

Week 7 T4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	19/11/2018	20/11/2018	21/11/2018	22/11/2018	23/11/2018	24/11/2018	25/11/2018
Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
	Eggs, Bacon	Crumpets	Eggs, Baked Beans	Danishes	Eggs, Bacon	Pancakes &	Scrambled Eggs
	Baked Beans		Spaghetti	Croissants	Baked Beans	Maple Syrup	Tomato, Cheese
	Spaghetti		Chipolatas & Mushrooms		Spaghetti		Grilled, Bacon
Morning Tea	Berry Muffins	Cinnamon Donuts	Dip w Vegie Sticks	Scones & Jam	Carrot Cake	Chef's Delights	Chef's Delights
	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
Lunch	Giant Sausage Rolls	Marinated Chicken	Gourmet Breads	Sweet & Sour Pork	Potato Wedges	Ham & Cheese	Pasta Bake
			Specialty Salads	Steamed Rice	Sour Cream	Croissants	MYO Toasties
					Sweet Chilli Sauce	MYO Toasties	
	Assortment of Cold Meats & Salad	Assortment of Cold Meats & Salad	Assortment of Cold Meats & Salad	Assortment of Cold Meats & Salad	Assortment of Cold Meats & Salad	Assortment of Cold Meats & Salad	Assortment of Cold Meats & Salad
Afternoon Tea	Bread, Crackers & Spreads	Bread, Crackers & Spreads	Bread, Crackers & Spreads	Bread, Crackers & Spreads	Bread, Crackers & Spreads	Bread, Crackers & Spreads	Bread, Crackers & Spreads
							YEAR 9 CHOICE
Dinner	Chicken Breast	Beef Lasagne	Crumbed Steak	Roast Lamb	Pasta Pappardelle	BBQ	Chicken Parmigiana
	Creamy Bacon Sauce	Garlic Bread	Sweet Potato Wedges	Mint Sauce, Gravy	Tomato & Bacon Sauce	Rissoles, Steak,	Seasonal Vegetables
	Seasonal Vegetables	Seasonal Vegetables	Beans & Carrots	Roasted Potatoes	Herb Bread	Sausages	Garlic Potato Chats
	Potato Chats		Gravy	Roasted & Steamed Vegetables		Greek Salad	
	Assorted Salads	Assorted Salads	Assorted Salads	Assorted Salads	Assorted Salads	Assorted Salads	Assorted Salads
Dessert	Profiteroles w	Ice Cream Wafers w	Caramel Tarts	Sticky Date Pudding	Fruit Salad	Ice Blocks	Chef's Delights
	Chocolate Sauce	Toppings					
Supper	Cream Biscuits	Evening Biscuits	Cheese & Jatz	Tim Tams	N/A	N/A	N/A

Continental Breakfast (every day)

Cereal: Muesli, Just Right, Weet Bix, Corn Flakes, Rice Bubbles & assorted specials
 Fruit: Assortment fresh from market
 Bread: Wholemeal, Multigrain, & White Café
 Spreads: Honey, Jams, Vegemite and Promite
 Yoghurts: Assorted

Lunch

Assorted cold meats. Variety of wraps and breads available

Dinner

Market fresh vegetables (Choice of 2 plus potato or rice as per menu)
 Salads every night

Menu subject to change due to availability