

ST PATRICKS COLLEGE - TERM 1 MENU 2024

Week 4	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	Baked Beans	Grilled Sausages & Spaghetti	Poached Eggs	Bacon & Cheese Open Muffins	Scrambled Eggs, Beef Chipolatas, Grilled Tomatoes, Spaghetti & Hash Browns	Banana Wholemeal Pancakes with Maple Syrup & Yoghurt
MORNING TEA	Assorted Pizza	Bacon, Chive & Cheese Dampers	Fresh Fruit Skewers with Honey & Passion Fruit Yoghurt	Chocolate Hedgehog Slice	Chicken		
LUNCH	Crispy Bacon & Creamy Tomato Sauce Pasta Bake	Crumbed Fish Fillets with Lemon & Tartare Sauce	Build Your Own Sandwich/Wrap/Roll	Beef Nachos Bake with Guacamole & Sour Cream	Tandoori Chicken, Coconut Rice, Cucumber Salad & Raita	Build Your Own Toasties	Grilled Chicken Caesar Salad Sub
AFTERNOON TEA	Mixed Sandwiches	Chicken, Cheese & Pesto Scrolls	Ham & Cheese Croissants	Marin	Homemade Sausage Rolls	Fruit Cake	Cheese, Kabana & Crackers
DINNER	Marinated Lamb with Vegetables	Chinese Style Honey Soy Chicken	BBQ Wednesday Marinated Chicken Legs & Thick Sausages	Fragrantly Spiced Chicken Korma with Natural Yoghurt & Toasted Almonds	Pasta Night Selection of Pastas - Penne, Spirals, Filled Pasta. Served with Homemade Beef Bolognese, Three Herb Napolitana, Carbonara Sauces & Shaved Parmesan Cheese	Lamb Forequarter Chops	Corned Silver-side with White Sauce
DINNER	Crumbed Fish Cakes with Lemon & Dill	Bangers & Mash with Gravy		Chinese Style BBQ Pork		Chicken & Potato Curry with Sticky Rice	
ACCOMPANIMENTS	Wombok Salad with Crunchy Noodles	Couscous Salad	Roast Sweet Potato	Wombok Slaw	Garlic Bread	Mediterranean Salad	Chef's Salad
ACCOMPANIMENTS	Fragrant Basmati Rice	Charred Vegetable Mix	Grilled Onions	Sesame Carrots	Italian Garden Salad	Green Whole Baby Beans	Medley of Vegetables
ACCOMPANIMENTS	Cumin Roasted Pumpkin	Spiced Sweet Potato Pieces	BBQ Corn Cobbettes	Buttered Green Peas	Green Beans	Baked Pumpkin	Fragrant Jasmine Rice
DESSERT	Self-Saucing Pudding	Brown Sugar Apple Crumble	Zoopadoopa	Trifle	Mousse with Berries	Zoopadoopa	Choc Ripple Cake