

THE UNIVERSITY OF NEWCASTLE - EDWARDS HALL/CALLAGHAN - CYCLE MENU - WEEK ONE

gather.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DINNER						
BREAD	Garlic Bread	Naan Bread	Dinner Rolls	Pita Bread	Dinner Rolls	Bao Buns	Dinner Rolls
MAIN MEAL - DRY DISH	Honey soy chicken drumsticks	Roast pork in gravy	Crumbed fish	Make your own: Gyros Night - Lamb - Chicken - Vegetarian	Chicken schnitzel	Sweet & sour pork	Roast chicken
MAIN MEAL - WET DISH	Beef pasta bake	Butter chicken	Curried Sausages		Mongolian Beef	Korean Beef Bulgolgi	Crumbed calamari
MAIN MEAL - VEGETARIAN/ VEGAN DISH	Dahl curry	Lentil & red bean chilli	Tofu Stirfry		Served with Pita Bread	Vegan schnitzel	Lentil shepherds pie (DF)
RICE	Indian fried rice	Steamed rice	Noodles	Greek Lemon Rice	Cilantro & lime rice	Steamed rice	Vegetable fried rice
VEGETABLES	Smashed potatoes	Roast Marsala potato	Garlic Roasted Potatoes	Chips Roast Mediterranean vegetables Garlic Sauce Tzatziki	Chips	Potato bake	Roast potatoes
VEGETABLES	Mexican corn	Roast carrots	Broccoli florets		Buttered Corn	Baby carrots	Steamed peas
VEGETABLES	Sauteed green beans	Steamed peas	Cauliflower Mornay		Minted peas	Veg medley	Broccoli florets
DESSERT	Fruit salad bar	Apple & Blueberry Crumble w/Custard	Fruit salad bar	Greek Style Dessert	Vanilla Marble Cake	Ice cream bar	Chocolate pudding
GLUTEN FREE DESSERT		Gluten Free Crumble			Gluten free Vanilla Cake		Gluten Free Brownie

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DINNER						
BREADS	Garlic Breads	Dinner Rolls	Bao Buns	Burger Rolls	Dinner Rolls	Banh Mi Rolls	Dinner Rolls
MAIN MEAL - DRY DISH	Teriyaki Glazed chicken	Fish cocktails	Chinese roast pork	Make your own: Burger Night - Beef patties - Grilled chicken - Chickpea & lentil patties	Battered fish	Chicken Alfredo Bake	Honey Garlic Chicken
MAIN MEAL - WET DISH	Spaghetti bolognese	Massaman beef	Irish lamb stew		Red Thai Pork Curry	Pulled pork & gravy w/ rolls	Cottage pie
MAIN MEAL - VEGAN DISH	Veg & tofu korma	Falafels w/ Tomato Pepper sauce	Thai Red Curry with Tofu		Spinach and ricotta Frittata	Plant based chicken stirfry	Teriyaki Glazed Tofu Slabs
RICE	Coconut rice	Steamed rice	Brown rice	Potato wedges	Steamed rice	Steamed rice	Turmeric rice
VEGETABLES	Roast sweet potato	Potato wedges	Roast potatoes	Shredded lettuce Tomato slices Cucumber slices Beetroot Grated carrot Red onion Cheese slices Gherkins	Chips	Smashed potatoes	Roast potatoes
VEGETABLES	Steamed green beans	Ratatouille	Steamed carrots		Honey glazed carrot	Veg medley	Baked pumpkin
VEGETABLES	Sauteed mixed cabbage	Buttered peas	Veg medley		Steamed green beans	Broccoli	Peas & corn
DESSERT	Fruit salad bar	Banana cake w/ butterscotch	Fruit salad bar	Key Lime Tart	Danish Apple Cake	Ice cream bar	Sticky date pudding w/ warm butterscotch
GLUTEN FREE DESSERT		Gluten Free Banana Cake		Key Lime w/Gluten Free Crumble	Gluten Free Vanilla Cake w/ Apple		Gluten Free Stick date Pudding

THE UNIVERSITY OF NEWCASTLE - EDWARDS HALL / CALLAGHAN - CYCLE MENU - WEEK THREE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DINNER						
BREAD	Dinner Rolls	Naan Bread	Bao Buns	Tortillas	Dinner Rolls	Garlic Bread	Dinner Rolls
MAIN MEAL - DRY DISH	Roast Pork	Tandoori chicken drumsticks	Chinese Red Braised Pork	Make your own: Mexican Night	Crumbed fish	Roast beef w/ gravy	Caribbean Jerk chicken wings
MAIN MEAL - WET DISH	Tuna Mornay Bake	Irish Lamb Pie w/ Sliced Potatoes	Curried Sausages	Build your own burrito, nachos or bowl with:	Spinach Cheese & bacon frittata	Coconut chicken curry	Silverside w/ White Sauce
MAIN MEAL - VEGETARIAN/ VEGAN DISH	Mac & Cheese	Crispy tofu stirfry with peanut sauce	Black bean stuffed capsicums	- Chilli con carne - Fajita chicken - Nacho beans	Chickpea & spinach coconut curry	Vegetarian Meat Balls in Mushroom Gravy	Bean Enchiladas
RICE	Coconut rice	Steamed rice	Turmeric rice	Brown rice	Fried rice	Steamed rice	Fried rice
VEGETABLES	Steamed herb butter potatoes	Roast sweet potato	Creamy potato bake	Sour cream Shredded iceberg lettuce Grated tasty cheese	Chips	Mash potato	Potato wedges
VEGETABLES	Sliced carrots	Paprika cauliflower	Grilled corn		Steamed carrots	Charred pumpkin wedges	Capsicum, corn & peas
VEGETABLES	Charred broccoli	Roast zucchini chunks	Steamed beans		Stir fry greens	Steamed peas	Mustard Cabbage
DESSERT	Fruit salad bar	Chef's choice	Fruit salad bar	Iced vanilla cake	Fruit Cake	Ice cream bar	Eton Mess
GLUTEN FREE DESSERT				Gluten Free Vanilla Cake	Gluten Free Fruit Cake		

THE UNIVERSITY OF NEWCASTLE - EDWARDS HALL / CALLAGHAN - CYCLE MENU - WEEK FOUR

gather.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DINNER						
BREAD	Garlic Bread	Dinner Roll	Bao Buns	Bao Buns	Dinner Roll	Naan Bread	
MAIN MEAL - DRY DISH	Roast pork	Sweet n Sour Fish	Lemon Garlic Baked Chicken Thighs	Make your own: Laksa Night - Pork - Chicken - Tofu	Battered fish	Chicken schnitzel	Devilleed Pork Sausages
MAIN MEAL - WET DISH	Spaghetti bolognese	Beef Goulash	Pork Adobo		Beef stroganoff	Lamb Korma	Pepper Steak Pie
MAIN MEAL - VEGETARIAN/ VEGAN DISH	Shashuka (separate vegan no egg)	Sweet & sour tofu stir fry	Cheese & Vegetable Frittata		Lentil Shepards Pie	Paneer tikka masala (+ vegan tikka masala)	Vegan Parmy
RICE	Steamed rice	Steamed rice	Fried rice	Noodles & Brown Rice	Brown rice	Fried rice	Turmeric rice
VEGETABLES	Mashed sweet potato	Roast potato	Smashed potatoes	Boiled Eggs Sliced Capsicum Shallots Fried Onion Grated carrot Red onion Bean Sprouts Condiments	Chips	Potato Bake	Mashed potato
VEGETABLES	Cauliflower cheese	Steamed carrots	Miso corn cobs		Sliced carrots	Pumpkin	Cauliflower
VEGETABLES	Steamed broccoli	Veg medley	Charred zucchini		Steamed beans	Veg medley	Steamed peas
DESSERT	Fruit salad bar	Black Forest Cake	Fruit salad bar	Iced carrot cake	Tiramisu	Ice cream bar	American Brownie w/ custard
GLUTEN FREE DESSERT		Gluten free Brownie w/ Berries		Gluten Free Carrot Cake	Gluten Free Tiramisu		Gluten free Brownie