



Boarding Menu 2021

Weeks 1 – 5 – 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>5.30AM Pre-training options including cereals, reduced fat milk, fruit, juice, bread and condiments</p> <p>Continental breakfast bar: Cereals & untoasted muesli, fruit bread, reduced fat milk & chilled water assorted fresh whole seasonal fruit / fruit salad / 0 assorted spreads, Greek yoghurt</p> <p>GF Sanitarium Weet-bix, GF Kellogg's corn flakes, GF rice puff, GF Honey bolts, GF Abbots bread rolls, slice bread, (separate toaster & PC spreads for GF breads)</p>						
	Warm scones, plain or sultanas, whipped cream & jams (gluten free available)	Porridge with banana and honey (DF) fruit salad (gluten free available)	Grilled bacon, poached eggs, assorted toasts (gluten free- dairy free) Fresh fruits	Assorted French creamy muffin (GF) fresh fruits salad	Baked spinach and ricotta in puff pastry Freshly sliced fruits (gluten free available)	Banana pancake with maple syrup (gluten free available)	Big breakfast, eggs, bacon, chipolatas, (GF) hash browns, (gluten free available)
BREAK 1	Aussie beef burger (GF) with the lot and big boys thick chips (gluten free chips) (gluten free roll available)	Oven baked beef Lasagne with Mozzarella (gluten free lasagne)	Beef & herbs meat balls with a creamy garlic sauce on potato & pumpkin mash (Gluten free, dairy free)	Greek chicken gyros with tzatziki dip & Greek salad (gluten free)	Chef parmigiana Topped with leg ham, Napoli sauce (gluten free available)	Assorted pies Salad bar, cold meats, hot meals, toasties, (gluten free available)	Mediterranean lunch Salad bar, cold meats, hot meals, (gluten free available)
	<p>Sliced roasted cold meats along with breads & rolls, salad fillings and condiments to make your own, how you like it!</p> <p>Variety of salads highlighting seasonal produce. Choice of freshly prepared dressings (GF-DF). Seasonal fresh whole fruits and slice fruits</p>						
BREAK 2	Cajun Chicken Drum stick (GF) Fresh sliced fruit	Spring rolls with chili jams (GF-DF available) Seasonal fresh fruit	Assorted fresh sushi, soy sauce (GF) Seasonal fresh fruit	Beef sliders with burger sauce and Swiss cheese (gluten free available)	Mini pizza Meat lover Hawaiian (GF)	Sport Supplement pack from dining room after 7am	Seasonal whole fresh fruit
AFTER SCHOOL	Fresh fruits, muffins/cakes, zooper doopers (GF-DF) .	Fresh fruits, muffins/cakes, zooper doopers (GF-DF) .	Fresh fruits, muffins/cakes, zooper doopers (GF-DF) .	Fresh fruits, muffins/cakes, zooper doopers (GF-DF) .	Fresh fruits, muffins/cakes, zooper doopers (GF-DF) .	Bottle water, popper, Anzac biscuit, cheese & biscuit, fresh fruit	Seasonal fresh sliced fruit
DINNER	Smokehouse Slow cook Beef, root vegetables, rosemary (gluten free, dairy free) OR Chicken Coq au vin style (gluten free & dairy free) SIDE DISHES Cauliflower with hollandaise, green beans pesto rice pilaf	Steak Grill Night Sirloin steak cooked rare, med or well done SIDE DISHES Corn on cob, chunky chips, carrot & peas and rich gravy (GF) (Chips gluten free)	Oven baked glazed ham with seeded mustard & orange marmalade (gluten free) OR Osso bucco Milanese (gluten free) Sautéed baby potato, pumpkin & Shallots Zucchini and mushroom Casserole	Taco Night BBQ Chipotle chicken strips (GF) Shredded slow-cooked beef brisket (GF) Fried fish taco Mexican vegetables salsa (GF) guacamole, sour cream (GF) corn chips (GF) corn tortillas, chilli tomato relish (GF) (gluten free available)	Pasta Night Spaghetti with bolognese sauce OR Spaghetti Carbonara (gluten free pasta & dairy free sauces available) SIDE DISHES Garlic bread, (GF) Caesar salad	Chicken tomato taco spices sauce (GF-DF) OR Irish stew with baby potatoes (GF-DF) SIDE DISHES Couscous & raisin carrot Vichy, broccoli hollandaise sauce	Roast Night Roast Rib Fillet Beef nut free pesto OR Whole Chicken Roasted with Italian herbs & olive oil SIDE DISHES Roasted potato, oven baked pumpkin, green beans Persillade (gluten free-dairy free)
	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
DESSERT	Chocolate, brownie marshmallow tart with caramel sauce (GF)	Ice cream with house cookies GF ice cream & cookie	Caramel cheesecake Chocolate glaze (GF)	Churros with Mexican chocolate sauce (gluten free available)	Apple tart & custard (gluten free, dairy free)	Ice cream with house cookies GF ice cream & cookie	Espresso flavoured Chocolate mousse with choc chip cookies (GF)
SUPPER	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

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