

on the menu

Term 1 2021 – Week 1

	monday	tuesday	wednesday	thursday	friday	saturday	sunday	
breakfast	cereal - including, sultana bran, weet-bix, corn flakes, rice bubbles, just right and toasted muesli, full cream, skim, soy, and almond milk. low fat and Greek yoghurt and cooked fruits, fruit juices low gi and high fiber white, wholegrain, whole meal breads and English muffins including gluten free selection, assorted spreads, and seasonal fresh fruits, self-serve coffee, tea, and hot chocolate						Fried Eggs	
lunch							selection of bread & rolls, cold sliced meat, pre-sliced salad ingredients, condiments and 2 daily salads	selection of bread & rolls, cold sliced meat, pre-sliced salad ingredients, condiments and 2 daily salads
salad	Asian Noodle salad with Thai dressing and fried shallots	Italian Salad with Fetta	Carrot and chickpea salad with Toasted Almonds and Zesty Orange Dressing	Thai Salad with fresh mint leaves	Tomato, Bocconcini & fresh pesto with Garlic Croutons	Garden Salad with Italian Dressing	Mexican rice and black bean salad with coriander	
soup								
dinner option one	Green Curry Chicken thighs with a kaffi lime	Homemade Beef Lasagne with Cheesy Top	Tempura Fish and Calamari with Lemon Tartare sauce and Lemon	Grilled Chicken Breast with Chimichurri Sauce	"The Dining Hall Supreme" Pizza	Lamb & Rosemary Sausages with Onion Gravy	Sunday Roast Chicken with Gravy	
dinner option two								
vegetarian	Red Curry Tofu with Thai Eggplant & fresh herbs	Pumpkin, Spinach & Fetta Cannelloni with Napolitano Sauce & grilled Cheese	Pumpkin & Sundried Tomato Arancini Ball, Polenta and Parmesan "Chips"	Grilled Eggplant, Zucchini & Haloumi with Chimichurri Sauce	Sundried Tomato, Olive & Spinach Pide	Spinach & Fetta Frittata	Mushroom & Lentil Filo Parcels	
starch	Steamed Jasmine Rice	Crunchy Roasted Potato's	Hand Cut Chips	Steamed Jasmine Rice	Parmesan Potatoes	Creamy mashed Potato	Oven Roasted Potato's, Honey Glazed Carrots	
vegetables	Garlic Ginger stir fried Vegetables	Broccoli, Corn and Zucchini	Grilled Zucchini with Lemon oil	Garlic & Ginger stir fried Vegetables	Steamed Seasonal Vegetable	Broccoli, Peas & Carrots	Steamed Greens	
dessert	Raspberry lamingtons	Caramel Latte Pannacotta	Raspberry & white Chocolate Muffin	Mango Cheesecake	Marbled Madera Cake	Vanilla Ice Cream Cups	Raspberry & Peach Crumble with Custard	
	selection of fresh cut seasonal fruit, whole fruit, tea, coffee and cordial							

on the menu

Term 1 2021 – Week 2

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
breakfast	cereal - including, sultana bran, weet-bix, corn flakes, rice bubbles, just right and toasted muesli, full cream, skim, soy, and almond milk. low fat and Greek yoghurt and cooked fruits, fruit juices low gi and high fiber white, wholegrain, whole meal breads and English muffins including gluten free selection, assorted spreads, and seasonal fresh fruits, self-serve coffee, tea and hot chocolate						Scrambled Eggs
lunch						selection of bread & rolls, cold sliced meat, pre-sliced salad ingredients, condiments and 2 daily salads	selection of bread & rolls, cold sliced meat, pre-sliced salad ingredients, condiments and 2 daily salads
salad	Cucumber Ribbons, Pickled Radish, wild Rocket, Candied Lemon	Packham Pear & Rocket Salad with Parmesan Wafers	Thai Squid noodle salad with Thai basil & lime dressing	Cabbage and kale slaw with chipotle & lime dressing	DIY Caesar salad with boiled egg and parmesan	Greek Salad with Kalamata olives and oregano dressing	Roast pumpkin, Pepita seeds, sun dried tomatoes and Spinach
soup							
dinner option one	Grilled Chicken Breast with Peanut Satay Sauce	Taco Tuesday with Selection of Toppings	Grilled Rump Steak with Mushroom Sauce	250g Chicken Breast Schnitzel with Gravy	Thai Buffet night	House made Beef cheese n Bacon Pies	Sunday Roast beef with Red Wine Gravy
dinner option two	Mexican Chicken or Boston bean taco's				Choice of Chicken Dim Sims Vegetable Spring Rolls		
vegetarian	Peanut Satay Vegetable Stir Fry	Served with Either a Soft or Hard taco Shell	Roasted Sweet Potatoes Stuffed with mixed beans	Zucchini and Ricotta Slice	Satay Chicken Skewers Stir Fried Vegetables with Noodles	Vegetable Curry Pies	Wild Mushroom, Spinach Risotto with Parmesan
starch	Steamed Lemongrass rice	Mexican Style Rice	Crunchy Roasted Chats	Shake and Bake Fries	Thai Fried Rice with Egg Ribbons	Creamy Mashed Potato	Baked Potatoes with Sour Cream
vegetables	Ginger & Garlic Chinese broccoli & Bok Choy	Assorted Toppings of Sour Cream, Cheese, Guacamole & Tomato Salsa	Steamed Seasonal vegetables	Zucchini with Paprika Salt	Stir Fried Asian Greens with Garlic and Soy	Broccoli & Peas	Steamed Seasonal Vegetables
dessert	Mango and Toasted Coconut Cake	White Chocolate Brownies with Raspberry Swirl	Cheese Cake Crumble Blue Berry Muffins	Cinnamon Apple Swirl Cake	Dunkin Donuts	Peaches with Baked Custard	Chocolate Chip Cookies
	selection of fresh cut seasonal fruit, whole fruit, tea, coffee and cordial						

on the menu

Term 1 2021 – Week 3

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
breakfast	cereal - including, sultana bran, weet-bix, corn flakes, rice bubbles, just right and toasted muesli, full cream, skim, soy, and almond milk. low fat and Greek yoghurt and cooked fruits, fruit juices low gi and high fiber white, wholegrain, whole meal breads and English muffins including gluten free selection, assorted spreads, and seasonal fresh fruits, self-serve coffee, tea and hot chocolate						Fried Eggs
lunch						selection of bread & rolls, cold sliced meat, pre-sliced salad ingredients, condiments and 2 daily salads	selection of bread & rolls, cold sliced meat, pre-sliced salad ingredients, condiments and 2 daily salads
salad	Fetta, Sundried Tomato and Rocket Salad	Black bean Salad with Corn & Capsicum	Nicoise salad with Baby Cos Leaves	Caesar salad with Parmesan, Garlic Croutons, and Crispy Bacon	Crunchy Americana Slaw	Roast Pumpkin, Chery tomato a Basil Pesto Dressed Spinach	Romania Lettuce, Bocconcini, Olives and balsamic Glaze
soup							
dinner option one	Grilled lamb burger with tzatziki	Chicken Enchilada with Sour Cream and Tomato Salsa	Creamy Salmon Penne Pesto Pasta	Chermoula Chicken with Sultanas & Coriander	American Style Hot Dogs with all the Trimmings	"The Dining Hall Supreme Pizza"	¼ Roast Chicken with Gravy
dinner option two							
vegetarian	Sweet Potato and lentil Burger with Tzatziki	Mixed bean Enchiladas with Sour Cream and Tomato Salsa	Pumpkin & Spinach Ravioli with Tomato & Parmesans Sauce	Tofu Chermoula with Blush Capsicum, Grilled Zucchini & Eggplant	The Grand Vege Dog, with all the Trimmings	Vegorama Pizza with Roasted Pumpkin, Pesto & Sundried Tomato's	Pumpkin Ricotta & Spinach Roulade
starch	Hand Cut Chunky Chips	Mac n Cheese	Oven Roasted Potatoes with Mixed herbs & Olive oil	Cous Cous with Sunflower seed, Sultanas & Coriander	Shoe String Fries	Smashed Chats, With Garlic Herb oil	Baked Potatoes, Pumpkin and Carrots
vegetables	Broccoli, Beans & Zucchini	Peas, Corn & Cauliflower	Green beans, Spinach & Carrots	Grilled Mediterranean Vegetable Mix	Streamed Pea's, Zucchini, and Corn	Sautéed Zucchini with Lemon Thyme	Cheesy Cauliflower and Broccoli Bake
dessert	Coconut & Jam Slice	Chocolate Mousse with Mini Marshmallow & Caramel Sauce	House made Vanilla Slice	Chocolate brownie with Walnuts	Lemon Grass Pannacotta with Mango Gel	Vanilla Ice-cream Cups	Apple Strudel with Custard
	selection of fresh cut seasonal fruit, whole fruit, tea, coffee and cordial						

on the menu

Term 1 2021 – Week 4

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
breakfast	cereal - including, sultana bran, weet-bix, corn flakes, rice bubbles, just right and toasted muesli, full cream, skim, soy, and almond milk. low fat and Greek yoghurt and cooked fruits, fruit juices low gi and high fiber white, wholegrain, whole meal breads and English muffins including gluten free selection, assorted spreads, and seasonal fresh fruits, self-serve coffee, tea and hot chocolate						Scrambled Eggs
lunch						selection of bread & rolls, cold sliced meat, pre-sliced salad ingredients, condiments and 2 daily salads	selection of bread & rolls, cold sliced meat, pre-sliced salad ingredients, condiments and 2 daily salads
salad	Rocket & radicchio shaved parmesan & pear salad	Greek salad with fresh oregano and soft feta	Crisp Apple & Pear Salad with Mixed Asian Green Leaves	Wild rocket leaves with sundried tomato & Kalamata olives	Burger topping selection, sliced tomato, beetroot, pineapple, cheese, onion	Italian Salad With Olives, Bocconi & tomato	Mediterranean Cous Cous Salad with Baby Spinach
soup							
dinner option one	Beef Stroganoff with Mushrooms	Chicken Schnitzel night	Pork Stir Fry with Chilli Jam & basil	Mixed Grill Night	Burger night	Beef Meatballs with Penne Pasta	Tempura Fish with fresh lemons & tartare Sauce
dinner option two	Choice of Mushroom Sauce or Gravy		Honey Soy Chicken Skewer Grilled Beef Minute Steak with Grilled Onions		Grilled Home-Made Beef Pattie with "Mac Sauce"		
vegetarian	Tofu Stroganoff with mushrooms & eggplant	Vegetarian Schnitzel with Pesto Cream Sauce	Vegetable stir Fry with Sesames Fried Tofu	Cream Cheese stuffed Mushrooms Vegetable Kebabs	Chickpea & Lentil Pattie with Mint Riata Sauce	Wild mushrooms with Spinach Gnocchi	Zucchini and Corn Fritters with Tomato Relish
starch	Steamed Rice	Cheesy Mac N Cheese	Thai Fried Rice with Egg	Creamy Potato Bake	Tata Tot's with Aioli	Cheesy Garlic Bread	Crunchy Oven Roasted potatoes
vegetables	Assorted Steamed Vegetables	Seasonal Panache	Mixed Vegetables with Oyster sauce	Green beans, Brussel Sprouts & Cauliflower	Seasonal Panache	Sautéed Zucchini	Corn on the Con, Carrots & peas
dessert	Chocolate Chip Muffins	Triple Chocolate Browne with Chocolate Sauce	Caradamon Vanilla Slice	Individual Trifle Pots	Ice Cream Cups	Tiramisu Pannacotta with Caramel Sauce	Apple Crumble with Custard
	selection of fresh cut seasonal fruit, whole fruit, tea, coffee and cordial						