

ST PATRICKS COLLEGE - TERM 1 MENU 2024

Week 2	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	Baked Beans	Avocado & Fetta on Open Turkish Bread	Savoury Mince	Bacon & Egg Mini Quiches	Cheese Omelette	Scrambled Eggs, Bacon, Spaghetti & Hash Browns	Wholemeal Pancakes with Maple Syrup, Fresh Fruit & Greek Yoghurt
MORNING TEA	assorted Sandwiches	Ham & Cheese Croissants	Bacon, Spinach & Cheese Open Muffins	Homemade Sausage Rolls with Sauce	Chicken		
LUNCH	Curried Sausages & Rice	Crumbed Fish Fillets with Chips, Lemon & Tartare	Build Your Own Sandwich/Wrap/Roll	Pulled Pork Burger with Apple Coleslaw	MYO Poke Bowl with Assorted Fillings	Chicken or Beef Burgers with Lettuce, Tomato & Cheese	Build Your Own Toasties
AFTERNOON TEA	Brownie	Raspberry Coconut Slice	Assorted Mini Wraps	Marin	Hawaiian Scrolls	Turkish Pizza Sub	Kabana, Cheese & Crackers
DINNER	Baked & Marinated Teriyaki Chicken Thighs	BBQ Pork & Vegetables	BBQ Night - Honey Soy Chicken Wings, Beef Rissoles & Slim BBQ Sausage with Condiments	Honey Mustard Lamb Caserole	Mexican Night - We Will Build Your Taco/Burrito Selection of: Chilli Con Carne, Smokey Paprika Chicken Strips, Braised Mexican Spiced Beans, with Guacamole, Tomato Salsa, Shredded Lettuce, Grated Tasty Cheese & Sour Cream	Massaman Beef Curry	Roast Pork with Apple Sauce
DINNER	Kung Pao Lamb Stir Fry with Red Capsicum, Red Onion, Oyster and Hoisin Sauce	Stir Fry Beef & Broccoli		Beef Randang		Satay Chicken Drumsticks with Pineapple Salsa	
ACCOMPANIMENTS	stea	Steamed Greens	Deconstructed Salad: Including Beetroot & Corn Kernels	Carrots	Seasonal Tossed Garden Salad	Carrots & Beans	Gravy
ACCOMPANIMENTS	Steamed Beans with Almond Flakes	Fragrant Jasmine Rice	Grilled Onions	Steamed Broccoli	Corn Cobbettes with Smokey Paprika Butter	Broccoli Gratin with Herb Crumb	Corn Cobbettes
ACCOMPANIMENTS	Braised Winter Vegetables	Potato Salad	Creamy Potato Bake	Mashed Potato	Sauteed Green Beans	Greek Salad	Broccoli & Cauliflower Bake
DESSERT	Mousse	Peaches with Vanilla Custard	Zoopadoopa	Strawberry Trifle	Chocolate & Raspberry Pavlova	Zoopadoopa	Jellied Fruit & Cream