

# ST PATRICKS COLLEGE - TERM 3 MENU 2021

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	Selection of 5 cereals - Weet-Bix, Cornflakes, Sustain, Sultana Bran and Natural Muesli with a selection of natural and low fat yoghurts - porridge additionally served in winter with soft brown sugar, local honey and selection of dried fruits e.g. cranberries, banana and toasted coconut. Selection of toasting breads and bakery items - including, white, wholemeal, multigrain, gluten free bread, raisin bread, crumpets and English muffins served with butter, margarine, tasty e. Coffee, traditional and herbal teas, with full cream, skim, soy milk, sugar and sugar substitute. Selection of orange and apple juices - no added sugar						
BREAKFAST	Savoury Open English Muffin	Baked Beans with Potato Hash Brown	Baked Croissant - Smoked Ham, Cheddar Cheese & Tomato	Italian Style Tomato & Basil Served on Lightly Toasted Sourdough	Poached Egg, Crisp Bacon Shards Tossed in Cherry Tomatoes & Baby Spinach Leaves	Scrambled Egg with Crispy Bacon, Sautéed Mushrooms, & Sautéed Potatoes	Poached Eggs
MORNING TEA	Blueberry & Cherry Succulent Slice	Orange & Poppyseed Muffins	Double Chocolate Chip Cookies	Banana and Mayple Muffins	Chocolate Brownie		
LUNCH	Poached Chicken Vietnamese Style Glass Noodle Salad	Crumbed Fish Fillets with Chips Lemon Wedges and Tartare Sauce	Mildly Spiced Lamb & Veg Cakes with a Minted Mayonnaise & served with a Rice Salad	Chicken Caesar Salad Served with a Warm Bread Roll	Succulent Beef Bolognese & Penne Pasta with Garlic Bread	Jacket Potato topped with Chefs Special toppings Golden Melted Cheese, served with Mixed Leaf Salad	Shredded Pork & Wombok with Stir Fried Rice Noodles
LUNCH VEGETARIAN	Selection of Rice Paper Rolls with a Sesame Soy & Ginger Dressed Vermicelli Noodle Salad	Homemade Quiche Florentine with Tomato, Shallot & Herb Salad Tossed in a French Dressing	Mildly Curried Lentils with Fragrant Rice & Mango Chutney	Soy Tofu with Veg	Mac & Cheese with Herb Bread	Jacket Potato Topped with Chargrilled Vegetables & Mozzarella Cheese, served with a Mixed Leaf Salad	Singapore Style Marinated Tofu & Vegetable Noodles
PRE ORDER SALAD - SANDWICH - WRAP AND ROLL	Choose From: Salad Bowl, Sandwich, Wrap, Focaccia Roll, Turkish Roll, Panini Roll, Gluten Free Bread Lettuce - Cos, Iceberg, Mixed Leaves, Baby Spinach, Baby Rocket Meat/Fish/Egg/Falafel - Shredded Roast Chicken, Shaved Ham, Roast Beef, Crispy Bacon, Flaked Tuna, Smashed Boiled Egg, Falafel Salad Items - Avocado, Beetroot, Carrot, Cucumber, Feta Cheese, Gherkins, Jalapenos, Olives, Pineapple, Red Onion, Sliced Tasty Cheese, Tomato Spreads - Local Honey, Preserves, Vegemite Condiments - Balsamic Vinaigrette, Bbq Sauce, Caesar Dressing, French Dressing, Garlic Aioli, Hommus, Honey Mustard, Italian Dressing, Mayonnaise, Sweet Chilli Sauce, Tomato Relish, Tomato Sauce						
AFTERNOON TEA	Roasted Pumpkin & Tasty Cheese Scones with Whipped Butter	Home Baked Sausage Rolls with Tomato Sauce	Warmed Mini Rolls Filled with Avocado and Cream Cheese	Assorted Pizza Sqaures	Cheese & Biscuits	Mini Spring Rolls with Sweet Chili Sauce	Zucchini Slice
DINNER	Shepherds Pie Topped with Golden Crushed New Potatoes	Tender Beef Strips Tossed in a Stroganoff Sauce	BBQ Night - Slim Beef Sausages (Vegetarian Option Available), Fijian Style Marinated Chicken Thighs	Poached Fish Fillets served with Hollandaise Sauce and Dill	Burger Night - Choose Your Own Burger Selection of Homemade Tender Beef Patties, Marinated Chicken Fillets, Vegetable & Chickpea Patties, Fresh Buns, with Traditional Sides & Condiments and Mustard Sauce	Succulent Roasted Chicken Quarters with Gravy	BBQ Night - Chicken Skewers Beef Rissoles, Pork Sausages (Vegetarian option available with a selection of Condiments & Sauces)
DINNER	Home made Beef Patties with Onion Gravy	Portuguese Marinated Chargrilled Chicken Fillet With Piri Piri Sauce		Pork in Plum Sauce		Beef Meatloaf with BBQ Sauce	
DINNER VEGETARIAN	Vegetable & White Bean Cacciatore with Crushed Tomato, Roast Garlic & Tarragon	Lemon, Herb & Parmesan Panko Crumbed Eggplant with Sriracha Mayonnaise & Lemon Wedges		Red Lentil & Paneer Dal with Baby Poppadoms		Freshly Baked Eggplant and Char Grilled Vegetable Stack topped with a Tomato Sauce & Golden Melted Mozzarella Cheese	
ACCOMPANIMENTS	Mashed Potato	Baby New Potatoes / Steamed White Rice	Garlic Potato Bake	Steamed and Fried Rice	Fries	Roasted Sweet Potato & Chats with Rosemary	Sauteed Potatoes with herbs
ACCOMPANIMENTS	Steamed Carrot Batons	Spiced Cauliflower Florets	Grilled Pumpkin Wedges	Sauteed Beans with Red Onion	Rice Salad	Baked Pumpkin with Mayple	Grilled Onions
ACCOMPANIMENTS	Pan Charred Broccoli Florets	Steamed Green Peas	Corn Cobettes with Butter and Parsley	Carrot Battons with Butter	Coleslaw	Green Beans with Almond Slivers	BBQ Corn on the Cob
	Chefs Salad	Apple & Cabbage Slaw	Pasta Salad	Caesar Salad	Tossed Green Leaf Salad	Combination Garden Salad	Seasonal Garden Salad
DESSERT	Fresh Fruit Salad & Cream	Iccream & Topping	Chocolate Mousse	Apple & Berry Crumble with Custard	Chocolate Brownie w/- Ice Cream	Warm Lemon Delicious Cake	Zoopo Doopa

