

ST PATRICKS COLLEGE - TERM 3 MENU 2021

Week 4	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	Bubble & Squeak	Scrambled Eggs Hash Browns	Warm Croissants with Ham & Cheese	Breakfast Burgers- Crisp Bacon, Scrambled Egg, Caramelised Onion & Bbq Sauce	Baked Beans On Toast	Poached Eggs, Beef Chipolatas, Grilled Tomatoes, Spaghetti & Hash Browns	Omelettes, Crispy Bacon, Mushrooms, Sauteed Potatoes
MORNING TEA	Honey & Oat Muffins	Warm Margherita Mozzarella Topped Pizza	Carrot & Apple Muffins	Oat and Mixed Berry Muesli Slice	Mango Cupcakes		
LUNCH	Bolognese Pasta Bake Topped with Parmesan and Parsley served with garlic Bread	Crumbed Fish Fillets with Lemon and Tartare Sauce	Shredded Pork & Slaw Burgers with Tossed Salad	Cold Meat Salad served with Egg Potato Salad	Beef Nachos Topped with Sour Cream, Guacamole & Homemade Tomato Salsa	Calamari Rings With Chips and Lemon Wedges	Chicken Salad or We Build your Wrap
LUNCH VEGETARIAN	Baked Vegetarian Meatloaf	Classic Mac n Cheese (Vegan Option Available)	Leek, Swiss Cheese & Potato Patties with Garden Salad	Mexican, Chickpea, Black Bean & Corn Salad with Smoky Lime Dressing	Homemade Zucchini & Mint Cake with Hummus, Tomato & Coriander Salad, & Crisp Pita Bread Shards	Oven Baked Fajitas filled with a Mexican Style Chickpeas & Vegetables	Zucchini Moussaka with a Parmesan & Oregano Crust, served with a Chunky Greek 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, Italian Dressing, Mayonnaise, Sweet Chilli Sauce, Tomato Relish, Tomato Sauce						
AFTERNOON TEA	Savoury Scones	Chocolate & Seasonal Orange Jaffa Slice	Spring Rolls served with Hoisin & Sweet Chilli Dipping Sauces	Parmesan Cheese & Chive scones	Ham, Cheese & Basil Margherita Pizza Muffins	Chunky Chocolate Cookies	Mini Sausage Rolls with Tomato Sauce
DINNER	Deep Dish Gourmet Homemade Lamb & Rosemary Pies	Chicken & Mozerella Pasta bake		Honey & Soy Marinated Chicken		Slow Baked Glazed Ham	
DINNER	Oven Poached Fish Finished with a Mildly Spiced Chilli, Coconut & Mango Sauce	Mild Beef Curry	BBQ Wednesday Lamb Rissoles, Pork Sausages Chicken Kebabs	Stir Fry Beef Chefs Way	Pasta Night - Selection of Pastas. Including - Penne, Spirals, Spinach & Ricotta Ravioli. Served with Homemade Beef Bolognese, Three Herb Napolitana, Carbonara Sauces & Shaved Parmesan Cheese	Corned Silverside With White Sauce	BBQ Night - BBQ Sausages (Vegetarian Option Available), Spiced Chicken, Homemade Spinach & Ricotta Cheese Fritters, with a Selection Of Condiments And Sauces
DINNER VEGETARIAN	Southern Crumbed Tofu Steaks with a Corn & Tomato Salsa	Mild Mauritian Cauliflower, Potato & Chickpea Curry		Jamaican Jerk Marinated Halloumi Steaks with Lemon Wedges		Mushroom, Pumpkin & Spinach Flaky Pastry Strudel with a Tomato Coulis	
ACCOMPANIMENTS	Mixed Seasonal Leaf & Herb	Roast Tomato, Baby Spinach & Mushroom Salad	Coleslaw	Chunky Red Cabbage Coleslaw	Garlic Bread	Mediterranean Salad	Classic Rice Salad
ACCOMPANIMENTS	Steamed Green Beans	Medley of Charred Zucchini, Capsicum & Onion	Grilled Onions	Honeyed Carrots	Italian Garden Salad	Peas & Beans	Rocket, Spinach & Parmesan
ACCOMPANIMENTS	Smoky Paprika Dusted Roast Pumpkin	Baby Carrots	Bbq Corn Cobbettes	Buttered Green Peas	Caprese Salad	Baked Pumpkin	Grilled Onions
ACCOMPANIMENTS	Creamy Potato Mash	Steamed Rice	Idaho Potatoes	Oven Baked Potato Wedges	Green Beans	Mashed Creamy Potato	Potato Gratin
DESSERT	Warm Chocolate Cake with Icecream	Zoopa Doopa	Fresh Fruit Salad & Cream	Fruit Jelly and Icecream	Apple Crumble and Custard	Chocolate Mousse	

