

# on the menu

Term 2 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	Rocket Salad with olives, Fetta and Sundried Tomato's	Garden Salad with Balsamic Dressing	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	Creamy Chicken Carbonara	Crumbed Chicken with Katsu Sauce	Grilled Barramundi with Lemon Butter	Garlic Beef and Oyster Sauce stir Fry	"The Dining Hall Supreme" Pizza	Tomato and Bacon Cheese Quiche	Oven Roast Chicken with Stuffing and Gravy	
dinner option two								
vegetarian	Pumpkin Ravioli with a Sage Napolitana Sauce	Tofu Katsu Curry served with fresh greens	Fetta, Spinach, quinoa Oat Fritters	Garlic Tofu and Oyster Sauce stir fry	Sundried Tomato, Olive & Spinach Pide	Spinach & Fetta Triangles	Grilled Vegetable stack with Haloumi and Basil Pesto	
starch	Crunchy Roasted Potato's	Steamed Rice with Sesame seeds	Hand Cut Chips	Steamed Jasmine Rice	Parmesan Potatoes	Creamy mashed Potato	Oven Roasted Potato's, Honey Glazed Carrots	
vegetables	Steamed Greens	Broccoli Beans and Zucchini	Grilled Zucchini with Lemon oil	Garlic & Ginger stir fried Vegetables	Steamed Seasonal Vegetable	Broccoli, Peas & Carrots	Steamed Greens	
dessert	Raspberry lamingtons	Mango Cheesecake	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	Sticky Char Sui Pork	Mixed Grill night, Chicken and thyme sausages	Grilled Chicken Parmesan Bake	Beef Tortellini with Creamy Mushroom Sauce	Chilli Jam Chicken Stir Fry	Traditional Aussie Beef Burgers with Beetroot and Pineapple	Whole Roast Beef Sirloin with Gravy
dinner option two	Beef Minute Steak Grilled onions & Tomato's						
vegetarian	Sesame Crusted Tofu with Char Sui Sauce	Vegetable Kebabs Grilled Halloumi	Vegetable Paella, grilled Capsicum and Olives	Spaghetti Arrabiata with Lemon and thyme	Vegetable Stir Fry with Ginger and Garlic Sauce	Grilled Vege Pattie Burger with Haloumi and Pesto	Roasted Pumpkin Mushroom and Sage Gnocchi
starch	Steamed Lemongrass rice	Creamy Potato Bake	Crunchy Roasted Chats	Cheesy garlic bread	Vegetarian Singapore noodles	Shoestring Shaker fries	Baked Potatoes with Sour Cream
vegetables	Ginger & Garlic Chinese broccoli & Bok Choy	Roasted Bumpkin with Maple Bacon and Walnuts	Steamed Seasonal vegetables	Almond Butter Brocolini	Stir Fried Asian Greens with Garlic and Soy	Steamed Seasonal Vegetables	
dessert	Mango and Toasted Coconut Cake	Pavlova with whipped cream and Berries	Cheesecake 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	Caesar salad with Parmesan, Garlic Croutons, and Crispy Bacon	Roast Pumpkin, Chery tomato a Basil Pesto Dressed Spinach	Romania Lettuce, Bocconcini, Olives and balsamic Glaze
soup							
dinner option one	Chicken Enchilada with Sour Cream and Tomato Salsa	Salt and Pepper Squid or Grilled Fish	Beef bourguignon with hearty winter Vegetables	Pork Stir Fry with Chilli Jam & basil	Chicken Schnitzel night	Teriyaki Beef with toasted sesame	Roasted Pork Loin with Apple Sauce and Gravy
dinner option two					Choice of Mushroom Sauce or Gravy		
vegetarian	Mixed bean Enchiladas with Sour Cream and Tomato Salsa	Tempura Vegetables with sesames soy Dipping sauce	Wild mushroom Bourguignonne	Vegetable stir Fry with Sesames Fried Tofu	Vegetarian Schnitzel with Pesto Cream Sauce	Grilled Vegetable skewers with Sesame Crumbed Tofu	Pumpkin Ricotta & Spinach Roulade
starch	Mexican Bean Rice	Loaded Sweet Potato's	Creamy Mashed Potato's	Thai Fried Rice with Egg	Shoestring Fries	Vegetable Fried Rice	Baked Potatoes, Pumpkin and Carrots
vegetables	Peas, Corn & Cauliflower	Minted Pea's, Corn on the Cob and Baby Carrots	Broccoli, Beans and Carrots	Mixed Vegetables with Oyster sauce	Streamed Pea's, Zucchini, and Corn	Sautéed Asian Greens	Cheesy Cauliflower and Broccoli Bake
dessert	Coconut & Jam Slice	Chocolate Mousse with Mini Marshmallow & Caramel Sauce	Golden Syrup Pudding	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	Asian Noodle Salad	Crunchy American Slaw	Wild rocket leaves with sundried tomato & Kalamata olives	Caesar Salad with Boiled Egg	Italian Salad with Olives, Bocconi & tomato	Mediterranean Cous Cous Salad with Baby Spinach	
soup								
dinner option one	Beef Lasagne with Cheesy Top	Sticky chilli Jam Chicken Wings	Pulled Pork Burger with Dill pickles, sliced Cheese	Grilled Chicken breast with Hawaiian topper (grilled Pineapple, Bacon and Cheese	PIZZA NIGHT "The Dining Hall Supreme" Pizza	Chicken Cacciatore , Chicken baked in rich tomato and olive sauce	Tempura Fish with fresh lemons & tartare Sauce	
dinner option two	OR							
vegetarian	Vegetable & lemon thyme Ricotta Lasagne	Panko Crumbed Zucchini with	Pulled Eggplant burger with a selection of toppings	Grilled Eggplant parmigiana	Vegorama Supreme with Olives, sundried tomato and soft fetta	Mushroom and lentil Parcels	Zucchini and Corn Fritters with Tomato Relish	
starch	Oven Roasted Potato's with Confit	Thai Fried Rice with Egg	Cheesy Mac N Cheese	Potato Bake with Cheesy top		Sot Herb Mashed Potato's	Crunchy Oven Roasted potatoes	
vegetables	Assorted Steamed Vegetables	Seasonal Panache	Boston Beans with Smoky BBQ Sauce	Seasonal Panache		Sautéed Zucchini	Corn on the Con, Carrots & peas	
dessert	Chocolate Chip Muffins	Triple Chocolate Browne with Chocolate Sauce	Cherry Ripe 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							