

Winter Boarding House Menu 2015 - WEEK 1

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pre-training options including cereals, reduced fat milk, fruit, juice, bread and condiments						
	Continental breakfast bar consisting of -: Cereals & untoasted muesli (gf) Wholegrain & wholemeal bread & GF bread Reduced fat milk & chilled water jugs Assorted fresh whole seasonal fruit and fruit salad PLUS tinned fruit Assorted spreads including Jam, honey & Vegemite, PC spreads for GF						
	Continental PLUS Bircher muesli (gf) Greek yoghurt(gf) with fruit/berries Fruit toast Granola	Continental PLUS Ham & egg muffin (gf) with homemade BBQ sauce 100% juice	Continental PLUS Seasonal Fruit Smoothie Greek yoghurt(gf) with fruit/berries Fruit toast & whole meal English muffins Granola	Continental PLUS Poached eggs with baked beans, oven roasted tomatoes and sautéed mushrooms (GF) 100% juice	Continental PLUS Breakfast muffin (gf) Greek yoghurt with fruit/berries Fruit toast & crumpets Granola	Continental PLUS Pancakes (gf) with maple syrup Greek yoghurt with fruit/berries Fruit toast & crumpets Fruit smoothies 100% juice	Continental PLUS 'The Big Brekky' Eggs, bacon, chipolatas, hash browns & oven roasted tomatoes (GF) 100% juice
LUNCH	Aussie beef burger(gf)	Pizza with varied toppings(gf)	Assorted sushi Rolls(gf) x2 (gf)	Meatball sub(gf) x2 PLUS	Salami Pesto Pasta (gf)	Pulled Beef Slider w/ Pickled slaw & adobo ketchup	Turkish baked pitta pockets (gf)
	Pumpkin Soup (gf)	Beef & Barley Soup (gf)	Vegetable Soup (gf)	Chicken & Sweet Corn Soup (gf)	Minestrone Soup (gf)		
	Green salad highlighting the variety of seasonal produce. Your choice of freshly prepared dressings						
	Make your own sandwich, roll or wrap with assorted protein, salad fillings and condiments PLUS assorted seasonal fresh whole fruit.						
SNACK #1	Savory Filled Vol au Vent PLUS Seasonal fruit (WHOLE)	Homemade fruit muffin Cake/Slice (gf) PLUS Seasonal fruit (Sliced)	English muffin toasties(gf) PLUS Seasonal fruit (WHOLE)	Dells Gourmet Sausage Roll (gf) PLUS Seasonal fruit (SLICED)	Baked bean roll (gf)PLUS Seasonal fruit (WHOLE)	<u>Sport Supplement pack from dining room from 7am</u>	Chic-nuts or Fav-va nuts(gf) PLUS Seasonal fruit (WHOLE)
SNACK #2	Smoothie(gf) PLUS Seasonal fruit (SLICED)	Greek yoghurt (gf) PLUS Seasonal fruit (WHOLE)	Mexican Quesada's (gf) PLUS Seasonal fruit (WHOLE)	Homemade slice (gf) PLUS Seasonal fruit (WHOLE)	Homemade Biscuits Cake/Slice (gf) PLUS Seasonal fruit (SLICED)	Popper, Anzac Biscuit, Cheese & biscuit, fresh whole fruit	Banana choc-chip toasties (gf) PLUS Seasonal fruit (SLICED)
DINNER	PLUS cereals & untoasted muesli with reduced fat milk in dining room						
	Butter chicken with basmati rice, pappadums and steamed seasonal vegetables (GF)	Beef stroganoff served with fettuccine and steamed seasonal vegetables (GF)	Roast butterfly leg of lamb & gravy / mint jelly with roasted potatoes. Seasonal roasted & steamed vegetables (GF)	Grilled Reef Fish w/ special sauce Zucchini & Potato bake and wok fried Asian greens (GF)	Honey & Soy Chicken Noodle box, Minis spring rolls & prawn toast (GF)	Club T-Bone Steak with Chunky chips and salads & rolls (GF)	Chicken Gangnam- style with Eggy rice & steamed seasonal vegetables (GF)
	Seasonal substantial salad						
	Green salad highlighting the variety of seasonal produce. Your choice of freshly prepared dressings						
Make your own sandwich, roll or wrap with assorted protein, salad fillings and condiments PLUS assorted seasonal fresh whole fruit.							
Supper	Milo with crumpets and fruit toast, GF bread served with spreads PLUS seasonal fruit (WHOLE)	Red Velvet Slice GF Dessert served with ice cream PLUS seasonal fruit (SLICED)	Sticky date pudding, GF Dessert PLUS seasonal fruit (WHOLE)	Fresh Fruit Salad & Ice Cream (GF)PLUS seasonal fruit (SLICED)	Milo with English muffins and fruit toast, GF bread served with spreads PLUS seasonal fruit (WHOLE)	Homemade Vanilla custard with jelly and fresh fruit salad (GF)	Chocolate mousse (GF)PLUS seasonal fruit (WHOLE)

Winter Boarding House Menu Term 1 2015 - WEEK 2

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pre-training options including cereals, reduced fat milk, fruit, juice, bread and condiments						
	Continental breakfast bar consisting of -: Cereals & untoasted muesli (GF) Wholegrain & wholemeal bread & GF bread Reduced fat milk & chilled water jugs Assorted fresh whole seasonal fruit and fruit salad PLUS tinned fruit Assorted spreads including Jam, honey & Vegemite, PC spreads for GF						
	Continental PLUS Bircher muesli (gf) Greek yoghurt with fruit/berries Fruit toast & crumpets Granola	Continental PLUS Breakfast burrito (gf) 100% juice	Continental PLUS Smoothie (gf) Greek yoghurt with fruit/berries Fruit toast & crumpets Granola	Continental PLUS Scrambled eggs with spaghetti (gf) 100% juice	Continental PLUS Breakfast muffin (gf) Greek yoghurt with fruit/berries Fruit toast & crumpets Granola	Continental PLUS Pancakes (gf) with maple syrup Greek yoghurt with fruit/berries Fruit toast & crumpets Fruit smoothies 100% juice	Continental PLUS Eggs benedict with ham (gf) 100% juice
LUNCH	Homemade Beef lasagna Savory Mince with Penne pasta (gf)	Oven baked Chicken Parma Schnitzel (gf)	Sausage sub with caramelized onion jam (gf)	Chicken Caesar wrap (gf)	Rigatoni, Braised Pork, Tomato & Olives (gf)	Lamb kebab with tabbouleh and humus (gf)	Chicken skewers with rice (gf)
	Sweet Potato Soup (gf)	Bacon & Vegetable Soup (gf)	Chicken Noodle Soup (gf)	Tomato Soup (gf)	Pea & Ham Soup (gf)		
	Green salad highlighting the variety of seasonal produce. Your choice of freshly prepared dressings						
	Make your own sandwich, roll or wrap with assorted protein, salad fillings and condiments PLUS assorted seasonal fresh whole fruit.						
Snack #1	Baked savory mince roll (gf) PLUS Seasonal fruit (SLICED)	Open grilled sandwich (gf) PLUS Seasonal fruit (WHOLE)	Homemade Cake (gf) PLUS Seasonal fruit (SLICED)	Dells Scotch Beef Pie (gf) PLUS Seasonal fruit (WHOLE)	Homemade Biscuits, Cake/Slice (gf) PLUS Seasonal fruit (SLICED)	<u>Sport supplement pack from dining room 7am</u>	Wholegrain muesli bar and milo PLUS Seasonal fruit (SLICED)
Snack #2	Nasi goreng (gf) PLUS Seasonal fruit WHOLE	Smoothie (gf) PLUS Seasonal fruit (Sliced)	Beef Slider x 1 (gf) PLUS Seasonal fruit (WHOLE)	Apricot Delight roll, Cake/Slice (gf) PLUS Seasonal fruit (SLICED)	Pita pocket pizza (gf) PLUS Seasonal fruit (WHOLE)	<i>Popper, Anzac biscuit, Cheese & biscuit, fresh whole fruit</i>	Assorted sandwiches, rolls or wraps PLUS Seasonal fruit (WHOLE)
	PLUS cereals & untoasted muesli with reduced fat milk in dining room						
DINNER	Thai Green Chicken curry with Basmati rice and steamed seasonal vegetables (GF)	Spaghetti and meatballs served with steamed seasonal vegetables (GF)	Roast chicken & gravy with smashed baked herb potatoes. Seasonal roasted & steamed vegetables (GF)	Thai Fish Cakes, Chicken & cheese pasta bake seasonal steam vegetables (GF)	Sticky Pork Ribs Chinese fried rice Salad bar (GF)	Classic shepherd's pie with mashed potato and seasonal steamed vegetables (GF)	Honey Soy Chicken drumsticks scalloped potato gratin and steamed seasonal vegetables (GF)
	Seasonal substantial salad						
	Green salad highlighting the variety of seasonal produce. Your choice of freshly prepared dressings						
	Make your own sandwich, roll or wrap with assorted protein, salad fillings and condiments PLUS assorted seasonal fresh whole fruit.						
Supper	Milo with crumpets and fruit toast, GF bread served with spreads PLUS seasonal fruit (WHOLE)	Chocolate self-saucing pudding, GF Dessert with ice cream PLUS seasonal fruit (SLICED)	Jellied Fruit & custard PLUS seasonal fruit (WHOLE) (gf)	Ice cream PLUS fresh seasonal fruit salad (gf)	Milo with English muffins and fruit toast, GF bread served with spreads PLUS seasonal fruit (WHOLE)	Homemade Chocolate custard with banana PLUS seasonal fruit (SLICED) (gf)	Homemade apple pie (gf) PLUS seasonal fruit (WHOLE)

Winter Boarding House Menu Term 1 2015 - WEEK 3

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pre-training options including cereals, reduced fat milk, fruit, juice, bread and condiments						
	Continental breakfast bar consisting of :- Cereals & untoasted muesli Wholegrain & wholemeal bread Reduced fat milk & chilled water jugs Assorted fresh whole seasonal fruit and fruit salad PLUS tinned fruit Assorted spreads including Jam, honey & Vegemite						
	Continental PLUS Bircher muesli (gf) Greek yoghurt with fruit/berries Fruit toast & crumpets Granola	Continental PLUS Ham & Egg muffin (gf) 100% juice	Continental PLUS Smoothie (gf) Greek yoghurt with fruit/berries Fruit toast & crumpets Granola	Continental PLUS Bacon and egg toasties with baked beans (gf) 100% juice	Continental PLUS Breakfast muffin (gf) Greek yoghurt with fruit/berries Fruit toast & crumpets Granola	Continental PLUS Pancakes (gf) with maple syrup Greek yoghurt with fruit/berries Fruit toast & crumpets Fruit smoothies 100% juice	Continental PLUS 'The Big Brekky', Eggs, bacon, chipolatas, oven roasted tomatoes & sauté mushrooms (gf) 100% juice
LUNCH	Porchetta, Crackling & mango relish on Ciabatta (gf)	Ground Beef, Cheese & Salsa Tacos (gf)	Assorted Sushi Rolls (gf)	Steak Sandwich w/ grilled onions (gf)	Pizza with varied toppings (gf)	Paper-bag chicken (gf)	Baked jacket potato with tasty toppings (gf)
	Pumpkin Soup (gf)	Beef & Barley Soup(gf)	Vegetable Soup (gf)	Chicken & sweet corn soup (gf)	Minestrone Soup (gf)	Green salad highlighting the variety of seasonal produce. Your choice of freshly prepared dressings	
	Make your own sandwich, roll or wrap with assorted protein, salad fillings and condiments PLUS assorted seasonal fresh whole fruit.						
Snack #1	Savory Scroll (gf) PLUS Seasonal fruit (WHOLE)	English muffin toasties (gf) PLUS Seasonal fruit (Sliced)	Pikelets with 100% fruit jam and ricotta cream, Cake/Slice (gf) PLUS Seasonal fruit (WHOLE)	Dells Gourmet Sausage Roll (gf) PLUS Seasonal fruit (SLICED)	Baked savory mince roll (gf) PLUS Seasonal fruit (WHOLE)	<u>Sport supplement pack from dining room at 7am</u>	Chic-nuts or Fav-va nuts (gf) PLUS Seasonal fruit (WHOLE)
Snack #2	Homemade Muffin (gf) PLUS Seasonal fruit (SLICED)	Greek yoghurt cup (gf) PLUS Seasonal fruit (WHOLE)	Assorted sandwiches, rolls or wraps (gf) PLUS Seasonal fruit (WHOLE)	Homemade Slice, Cake/Slice (gf) PLUS Seasonal fruit (WHOLE)	Homemade Biscuits (gf) PLUS Seasonal fruit (SLICED)	Popper, Anzac biscuit, Cheese & biscuit, Whole fresh fruit	Fruit smoothies (gf) PLUS Seasonal fruit (SLICED)
DINNER	PLUS cereals & untoasted muesli with reduced fat milk in dining room						
	Bollywood lamb with basmati rice & steamed seasonal vegetables (GF)	Roast beef with jacket potato& sour cream and steamed seasonal vegetables (GF)	Pork chops with apple sauce. Roasted potatoes &seasonal roasted and steamed vegetables (GF)	Braised Lamb Shank (GF) Mash potato Rich onion gravy Steamed vegetables	Oven baked Fish & chips Salads & rolls (GF)	Pepper Steak with Mushroom Sauce, Jacket potato & seasonal steam vegetables (GF)	Med Chicken Kiev, Grilled Chicken Breast (GF) baked wedges, Curried vegetables
	Seasonal substantial salad						
Green salad highlighting the variety of seasonal produce. Your choice of freshly prepared dressings							
Make your own sandwich, roll or wrap with assorted protein, salad fillings and condiments PLUS assorted seasonal fresh whole fruit.							
Supper	Milo with crumpets and fruit toast, GF bread served with spreads PLUS seasonal fruit (WHOLE)	Strawberry Mousse, GF Dessert served with ice cream PLUS seasonal fruit (SLICED)	Rich Chocolate brownie, GF Dessert PLUS seasonal fruit (WHOLE)	Banana split with ice cream, chocolate fudge sauce and toasted coconut PLUS seasonal fruit (SLICED) (GF)	Milo with English muffins and fruit toast, GF bread served with spreads PLUS seasonal fruit (WHOLE)	Homemade Vanilla custard with jelly & fresh fruit salad (gf)	Chocolate mousse PLUS seasonal fruit (WHOLE) (gf)

Winter Boarding House Menu Term 1 2015 - WEEK 4

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pre-training options including cereals, reduced fat milk, fruit, juice, bread and condiments						
	Continental breakfast bar consisting of -: Cereals & untoasted muesli (gf) Wholegrain & wholemeal bread & GF bread Reduced fat milk & chilled water jugs Assorted fresh whole seasonal fruit and fruit salad PLUS tinned fruit Assorted spreads including Jam, honey & Vegemite, PC spreads for GF						
	Continental PLUS Bircher muesli (gf) Greek yoghurt with fruit/berries Fruit toast & crumpets Granola	Continental PLUS Poached eggs with Breakfast Bruschetta (gf) 100% juice	Continental PKUS Smoothie (gf) Greek yoghurt with fruit/berries Fruit toast & crumpets Granola	Continental PLUS Scrambled Eggs & spaghetti (gf) 100% juice	Continental PLUS Breakfast muffin (gf) Greek yoghurt with fruit/berries Fruit toast & crumpets Granola	Continental PLUS Pancakes (gf) with maple syrup Greek yoghurt with fruit/berries Fruit toast & crumpets Fruit smoothies 100% juice	Continental PLUS ‘The Big Brekky’, Eggs, bacon, spaghetti & oven roasted tomatoes (gf) 100% juice
LUNCH	Sweet chili chicken tenderloin wrap (gf)	Open lamb kofta with salsa (gf)	Oven baked Fish & Chips (gf)	Pulled Pork Slider, Pickled slaw, adobo ketchup (gf)	Hot roast beef roll with gravy (gf)	Chicken, Swiss cheese, avocado, mayo and salad roll (gf)	Beef burritos with avocado and tomato salsa (gf)
	Sweet Potato Soup (gf) Bacon/vegetable Soup (gf) Chicken noodle soup (gf) Tomato Soup (gf) Pea & Ham Soup (gf)						
	Green salad highlighting the variety of seasonal produce. Your choice of freshly prepared dressings Make your own sandwich, roll or wrap with assorted protein, salad fillings and condiments PLUS assorted seasonal fresh whole fruit.						
Snack #1	Homemade Slice (gf) PLUS Seasonal fruit (SLICED)	Baked bean roll (gf) PLUS Seasonal fruit (WHOLE)	Homemade Cake (gf) PLUS Seasonal fruit (SLICED)	Dells Scotch Beef Pie (gf) PLUS Seasonal fruit (WHOLE)	Scones with 100% fruit jam and fresh cream, Cake/Slice (gf) PLUS Seasonal fruit (SLICED)	<u>Sport supplement pack from dining room 7am</u>	Wholegrain muesli bar and milo PLUS Seasonal fruit (SLICED)
Snack #2	Savory scroll, Cake/Slice (gf) PLUS Seasonal fruit (WHOLE)	Smoothie (gf) PLUS Seasonal fruit (Sliced)	Beef Slider (gf) PLUS Seasonal fruit (WHOLE)	Homemade biscuits (gf) PLUS Seasonal fruit (SLICED)	Pita pocket pizzas (gf) PLUS Seasonal fruit (WHOLE)	Popper, Anzac biscuit, Cheese & biscuit, Whole fresh fruit	Assorted sandwiches, rolls or wraps (gf) PLUS Seasonal fruit (WHOLE)
	PLUS cereals & untoasted muesli with reduced fat milk in dining room						
DINNER	(JFC) Fried chicken, Sweet Potato wedges Corn on Cob Coleslaw (GF)	Corned beef silverside with white sauce and mashed potato. Steamed seasonal vegetables (GF)	Spaghetti bolognaise with seasonal vegetables (GF)	Barramundi fillet with sauce Stir fry Vegetables with Rice Noodles, White rice (GF)	Homemade Pizza Garlic Breads Assorted Salads (GF)	Black Angus Beef, cayenne pepper & chili sausages, Potato gratin, stir-fry vegetables (GF)	Pancetta wrapped chicken with beetroot relish & sweet potato mash. Steamed seasonal vegetables. (GF)
	Seasonal substantial salad						
	Green salad highlighting the variety of seasonal produce. Your choice of freshly prepared dressings Make your own sandwich, roll or wrap with assorted protein, salad fillings and condiments PLUS assorted seasonal fresh whole fruit.						
Supper	Milo with crumpets and fruit toast, GF bread served with spreads PLUS seasonal fruit (WHOLE)	Petite Apple Pie, GF Dessert served with ice cream PLUS seasonal fruit (SLICED)	Profiteroles, GF Dessert PLUS seasonal fruit (WHOLE)	Bread and butter pudding, GF Dessert PLUS seasonal fruit (SLICED)	Milo with English muffins and fruit toast, GF bread served with spreads PLUS seasonal fruit (WHOLE)	Homemade Chocolate custard with banana PLUS seasonal fruit (SLICED) (GF)	Pavlova PLUS seasonal fruit (WHOLE) (GF)

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