

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

**gather.**

**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**

**DINNER**

**MAIN MEAL - DRY DISH**

Provençal herb crumbed lamb rissoles served with salsa verde

Grilled beef sausages with a chipotle BBQ sauce

Slow cooked smoky pork scotch fillet with pan juice gravy

Thai massaman beef & potato curry

Green herb and paprika crumbed fish fillet with tartare sauce and lemon wedges

Aussie style beef burger caramelised onion smokey barbeque sauce

Portuguese marinated chicken drumsticks with piri piri sauce

**MAIN MEAL - WET DISH**

Chilli plum pork and noodle stir fry  
**HEALTHY CHOICE**

Chicken, pumpkin and leek pie topped with a flaky pastry

Homemade tuna cakes with salsa verde  
**HEALTHY CHOICE**

Sweet and sour pork

Malay style lamb rendang

Slow braised pulled pork burger with an asian style slaw  
**HEALTHY CHOICE**

Lamb ragout pasta bake

**MAIN MEAL - VEGETARIAN DISH**

Tart of roast tomato, thyme and caramelised red onion

Red and yellow lentil daal with naan bread  
**HEALTHY CHOICE**

Mushroom and white bean ragout

Stirfried tofu & noodles in a chilli, basil & sweet soy sauce  
**HEALTHY CHOICE**

Baked eggplant topped with lentils and herbs  
**HEALTHY CHOICE**

Pumpkin and Spinach gnocchi

Capsicums filled with a chickpea and feta cheese pilaf slow cooked in a spiced tomato sauce  
**HEALTHY CHOICE**

**RICE**

Steamed Jasmine rice

Steamed basmati rice

Herbed rice

Coconut rice

Steamed basmati rice

Steamed white rice

Steamed brown rice

**VEGETABLES**

Smashed herb roast potato

Jacket potato

Creamy potato bake

Charred bok choy quarters

Golden French fries

Scalloped potato

Oven baked potato wedges

**VEGETABLES**

Charred broccoli

Roast zucchini chunks

Steamed beans

Stir fry vegetables

Charred pumpkin wedges

Stir fry greens

Sweet potato puree

**VEGETABLES**

Baby carrots

Spiced cauliflower

Grilled buttered corn

Grilled corn cobs with sweet chilli drizzle

Herbed peas

Pan fried carrots with seasonal herbs

Broccoli gratin

**SALAD OF THE DAY**

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**

Vanilla pannacotta with passionfruit sauce

Chocolate walnut brownie

Maple syrup bread and butter pudding with creme anglaise

Mixed berry, meringue and chantilly cream Eton mess

Ice cream cups with selection of toppings and condiments

Spiced apple & sultana strudel with chantilly cream

Sticky toffee pudding with butterscotch sauce

**TODAY'S FRESH FRUIT**

Selection of whole seasonal fresh fruits e.g. Royal gala apple, Imperial mandarin and Cavendish banana