

ST PATRICKS COLLEGE - TERM 3 MENU 2021

Week 2	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	French Toast with Maple Syrup	Poached Eggs & Grilled Tomato	Baked Beans on Toast	Avocado on Toast with Feta	Savoury Mince	Scrambled Eggs, Beef Chipolatas, Spaghetti & Hash Browns	Poached Eggs, Crispy Bacon, Mushrooms with butter & parsley, Sautéed Potatoes
MORNING TEA	Apricot & Almond Biscuits	Homemade Margherita Pizza Slices	Raspberry & White Chocolate Drizzle Muffins	Individual Spinach & Cheese muffins	Zucchini & Ham Slice		
LUNCH	Egg, Ham & Spinach Slice with Salad	Crumbed Fish Fillets with Chips, lemon & Tartare	Spiced rubbed Chicken with Fried Rice & BBQ Sauce	Warm Pulled Pork Served in Turkish Bread Topped with Green Salad	Pan Seared Beef Meatballs with Onion Gravy on Potato Mash	Build your own Sandwiches- Rolls	Chefs Filo's with Garden Salad and Coleslaw
LUNCH VEGETARIAN	Texan Roasted Sweet Potato & Bbq Corn Salad with Smashed Avocado, Smoked Cheese & Mojo Mayonnaise	Devilled Egg Caesar Salad Served with Ciabatta Bread	Roast Pumpkin, Tomato & Baby Spinach Cannelloni topped with a Napoli Sauce	Indonesian Style Tofu & Rice Salad with Sweet Soy Dressing	Spinach & Ricotta Pie - Spanakopita - With Greek Salad	Zucchini, Grilled Capsicum & Crumbled Feta Slice with Caprese Salad	Marinated Tofu & Vegetable Fried Rice
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, Capsicum, 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	Mini Pasties with Homemade Tomato Relish	Blueberry Muffin	Mini Pies wth Sauce	Cheese Kabana & Crackers	Ham & Cheese Scrolls	Pizza Topped Savoury Muffins	Warm Cinnamon Topped Jam Filled Donuts
DINNER	Succulent Chicken Parmy topped with tomato puree and Cheese	Chinese Sweet n Sour Pork, finished with Wok Seared Capsicum & Red Onion	BBQ Night - Chicken nibbles, beef Risssole, slim BBQ sausages with condiments	Country Style Chicken Casserole	Mexican Night - We Will Build Your Taco or Burrito Selection of Chilli Con Carne, Smoky Paprika Chicken Strips, Baja Pulled Pork, Slow Braised Mexican Spiced Beans, with Traditional Sides & Condiments - Guacamole, Tomato Salsa, Shredded Lettuce, grated Tasty Cheese, Sour Cream	Slow Roasted Beef & Real Pan Juice Gravy	Gourmet Sausage and Chicken Skewers
DINNER	Stir Fry Beef & Oyster Sauce with Hokkein Noodle	Grilled Lamb Chops with A Pineapple, Shallot And Mint Salsa		Tender Slow Braised Beef Bourguignon flavoured with Pepperberry, Onions & Mushrooms *		Honey Soy Roasted Chicken Legs with Eschallots	
DINNER VEGETARIAN	Mild Indian Spiced Egg & Spinach Curry	Pulled Mushroom & White Bean Goulash with Smoked Paprika, Sour Cream & Baby Gherkins		Spanish Roast Capsicum, Sweet Potato And Spinach Tortilla		Roast Seasonal Vegetable Stack with a Triple Cheese Soubise Sauce topped with Chunky Gratinated Herbed Sourdough Crumbs	
ACCOMPANIMENTS	Rocket, Sweet Potato & Grilled Capsicum	Spinach, Tomato, Cucumber & Red Onion Salad	Mixed Leaf Salad with Shaved Parmesan	Chef's Choice Salad	Seasonal Tossed Garden Salad	Chefs Salad	Pasta Salad
ACCOMPANIMENTS	Honey Roast Carrots	Baked Pumpkin	Grilled Onions	Sliced Carrots with Honey	Corn Cobbettes with a Smoky Paprika Butter	Seasonal Roast Vegetable Medley	Asian Slaw
ACCOMPANIMENTS	Steamed Green Beans	Baby Peas	Corn cobbettes with Butter	Minted Green Peas	Sauteed Green Beans	Broccoli Gratin with a Herb Crumb	Grilled Onions
ACCOMPANIMENTS	Chunky Potato Wedges	Mashed Potato	Creamy Potato Bake	Sauteed Potatoes with Salt and Cracked Pepper	Mexican Braised Rice	Crisp Roast Herb Potatoes	Garlic Potato Bake
DESSERT	Fresh Fruit Salad & Cream	Icecream & Topping	Stewed Apples & Custard	Chocolate Brownie w/- Ice Cream	Chocolate Mousse	Zoopa Doopa	Home- Made Caramel Tarts

