

# ST PATRICKS COLLEGE - TERM 3 MENU 2021

Week 3	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	Pan Fried French Toast with Mayple and Passionfruit	Chipolatas , Grilled Tomato, Baked Beans	Poached Egg, Tomato, Hash Brown	Spaghetti on Toast	Toasted Waffle with Mayple Syrup	Poached Eggs, Beef Chipolatas, Grilled Tomatoes, Hash Browns	Scrambled Egg, Crispy Bacon, Sauteed Mushrooms, Wilted Spinach & Sauteed Potatoes
MORNING TEA	Cheese & Herb Scones with Whipped Butter	Apple Muffins	Toasted Coconut Lamingtons	Chicken & Cheese Croissants	Oat & Brown Sugar Anzac Slice		
LUNCH	Teriyaki Beef Salad with Noodle Salad	Crumbed Fish w/-Chips Lemon & Tartare	Cheesy Quiche Lorraine w/- Green Salad	Caribbean Marinated Jerk Chicken Caesar Salad	Pork Meatball Sub & Garden Salad	Crunchy Herb Coated Crumbed Calamari with Lemon Wedges, Tartar Sauce & Garden Salad	Assorted Wraps choice of fillings
LUNCH VEGETARIAN	Shimichi Spiced Egg Poke Bowl	Roast Tomato, Caramelised Leek, Feta Cheese & Thyme Tart with a Sweet Potato & Rocket Salad	Stir Fried Tofu & Vegetable Mee Goreng	Vegetable Stir Fry with Hoallumi	Tuscan Mushroom & Parmesan Rissoles with an Italian Tomato Salad	Vegetarian Scotch Egg Pasties with Garden Salad & Tomato Relish	Seasonal Roast Vegetable & Cheese Croquettes with Smoked Paprika Aioli & Spanish Potato Salad
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	Chocolate Cake	Cheese & Crackers	Potato Scallops	Ham, Spinach, Cheese Dampier with herbed Butter	Anzac Cookies	Home-baked Sausage Rolls with Sauce	Chocolate Muffins
DINNER	Beef Stroganoff Finished with Smoked Paprika, Gherkins And Sour Cream	Spicy Pork Meatloaf flavoured with Ginger Homemade Tomato & Sweet Chilli Jam	Tender Crumbed Steak with Gravy	Beef Lasagne	Pizza Night - Selection of Freshly Baked Slab Pizzas. Including - Supreme, Hawaiian, Meatlovers and Margaritta	Tender Roast Pork with Apple Sauce and gravy	BBQ Night - (Vegetarian Option Available), Tandoori Grilled Chicken, Beef Sausages
DINNER	Fijian Chicken Curry & Rice	Lamb & Rosemary Rissoles with Gravy		Bacon Pumpkin & Spinach Slice		Roasted Lemon, Sea Salt & Thyme Chicken Quarters with Roasted Garlic, Thyme & Lemon Pan Juice Gravy	
DINNER VEGETARIAN	Crisp Honey Sesame Marinated Tofu	White Bean & Root Vegetable Cassoulet flavoured with Roast Garlic & Thyme		Layered Baby Spinach, Pumpkin, Ricotta & Pimento Bake		Tomato, Eggplant & Lentil Bake Topped with a Gratinated Herb Crumb	
ACCOMPANIMENTS	Mixed Leaf & Herb Salad	Tomato, Cucumber & Shaved Red Onion Salad	Pasta Salad Tossed with Red Onion, Green Herbs & Whole Egg Mayonnaise	Mediterranean Vegetable Salad	Tomato & Herbed Mozzarella Salad	Tomato & Rocket Salad	Coleslaw
ACCOMPANIMENTS	Steamed Vegetable Combination	Pumpkin Puree	Grilled Onions	Charred Broccolini Florets	Caesar Salad	Roast Potato, Sweet Potato, Pumpkin	Grilled Onions
ACCOMPANIMENTS	Corn Kernels With Red Capsicum	Steamed Green Vegetables	Vegetable Medley	Roast Sweet Potato Chunks	Traditional Coleslaw	Broccoli Cheese	BBQ Corn Cobbettes
ACCOMPANIMENTS	Mashed Potato	Crushed Herb Potato	Smashed Potato	Green Beans	Chips	Buttered Cabbage	Chat Potatoes with Butter and Parsley
DESSERT	Fresh Fruit Salad & Cream	Icecream & Topping	Chocolate Self Saucing Pudding	Stewed Apples & Custard	Chocolate Mousse	Zoopa Doopa	Ice Cream Cones

