chicken with Dukkha spice, tomato relish Side dishes Potato bake Market seasonal vegetables</i>	<u><i>'Grill Night'</i></u> <i>GF Sirloin Steak (Rare, Med or Well done) SIDE DISHES Creamy Garlic sauce Or gravy Chunky French fries Corn on cob Carrot and peas</i>	<u><i>Lamb chops rich gravy Or Beef rissole wrapped in Bacon, mustard sauce Side dishes Gratin of two potato Green beans and persillade Sautéed zucchini and mushroom</i></u>	<u><i>-BBQ Night – Rib fillet steak BBQ marinated -BBQ sausages Full rasher of bacon Large baked potato, sour cream Caramelized onions</i></u>	<u><i>" PASTA NIGHT "</i></u> <i>- Penne pasta w/meat balls Napoli sauce Or Penne Chicken Carbonara Garlic bread Caesar salad</i>	<i>-Braised steak beef blades w/ root vegetables& herbs -Chicken Maryland Side dishes Creamy mash potato Broccoli & parmesan Sweet potato</i>	<u><i>"Sunday Roast "</i></u> <i>Roasted chicken Italian style Roast lamb with fresh herbs Side dishes Roasted baby potato Seasonal roasted vegetables</i>
	DESSERT	Dinner rolls or breads <i>Flourless chocolate Gateau espresso Seasonal fresh fruits</i>	Dinner rolls or breads <i>Ice Cream night House cookies Seasonal fresh fruits</i>	Dinner rolls or breads <i>Banoffee banana caramel Tarte Seasonal fresh fruits</i>	Dinner rolls or breads <i>Ice cream night Assorted donuts Seasonal fresh fruits</i>	Dinner rolls or breads <i>Blueberry cheesecake Seasonal fresh fruits</i>	Dinner rolls or breads <i>Ice cream night Homemade cookies Seasonal fresh fruits</i>
Supper	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Fresh Toasties Assorted Cereal</i>	<i>Seasonal Fresh fruits</i>	<i>Seasonal Fresh fruits</i>