



# Boarding Menu 2021

Weeks 3 – 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	6 AM Pre-training options including cereals, reduced fat milk, fruit, juice, bread and condiments and spreads Continental breakfast bar: Cereals & untoasted muesli, fruit bread, slice breads reduced fat milk & chilled water, assorted fresh fruits/fruit salad, Greek yogurt GF Sanitarium Weet-bix, GF Kellogg's corn flakes, GF rice puffs, GF Honey bolts, GF Abbots bread rolls, slice bread, (separate toaster & PC spreads for GF breads)						
	Fried eggs & grilled sausages (GF-DF)	Porridge with maple syrup (GF-DF available)	Strawberry French croissant (GF) With butter and jams (DF available)	English muffins with bacon, egg and cheese (GF-DF available)	Pastry twist pizza flavoured (GF-DF available)	Waffles with caramelised bananas, maple syrup, fresh (GF-DF available)	Big Breakfast, eggs, bacon, chipolatas (GF-DF) hash browns, fresh
<b>BREAK 1</b>	M.Y.O Greek lamb burger, tzatziki sauce, cheese & salads Potato wedges (GF-DF)	Cannelloni filled with ricotta & spinach Bolognese sauce (GF-DF option)	Vietnamese fried rice with chicken, bacon & shallots (GF-DF)	Slow cook Beef brisket pie with mushy peas Rich gravy (GF-DF)	Parmigiana Topped with Napoli Pineapple and Cheese (GF-DF Option)	Assorted pies Salad bar, cold meats, hot meals, toasties, (GF-DF Option)	Mediterranean lunch Salad bar, cold meats, hot meals, (GF-DF Option)
	Sliced roasted cold meats along with breads & rolls, salad fillings and condiments to make your own, how you like it! Variety of salads highlighting seasonal produce. Choice of freshly prepared dressings. Seasonal fresh whole fruit						
<b>BREAK 2</b>	Bacon & cheddar cheese quiche (GF-DF option) Seasonal fresh fruit	Hot dogs in a blanket (GF-DF Option) Seasonal fresh fruit	Assorted fresh sushi, soy sauce (GF-DF) Seasonal fresh fruit	Baguette with baked leg ham, Swiss cheese (GF-DF option)	Mini pizza Meat lover or Hawaiian (GF-DF)	Sport Supplement pack from dining room after 7am (GF-DF option)	Seasonal whole fresh fruit (GF-DF option)
<b>AFTER SCHOOL</b>	Fresh fruits, Muffins, cookies, Zooper Dooper (GF-DF option)	Fresh fruits, Muffins, cookies, Zooper Dooper (GF-DF option)	Fresh fruits, Muffins, cookies, Zooper Dooper (GF-DF option)	Fresh fruits Muffin, cookies, Zooper Dooper (GF-DF option)	Fresh fruits, Muffins, cookies, Zooper Dooper (GF-DF option)	Bottle water, popper, Anzac biscuit, cheese, fresh fruit	Seasonal fresh sliced fruit
<b>DINNER</b>	Beef and black beans  Or Sticky sesame Chicken (GF-DF) Fried rice Broccoli cherry tomato Cauliflower mornay	Grill steak Night Grain/Fed Rib fillet steak cooked rare, med or well done SIDE DISHES Chunky chips, corn on cob, carrot, peas, mushroom sauce Fresh fruits, (GF-DF)	Indian Night Lamb Vindaloo OR Chicken Tikka Masala (GF-DF) Steamed rice, coconut & Cardamom, pumpkin, spinach, carrot with chickpea, Naan bread	American rib night BBQ beef ribs or sticky pork ribs (GF-DF)  American Mc & Cheese (GF-DF option) Sweet potato with Spinach Coleslaw salad	Pasta Night Spaghetti or penne with bolognese sauce OR Spaghetti or penne carbonara (GF-DF – pasta and sauces available) SIDE DISHES Garlic bread, (GF) Caesar salad	“Spanish paella” Chicken, prawns, Chorizo sausages Calamari  pan-fried Barramundi with a beurre blanc sauce steamed baby potato Vegetables panache (GF-DF)	Roast Night Roasted whole chicken with middle eastern spices OR Roasted leg of lamb with Greek spices SIDE DISHES Roasted potatoes and vegetables (GF-DF)
	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread	Dinner rolls or bread
<b>DESSERT</b>	Hummingbird cake with pineapple icing (GF-DF option)	Ice cream with house cookies (GF-DF) Fresh seasonal fruits	Cronuts with Nutella mousse (GF-DF option)	Ice cream with house cookies (GF-DF) Fresh seasonal fruits	Double chocolate caramel tarte (GF-DF option)	Ice cream with house cookies (GF-DF) Fresh seasonal fruits	Rocky road marshmallow (GF) Seasonal fresh fruits
<b>SUPPER</b>	Fresh Toasties Assorted Cereal (GF-DF)	Fresh Toasties Assorted Cereal (GF-DF)	Fresh Toasties Assorted Cereal (GF-DF)	Fresh Toasties Assorted Cereal (GF-DF)	Fresh Toasties Assorted Cereal (GF-DF)	Seasonal fresh fruits	Seasonal fresh fruits