

ST PATRICK'S COLLEGE TOWNSVILLE – TERM 3 – MENU 2026							
WEEK I	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	Selection of 5 cereals – Weetabix, 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. Selection of toasting breads and bakery items – including, white, wholemeal, multigrain, gluten free bread, raisin bread, crumpets, and English muffins served with butter, margarine, preserves, local honey, and Vegemite. 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	Bacon & Cheese Muffins	Fried Eggs, Baked Hash Brown	Baked Beans, Pork Chipolata	Breakfast Croissants (assorted fillings)	Spaghetti in Tomato Sauce, Chicken Chipolatas	Scrambled Eggs, Bacon & Hash Browns	Waffles with Fruit, Berries, Maple Syrup & Yoghurt
MORNING TEA	Jam Donuts	Turkish Melts	Mixed Berry Choc Chip Muffins	Dim Sim – Dipping Sauce	M&M Cookies	–	–
LUNCH	Savoury Mac and Cheese	Calamari, Chips, Salad – Lemon Wedges	Build Your Own: Sandwich/Wrap/Roll, Ham, Salami, Chicken, Assorted Salad Fillings, Egg	Hoisin Beef Stir Fry with Broccoli, Carrots, Onions & Noodles	Curried Sausages & Rice	Beef & Cheeseburger with Tomato, Lettuce, Onions	Sunday Toasties – Assorted Fillings, with Tomato and Cheese
AFTERNOON TEA	Crispy Crackles	Homemade Sausage Rolls	Assorted Cookies	Pizza Scrolls	Jam Drops	Kabana, Cheese with Crackers	Chocolate Brownie
DINNER	Stir Fried Tender Pork Strips, Asian Vegetables, Hokkien Noodles	Tex Mex Chicken Thigh	Beef Schnitzel with Spiced Crumbs – Gravy	Mongolian Lamb	Napolitana Sauce tossed with 'Al Dente' Spaghetti	Mexican Night: Beef Chilli Con Carne, Chicken Strips, Nachos, Wraps, Diced Salad Vegetables	Corned Silverside – White Parsley Sauce
	Beef Rissoles with Onion Gravy	Indian Spiced Lamb Mince Curry flavoured with Cumin and Coriander	Herb Crusted Chicken Breast	Oven Baked BBQ Pork Pieces Chilli Plum Sauce	Beef Spaghetti Bolognese		
ACCOMPANIMENTS	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	–	Steamed Rice	Steamed Rice
	Sauté Potato	Steamed Sweet Potato	Mashed Potato	Steamed Chats with Herbed Butter	Spaghetti	Tacos – Crispy or Soft	Mashed Potato
	Buttered Carrots	Corn Kernels	Zucchini	Au Gratin Cauliflower Florets	Baked Pumpkin	Salad Selection	Pumpkin Provencal
	Steamed Broccoli Florets	Steamed Green Peas	Sauteed Carrots	Buttered Green Beans	Asian Greens	Mixed Vegetables	Sauté Cabbage with Zucchini
DESSERT	Ice Cream & Topping	Biscuit Pudding	Zooper Dooper	Warm Chocolate Bread & Butter Pudding	Jelly & Fruit	Zooper Dooper	Choc Chip Mousse