



Boarding Menu 2021

Weeks 4 – 8

	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 (GF), fruit bread, reduced fat milk & chilled water jugs, assorted fresh whole seasonal fruit / fruit salad / Greek yoghurt 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>						
	Continental Breakfast spaghetti and toast (GF-DF Option)	Porridge with caramelised pear & corn syru	Croissant with leg ham and cheese (GF - DF)	Assorted French Danishes, fresh juices (GF-DF Option)	Grilled bacon, (GF-DF) Hash browns	Bubble and Squeak fritters, poached eggs ,(GF-DF)	Big breaky: eggs, bacon, chipolatas,(DF-GF) hash browns, fresh
BREAK 1	M.Y.O Schnitzel burger Coconut chili mayo Coleslaw salad Sidewinder chips (GF-DF Option)	House banger & ,caramelised onion On creamy mash potato &gravy (GF - DF)	Beef stroganoff with rice pilaff (GF)	Cheat's beef and sausages Pides (GF-DF Option)	Parmigiana Topped with Napoli , salami and Cheese Potato gems (GF-DF Option)	Assorted pies Salad bar, cold meats, hot meals, toasties, Chef's salad (GF-DF Option)	Mediterranean lunch Salad bar, cold meats, hot meals, (GF-DF Option)
	<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. Seasonal fresh whole fruit</p>						
BREAK 2	Pork sausage roll (GF - DF) Seasonal fresh fruits	Arancini balls With tomato relish (GF - DF)	Assorted fresh sushi, soy sauce (GF - DF)	Boa buns Asian style Seasonal fresh fruit (GF-DF Option)	Assorted mini quiches (GF - DF)	Sport Supplement pack from dining room after 7am	Seasonal fresh sliced fruit
AFTER SCHOOL	fresh fruits Mini muffins, cookies, Zooper Dooper (GF - DF Option)	fresh fruits Mini muffins, cookies, Zooper Dooper (GF - DF Option)	fresh fruits Mini muffins, cookies, Zooper Dooper (GF - DF Option)	fresh fruits Mini muffins, cookies, Zooper Dooper (GF - DF Option)	fresh fruits Mini muffins, cookies, Zooper Dooper (GF - DF Option)	Bottle water, popper, biscuit, cheese, fresh fruit(GF) (DF option)	Seasonal whole fresh fruit
DINNER	GF tender corned beef On mash potato with a basil mustard sauce OR Chicken Chasseur With mushrooms (GF - DF) SIDE DISHES Potato creamy mash, seasonal vegetables	Grill Night G/F Sirloin steak cooked rare, med or well done SIDE DISHES Creamy Garlic sauce or gravy (DF-GF) Chunky French fries, corn on cob, carrot and peas (gluten free chips)	Lamb Shank with a rich chianti gravy OR Portuguese chicken with onion & mushroom (GF - DF) SIDE DISHES Gratin of two potatoes, green beans, persillade, Baked pumpkin	BBQ Night Marinated chicken OR Chef beef burger or Full rasher of bacon (GF - DF) SIDE DISHES potato ranch salad, caramelised onions, salads, cheese, sauces	Pasta Night Penne pasta with meatballs and Napoli sauce OR Penne Chicken Carbonara (Gluten free - DF pasta and sauces) SIDE DISHES Garlic bread, Caesar salad	Beef rissole with a tomato cream Or Southern Chicken Milk bun (GF - DF) SIDE DISHES Potato and onion casserole broccoli with parmesan, sweet potato	Roast Night Roasted Chicken with Mediterranean spices OR Roast pork collar butt, marinated with Moroccan paste (GF - DF) SIDE DISHES Roasted potato Seasonal roasted vegetables
	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	French Canele cake Custard vanilla sauce (GF) (DF option)	Ice cream with house cookies (GF-DF)	Portuguese Custard tart (GF - DF Option)	Ice cream with house cookies(GF-DF) Fresh seasonal fruits	Mango and white Chocolate cheesecake (GF - DF Option)	Ice cream with house cookies (GF-DF) Fresh seasonal fruits	Vanilla cream brulee(GF) with madeleine (GF-DF Option)
SUPPER	Fresh Toasties Assorted Cereal (GF) (DF option)	Fresh Toasties Assorted Cereal (GF) (DF option)	Fresh Toasties Assorted Cereal (GF) (DF option)	Fresh Toasties Assorted Cereal (GF) (DF option)	Fresh Toasties Assorted Cereal (GF) (DF option)	Seasonal fresh fruits	Seasonal fresh fruits

