



Boarding Menu 2021

Weeks 2 – 6 – 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>6 AM 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 jugs, assorted fresh whole seasonal fruit / fruit salad / assorted spreads, Greek yoghu <i>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)</i></p>						
	Continental baked beans & toast <i>(gluten free-dairy free)</i>	Scrambled eggs and cheddar cheese, <i>(gluten free-dairy free)</i>	Pain au Chocolate, mango Greek yogurt, <i>(GF – DF option)</i>	Grilled bacon Bake tomato poached eggs <i>(gluten free-dairy free)</i>	Porridge with caramelised apple and cinnamon <i>(GF – DF option)</i>	Croissant French toast pudding <i>(GF)</i> fresh juices <i>DF option)</i>	Big breakfast, eggs, bacon, chipolatas, <i>(GF)</i> <i>(DF)</i> hash browns,
BREAK 1	M.Y.O Kentucky fry chicken With American mustard, Southern mayo, French fries <i>(GF-DF)</i>	Chicken chili tender filet with coleslaw salad <i>(gluten free-dairy free)</i>	Baked Chorizo, cherry tomato sundried Vegetables risotto <i>(GF-DF)</i> Italian garden salad	Nachos, guacamole, sour cream, Mexican cheese, corn chips <i>(GF)</i> And wraps	Chicken parmigiana topped with Italian tomato sauce & cheese <i>(GF – DF option)</i>	Assorted pies Salad bar, cold meats, hot meals, toasties, <i>(GF – DF option)</i>	Mediterranean lunch Salad bar, cold meats, hot meals, <i>(GF – DF option)</i>
	<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. <i>(GF-DF)</i> Seasonal fresh whole fruit</p>						
BREAK 2	Mini beef pies <i>(GF-DF)</i> Seasonal fresh fruit	Pork Dim Sim Seasonal fresh fruit <i>(GF – DF option)</i>	Assorted fresh sushi, soy sauce <i>(GF-DF)</i> Seasonal fresh fruit	Chicken chips and sauce <i>(GF – DF option)</i>	Steamed Bao buns <i>(GF – DF option)</i>	Sport Supplement pack from dining room after 7am	Seasonal fresh sliced fruit
AFTER SCHOOL	Fresh fruits, muffins/cakes, zooper doopers <i>(GF-DF)</i>	Fresh fruits, muffins/cakes, zooper doopers <i>(GF-DF)</i>	Fresh fruits, muffins/cakes, zooper doopers <i>(GF-DF)</i>	Fresh fruits, muffins/cakes, zooper doopers <i>(GF-DF)</i>	Fresh fruits, muffins/cakes, zooper doopers <i>(GF-DF)</i>	Bottle water, popper, biscuit, cheese & biscuit, fresh fruit	Seasonal whole fresh fruit
DINNER	Slow cooked leg of lamb, thyme gravy <i>(GF-DF)</i> OR Bacon, cheese vegetables stuffed Chicken <i>((GF-DF)</i> Sautéed potato <i>(GF-DF)</i> Market seasonal Vegetables	Grill Night G/F Rib filet steak cooked rare, med or well done Diane sauce <i>(GF-DF)</i> SIDE DISHES Bad boy chips, <i>(GF & DF chips)</i> corn on cob, carrot, peas,	Massaman Thai Beef Curry with lime leaves <i>(GF-DF)</i> OR creamy Butter Chicken <i>(GF-DF)</i> SIDE DISHES Basmati rice, broccoli with coconut, baked sweet potato	BBQ Night -Country style sausage, - marinated beef steak - -Full rasher bacon <i>(gluten free-dairy free)</i> SIDE DISHES Pasta salad & aioli, assorted salads and sauces, bread rolls & butter <i>(GF – DF option)</i>	Pasta Night Penne pasta with meatballs Napoli sauce OR Penne Chicken Carbonara <i>(gluten free-dairy free available.)</i> SIDE DISHES Garlic bread, <i>(GF)</i> Caesar salad	Creole prawns on rice & vegetables paprika OR New Orleans Jerk chicken <i>(gluten free-dairy free)</i> SIDE DISHES Creamy garlic mash potato, honey glazed carrots, green beans persillade	Roast Night Roasted whole chicken with preserved lemon OR Roast pork leg with crackling, apple sauce SIDE DISHES Roasted potato paprika, roasted pumpkin, herb roasted carrot and spinach <i>(gluten free-dairy free)</i>
	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	Jelly trifle cup <i>(GF-DF)</i> Fresh seasonal fruits	Ice cream with house cookies <i>(GF-DF)</i> Fresh seasonal fruits	Self-saucing chocolate mint Pudding <i>((GF-DF)</i> Fresh seasonal fruits	Ice cream, filled donuts. <i>(GF-DF)</i> Fresh seasonal fruits	Black forest Cake <i>(GF – DF option)</i> Fresh seasonal fruits	Ice cream with house cookies <i>((GF-DF)</i> Fresh seasonal fruits	Strawberries Eton mess <i>((GF-DF)</i> Fresh seasonal fruits
SUPPER	Fresh Toasties Assorted Cereal <i>((GF-DF available)</i>	Fresh Toasties Assorted Cereal <i>((GF-DF available)</i>	Fresh Toasties Assorted Cereal <i>((GF-DF available)</i>	Fresh Toasties Assorted Cereal <i>((GF-DF available)</i>	Fresh Toasties Assorted Cereal <i>((GF-DF available)</i>	Seasonal fresh fruits	Seasonal fresh fruits

