

ST PATRICK'S COLLEGE TOWNSVILLE – TERM 3 – MENU 2026							
WEEK 4	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	Breakfast Quiche	Oven Baked Sausages with Baked Beans	Open Egg and Bacon Muffins	Cheesy Spaghetti in Tomato Sauce, Grated Cheese	Ham & Cheese Croissants	Fried Eggs, Chicken Chipolatas & Hashbrowns	Pancakes, Fresh Fruit Salad, Berries, Yoghurt
MORNING TEA	M&M Cookies	Chicken Dim Sims – Soy Sauce	Strawberry Jam Muffins	Warm Bacon & Zucchini Slice	Mud Cake Slice	–	–
LUNCH	American Hot Dogs	Individual Beef and Gravy Pie	Build Your Own: Sandwich/Wrap, Assorted Meat Selection, Salad Fillings, Spreads	Battered Fish with Chips and Salad	Combination Fried Rice	Grilled Chicken Burger, Lettuce, Tomato, Burger Sauce	Sunday Toasties – Assorted Fillings
AFTERNOON TEA	Mozzarella Cheese Sticks	Apple Tea Cakes	Mini Puffy Dogs	Golden Syrup Damper Cup Cake	Party Pies	Chorizo, Cruskits	Banana Bread
DINNER	Char Sui Marinated Tender Chicken	Pork and Veal Meatballs finished with a Tomato Salsa	Grilled Lamb & Pork Chops – Mint Jelly, Gravy	Marinated Chicken Drumsticks	Kebab Night: Pulled Pork, on Pita Bread, Greek Yoghurt	Beef Lasagne	Traditional Roast Pork served with Apple Sauce and Crackling
	Pasta Bake of Crispy Bacon Shards tossed in a Double Cream Sauce	Mongolian Beef with Steamed Rice		Homemade Beef Patties, Pork Sausages, with Fried Onions	Spicy Chicken Tenderloins		
ACCOMPANIMENTS	Steamed Jasmine Rice	Steamed Jasmine Rice	Steamed Jasmine Rice	Steamed Jasmine Rice	Steamed Rice	Garlic Bread	Steamed Jasmine Rice
	Lyonnais Potatoes	Parsley Potatoes	Potato Bake	Smashed Garlic Potatoes	Sliced Tomatoes, Lettuce	Italian Garden Salad	Roast Potatoes
	Chunky Carrots	Medley of Broccoli & Peas	BBQ Corn Cobbetts	Asian Greens	Pasta Salad	Medley of Vegetables	Au Gratin Cauliflower
	Steamed Baby Beans	Pumpkin Pieces	Steamed Baby Beans	Zucchini, Tomato & Red Onion	Seasonal Garden Salad	–	Steamed Broccoli
DESSERT	Ice Cream & Topping	Pineapple Upside-Down Cake	ooper Dooper	Warm Chocolate Bread & Butter Pudding, Custard	Zooper Dooper	Peaches & Custard	Apple Crumble