

St Matthews College Term 1 2019



Week One		CURRY HOUSE MONDAY	AT THE TABLE TUESDAY	WRAP WEDNESDAY	AT THE TABLE THURSDAY	FUN IT UP FRIDAY	SPORTY SATURDAY	SLEEPY SUNDAY
Global Breakfast		Wholesome continental breakfast table consisting of a variety of cereals, modern-style mueslis, full cream & low fat milk, soy milk, Greek yoghurt, red fruit compote, nuts and seeds, assorted breads with hi-fibre options, spreads & fresh fruit Mediterranean selection (in season), porridge accompanied by tea and coffee (available all day)						
		Boiled eggs	Spaghetti	Baked beans	Scrambled eggs	Hash browns	Bacon & eggs	Brunch
Lunch	Vegetarian	Vegetarian curry	Vegetarian pasta	Soup & salad with roll	Vegetarian fried rice	Bean combo roll	Vegetarian pizza	
		Butter chicken with rice	Bacon pesto pasta	Chicken tenders with tortilla wrap	Chicken fried rice	American hotdogs with fried onions, ketchup, mustard & cheese	Pizza	
Pasta Bar		Spiced tomato penne	Spicy capsicum pasta	Vegetarian pasta	Bread rolls			
Dinner	Vegetarian	Spiced tomato penne	Vegetable fritters	Vegetarian cottage pie	Vegetarian pasta	Vege salad		Roasted vegetable flan
		Lamb chops with mint sauce	Italian baked chicken thighs	Cottage pie	Orange glazed hot ham with roast potato	Fish bites	Chefs special	Roast lamb & mint sauce
	Vegetables	Smashed potato & roast vegetables	Steam herb potato & green beans	Salad	Broccoli & cauli	Potato chips		Roast vegetables & sauté greens
Dessert		Strawberry mousse with fruits	Ambrosia	Raspberry jam tart with cream	Banana steamed pudding	Waffle with raspberry & ice cream	Ice cream & jelly	Lamingtons

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Global Breakfast		wholesome continental breakfast table consisting of a variety of cereals, modern-style mueslis, full cream & low fat milk, soy milk, Greek yoghurt, red fruit compote, nuts and seeds, assorted breads with hi-fibre options, spreads & fresh fruit Mediterranean selection (in season), porridge accompanied by tea and coffee (available all day)						
		Boiled eggs	Sausages	Spaghetts & baked beans	Hash browns	Spaghetti & baked beans	Bacon & eggs	
Lunch	Vegetarian	Vege stir-fry	Cheesy macaroni	Cheesy broccoli bites	Bean nachos	Corn fritter burgers	Make your own sandwich & soup	<u>Brunch</u>
		<i>Fresh local produce delivered daily to produce a diverse salad & sandwich bar as well as a selection of fresh local fruit</i>						
		Lamb korma with rice	Macaroni & cheese with bacon	Fish bites with pita pocket & tartar sauce	Mexican beef nachos	Hamburgers	Make your own sandwich & soup	
Pasta Bar		Vegetable pasta	Bread roll	Spicy tomato pasta	Vegetarian fry rice			
Dinner	Vegetarian	Vegetable pasta	Stir fry Teriyaki vegetables with noodles	Chick pea & tomato curry	Vegetarian fried rice	Vegetable spring roll	Spinach & feta roll	Roast pork apple sauce & gravy
		Honey soy chicken kebab with rice	Stir fry honey pork sausage with noodles	Chicken schnitzel with potato	Crispy Chinese pork belly on rice	Fish and chips	Chef special	
	Vegetables	Broccoli & carrots	Salad	Green vegetables	Steamed Asian vegetables	Salad		Roasted potatoes steamed broccoli florets peas
Dessert		Chocolate brownie & cream	Almond and orange cake with yoghurt	Apple crumble & ice cream	Pineapple upside down cake with runny cream	Mixed berry mousse	Ice cream surprise	Mud cake & fresh cream

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Week Three		CURRY HOUSE MONDAY	AT THE TABLE TUESDAY	WRAP WEDNESDAY	AT THE TABLE THURSDAY	FUN IT UP FRIDAY	SPORTY SATURDAY	SLEEPY SUNDAY
Global Breakfast		wholesome continental breakfast table consisting of a variety of cereals, modern-style mueslis, full cream & low fat milk, soy milk, yoghurt, fruit, assorted breads with hi-fibre options, & gluten Free, spreads & fresh fruit, porridge accompanied by tea and coffee (available all day)						
		Croissants	Baked beans	Hard boiled eggs	Pastrami & egg split muffins	Spaghetti	Bacon & eggs	Brunch
Lunch	Vegetarian	Vegetable curry	Summer vegetable pasta	Pita pockets with falafels & hummus	Vegetable stir fry on rice	Tomato ragout	Vegetarian pizza	
		<i>Fresh local produce delivered daily to produce a diverse salad & sandwich bar as well as a selection of fresh local fruit</i>						
		Beef coconut curry & rice	Smoked chicken pasta	Tortilla wrap with chicken tenders	Garlic & black peppered beef served on rice	Meatball subs	Pizza	
Pasta Bar		Chipotle spaghetti	Cheesy pasta	Bread rolls	Roast vegetable pasta			
Dinner	Vegetarian	Potato & vegetable bake	Cheesy pasta	Chickpea & tomato hotpot	Tofu & vegetable stew	Samosas	Vegetable burgers	Roast Vege Medley
		Thai style chicken salad with coconut rice	Sausage and gravy	Spare ribs & smokey sauce	Sausage baked with Italian tomato ragout	Battered hotdog & chips	Hamburgers	Roast beef with Yorkshire pudding
	Vegetables	Fresh green salad	Lemon pepper potatoes & peas	Roast potatoes, carrots and peas	Boiled potatoes & vegetables	Green salad	Salad	Roast seasonal vegetables
Dessert		Apple sponge served with fresh cream	Chocolate eclairs	Lemon cake served with fresh yogurt	Jam tart with ice-cream	Lamingtons	Jelly & fruit	Rhubarb and apple crumble

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Week Four		CURRY HOUSE MONDAY	AT THE TABLE TUESDAY	WRAP WEDNESDAY	AT THE TABLE THURSDAY	FUN IT UP FRIDAY	SPORTY SATURDAY	SLEEPY SUNDAY	
Global Breakfast		Wholesome continental breakfast table consisting of a variety of cereals, modern-style mueslis, full cream & low fat milk, soy milk, yoghurt, Fruit, assorted breads with hi-fibre options, including gluten free, spreads & fresh fruit, porridge accompanied by tea and coffee (available all day)							
		Baked beans	Hash browns	Egg muffins	Breakfast sausages	Pancakes, raspberry sauce and vanilla cream	Bacon & eggs	Brunch	
Lunch	Vegetarian	Vegetarian curry	Vegetable pasta	Spinach & feta rolls	Salad wrap or roll with hummus	Bean nachos	Vegetarian pizza		
		<i>Fresh local produce delivered daily to produce a diverse salad & sandwich bar as well as a selection of fresh local fruit</i>							
		Tandoori chicken curry served with rice	Meaty pasta in a rich chunky tomato sauce	Pies	Pork riblet wraps or bread rolls	Beef nachos	Pizza or Soup		
Pasta Bar		Spicy tomato penne	Vegetable pasta	Spicy capsicum	Chefs choice & rolls				
Dinner	Vegetarian	Tofu and vegetable stir-fry with Asian green vegetable, fried shallots	Vege bake	Spicy tomato curry	Vegetarian pasta	Corn fritters	Chefs special	Vegetable stir fry	
		Cumin spiced pork chops	Satay chicken kebabs served on rice	Teriyaki chicken drums with roast potato	Spaghetti Bolognese	Fish & chips	Chefs special	Roast chicken	
	Vegetables	Steamed potatoes broccoli, carrots	Green salad	Roast cauliflower & broccoli	Green beans & carrots	Green salad	Smashed potato & parsley butter, green beans	Baked seasonal vegetables with peas	
Dessert		Chocolate self saucing pudding	Jelly & Ice cream	Creamy rice with plums	Sticky date pudding with butterscotch sauce	Cheesecake with raspberries	Banana split with Ice cream	Raspberry donuts	