

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



Native Ingredient Key and Protein Colour Key : Dish Includes Native Ingredient *	Pork, Ham & Bacon	Beef	Chicken	Lamb	Fish & Seafood	Vegetarian	Vegan
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>DINNER</b>						
MAIN MEAL - DRY DISH	Cajun grilled chicken served with a corn and shallot salsa	Beef sausages with red onion and balsamic relish	Char siu pork scotch fillet and shallot with plum sauce	<b>Mexican Theme Night</b> Build your own burrito, taco, nachos or bowl	Tempura battered fish with tartare sauce and lemon wedges	Jamaican grilled pork with a corn and tomato salsa	Roast chicken with sage and onion seasoning and traditional homemade gravy
MAIN MEAL - WET DISH	Greek style braised lamb in a tomato, oregano and roast garlic broth <b>HEALTHY CHOICE</b>	Panko crumbed salmon and green herb fish cakes with aioli	Lamb, tomato and olive stew <b>HEALTHY CHOICE</b>	Barbacoa spiced shredded beef Grilled Mexican spiced rubbed chicken strips <b>HEALTHY CHOICE</b> Slow cooked smoky braised beans	Lamb koftas slow cooked in a sweet Moroccan sauce <b>HEALTHY CHOICE</b>	Sweet and sour chicken noodle stir fry	Spaghetti bolognese with herb and garlic bread
MAIN MEAL - VEGETARIAN DISH	White bean and vegetable casserole	Mauritian style potato, cauliflower and chickpea curry <b>HEALTHY CHOICE</b>	Eggplant and lentil moussaka	with Homemade tomato, red onion and coriander salsa	Spinach and ricotta pie	Mongolian spiced tofu and vegetable stir fry	Vegetable and Lentil Pie <b>HEALTHY CHOICE</b>
RICE	Paprika dusted 'dirty' rice	Steamed basmati rice	Egg fried rice	Mildly spiced guacamole	Rice pilaf	Tomato braised rice	Steamed white rice
VEGETABLES	Potato lyonnaise	Mashed potato	Potatoes slow cooked in a herb stock	Shredded iceberg lettuce	Golden French fries	Herb crumbed hasselback potatoes	Pommes Anna
VEGETABLES	Spiced sweet potato	Buttered peas	Wilted garlic spinach	Grated tasty cheese Mexican slaw Charred corn cobs	Honey glazed carrot	Medley of steamed green vegetables	Roast sweet potato
VEGETABLES	Ratatouille	Sauteed cabbage and onion	Sweet glazed pumpkin chunks	Sweet potato fries with smoked chipotle mayonnaise Mexican braised rice	Steamed green beans	Sauteed corn kernels with capsicum	Caramelised brussel sprouts
SALAD OF THE DAY	Seasonal salad of the day to compliment main meal selections			Seasonal salad of the day to compliment main meal selections			
SALAD BASICS	Rotating range of sandwich / salad ingredients - including - Proteins - shaved leg ham, shaved salami, sliced pastrami, crisp bacon shards, rare roast beef, finely sliced corned silverside, roast pulled chicken, sliced chicken schnitzel, shaved turkey breast, flaked tuna, flaked pink salmon, hard boiled egg, smashed soft boiled egg, falafels, sliced tasty cheese and cream cheese Salad ingredients - alfalfa sprouts, carrot ribbons, sliced cucumber, sliced tomato, shaved red onion, sliced beetroot, finely sliced button mushrooms, sliced tinned pineapple, finely sliced red capsicum strips, homemade chunky coleslaw lightly bound in whole egg mayonnaise mesclun mix, shredded iceberg lettuce, wild rocket lettuce and baby spinach leaves Antipasto / Pickled ingredients - baby capers, sliced black olives, shredded sun/semi dried tomatoes, sliced gherkins, sliced jalapenos, fire roasted red capsicum, grilled eggplant and grilled sweet potato						
DESSERT	Coconut Rice Pudding	Lemon delicious pudding	Upside down pineapple cake with freshly whipped cream	Churros with chocolate fudge sauce	Pear and berry crumble with homemade custard	Chocolate mousse cake	Ice cream cups with selection of toppings and condiments
TODAY'S FRESH FRUIT	Selection of whole seasonal fresh fruits e.g. Royal gala apple, Imperial mandarin and Cavendish banana						