

ST PATRICK'S COLLEGE TOWNSVILLE – TERM 3 – MENU 2026

WEEK 3	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	Open Bacon & Cheese Muffins	Baked Hash Brown with Baked Beans	Chicken Chipolata & Fried Egg	Cheesy Spaghetti	Breakfast Croissant, Tomato & Ham	Scrambled Eggs, Bacon & Hash Browns	Waffles, Fresh Fruit, Berries, Maple Syrup
MORNING TEA	Muffin Berry Slice	Potato Curry Samosa	Jam Donuts	Turkish Kabana Melts	Spinach & Feta Triangles	–	–
LUNCH	Meatball Subs	Baked Sweet Chilli Chicken Tender, Fries & Salad	Build Your Own: Sandwich/Wrap, Assorted Meat Selection, Salad Fillings, Spreads	Pork San Choy Bow – Lettuce Cups	Chicken & Vegetable Stir Fry – Hokkien Noodles	Potato & Ham Penne Pasta	Sunday Toasties – Assorted Fillings
AFTERNOON TEA	Cornflake Honey Joys	Vegetable Rolls – Plum Sauce	Shortbread Biscuits	Pizza Scrolls	Banana Bread	Cheesy Kabana with Water Crackers	Cookies
DINNER	Chicken Semur – Soy Sauce	Crumbed Pork Schnitzel, Apple, Rich Brown Gravy	Chunky Beef & Vegetable Casserole	Lamb Vindaloo Naan Bread	Chicken Cacciatore	Smoky Chicken Strips, Spicy Beef Mince – Salsa, Diced Salad or Vegetable	Mini Mixed Grill: BBQ Steak, Pork Sausage, Sauté Onions, Diane Sauce
	Tender Pork Pieces Slow Cooked in a Plum Sauce	Herb Crusted Chicken Schnitzel	Minced Lamb & Vegetable Rissoles	Red Fish Curry	Sweet & Sour Pork Pieces		
ACCOMPANIMENTS	Fragrant Jasmine Rice	Fragrant Jasmine Rice	Fragrant Jasmine Rice	Steamed Rice	Fragrant Jasmine Fried Rice	Steamed Rice	Fragrant Jasmine Rice
	Rice Noodles	Chunky Fried Potatoes	Potato Wedges	Baked Sweet Potato	Smash Thai Style Potato	Corn Chips	Potato Bake
	Corn Kernels	Homemade Coleslaw	Steamed Green Peas	Medley of Vegetables	Honeyed Carrots	Classic Potato Salad	Pumpkin
	Pak Choi	Seasonal Vegetables	Au Gratin Cauliflower Florets	Salad Selection	Steamed Broccoli Florets	Salad Bar	Medley of Vegetables
DESSERT	Sticky Date Pudding	Ice Cream & Toppings	Zooper Dooper	Self-Saucing Pudding	Jelly & Cream	Fresh Fruit Salad with Vanilla Custard	Choc Chip Mousse