

# ST PATRICKS COLLEGE - TERM 1 MENU 2024

Week 1	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 cheese, 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	Poached Eggs	Spaghetti in Tomato Sauce	Shaved Ham Omelette	Baked Beans	Open Egg & Bacon Muffins	Scrambled Eggs, Chipolatas, Hash Browns & Spaghetti	Waffle with Fresh Fruit, Maple Syrup & Greek Yoghurt
MORNING TEA	Steamed Dim Sims	Homemade Sausage Rolls	Open Ham & Cheese Muffin	Traditional Roast Pumpkin Soup	Chicken		
LUNCH	Bacon & Mushroom Tortellini	Traditional Fish & Chips with Lemon Wedges	Build Your Own Sandwich/Wrap/Roll	Baked Potato with Chilli Con Carne, Cheese, Sour Cream & Shredded Lettuce	French Onion Chicken Pasta Bake	Pulled BBQ Chicken Spiced Nachos with Guacamole, Sour Cream & Salsa	Build Your Own Sandwich
AFTERNOON TEA	Marinated Chicken Wraps	Cornflake Honey Joys	Chicken Cheese Pesto Scrolls	Marin	Chef's Dips with Vegetable Crudites	Margherita Pizza	Cheese, Kabana & Crackers
DINNER	Red Pork Curry	Homemade Meatloaf with Rosemary	Homemade Chicken Schnitzels with Almond Flavoured Crumb	Sweet & Sour Pork	Burger Night - Choose Your Own Burger Selection of Tender Beef Patties, Marinated Chicken Thigh Fillets, Vegetable Patties, Fresh Buns, with Traditional Sides & Condiments & Mustard Sauce	Coconut Green Chicken Curry	Roast Beef with Pan Gravy
DINNER	Beef Stroganoff	Buttermilk Fried Chicken		Fragrantly Spiced Kashmiri Lamb		Beef Stir Fry with Hokkien Noodles	
ACCOMPANIMENTS	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Fries	Steamed Rice	Steamed Rice
ACCOMPANIMENTS	Broccoli Florets	Sweet Potato Wedges	Cheesy Potato Smash	Roast Pumpkin	Pasta Salad	Greens	Jacket Potato with Sour Cream
ACCOMPANIMENTS	Steamed Carrots	Buttered Corn	Steamed Green Vegetable Mix	Green Beans & Peas	Coleslaw	Potatoes Your Way	Tender Green Peas
DESSERT	Ice Cream with Topping	Chocolate Mud Cake with Cream	Zoopadoopa	Mousse	Apple Fritters with Vanilla Custard	Zoopa Doopa	Chocolate Self-Saucing Pudding