

ST PATRICKS COLLEGE - TERM 1 MENU 2024

Week 3	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	Spanish Omelette	Cheese & Bacon Muffins	Spaghetti	Scrambled Eggs	Baked Beans	Poached Eggs, Beef Chipolatas, Grilled Tomatoes & Hash Browns	French Toast with Fresh Fruit & Maple Syrup
MORNING TEA	Turkish Melts, Grilled Tomato & Golden Melted Cheese	Home Baked Chocolate Cupcake	Chicken Noodle Soup with Mini Crusty Roll	Curry Potato Samosa	Chicken		
LUNCH	Butter Chicken with Rice	Battered or Crumbed Fish & Chips	Build Your Own Sandwich/Wrap/Roll	Beef Bolognese Served with Herbed Penne	Pulled Pork Baked Enchilada	Portuguese Chicken Pilaf	Build Your Own Toasties
AFTERNOON TEA	Mini Chicken Dogs with Cheese, Sauce & Fried Onions	Ham & Pineapple Scrolls	Chocolate Crackles	Marin	Cheese, Kabana & Crackers	Mars Bar Muffins	Banana Bread
DINNER	Tender Lamb Stir Fry in Chinese Style Ginger Sauce	Grilled Pork Chops	Tender Crumbed Steak with Gravy	Ven's Chicken Curry	Pizza Night Selection of Freshly Baked Slab Pizzas - Supreme, Hawaiian, Meat Lovers & Margarita	Tender Chicken Tossed with Slow Cooked Chunky Ratatouille	Succulent Lemon & Herb Roast Chicken
DINNER	Thick Pork Sausages	Lamb & Rosemary Rissoles With Gravy		Ven's Lamb Curry		Beef Ragout	
ACCOMPANIMENTS	Mashed Potato	Tomato, Cucumber & Shaved Red Onion Salad	Pasta Salad Tossed with Red Onion, Green Herbs & Mayonnaise	Brocoli & Baby Carrots	Garden Salad	Rocket & Parmesan Salad	Leafy Green Salad with Shaved Parmesan & Dressing
ACCOMPANIMENTS	Medley of Broccoli Florets & Tender Carrots	Pumpkin Puree	Grilled Onions	Fluffy White Rice	Coleslaw	Steamed Broccoli with Almond Flakes	Creamy Potato Bake
ACCOMPANIMENTS	Corn Kernels with Red Capsicum	Steamed Green Vegetables	Vegetable Medley	Papadums	Chips	Balsamic Glazed Roast Tomato	Minted Peas
DESSERT	Apple Fritters with Vanilla Custard	Ice Cream & Topping	Zoopadoopa	Jelly & Ice Cream	Chocolate Mud Cake with Cream	Zoopadoopa	Eton Mess