

St Matthews College Term 1 2020



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, porridge accompanied by tea and coffee (available all day)						
		Baked beans	Poached Eggs	Pancake	Hash Brown	Bacon & Eggs Muffin	Continental Breakfast	Brunch
Power Snack		Muesli bar & Fruit	Cookies	Muffin	Chippies/popcorn	Sweet slice		
Lunch	Vegetarian	Vegetarians korma curry with rice	Cheesy mac & cheese	Broccoli bite salad wrap	Vegetarian fry rice	Mixed bean ragu		
		<i>Fresh local produce delivered daily to produce a diverse salad & sandwich bar as well as a selection of fresh local fruit</i>						
		Butter chicken curry with rice	Mac & Cheese with bacon	Tempura fish bite with tortilla wrap	Asian style pork fry rice	Mexican beef nacho corn chip	Chef special	
Afternoon Tea		Fruit platter	Sausage Rolls	Mix savoury	Garlic bread			
Dinner	Vegetarian	Vegetarian pasta	Vegetarian pasta	Broccoli soy pasta	Bread roll	Vegetarian spring roll		
		Pork & Fennel sausage gravy, roast potato	Pizza of the day	Honey soy chicken kebab over rice	Glazed hot ham, mustard with roast potato	Fish chip	Chef special	Roast beef with black pepper gravy
	Vegetables	Steam green pea	Green salad	Stir fry Asian green vegetables	Roast corn	Green salad		Herb potato & roast summer vegetables
Dessert		Lamington	Panna cotta with caramel sauce	Chocolate mousse	Raspberry jam tart with whip cream	Ice cream & fruit salad	Raspberry donut	Ice cream sundae

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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)						
		Spaghetti	Scramble Eggs	Croissants	pancake	Bacon & Eggs Muffin	Continental Breakfast	<u>Brunch</u>
Power Snack		Muesli bar & Fruit	Cookies	Rocky road	Muffin	Sweet Slice		
Lunch	Vegetarian	Chick pea curry	Cheesy penne	Vegetarian Sub	Vegetables sweet & sour over rice	Fresh herb salad		
		<i>Fresh local produce delivered daily to produce a diverse salad & sandwich bar as well as a selection of fresh local fruit</i>						
		Beef massaman curry over rice	Creamy ham penne	Tomato meatball sub	Sweet & sour pork over rice	Grill marinade pork salad, lemongrass kiffer lime over glass noodle	Chef special	
Afternoon Tea		Savouries	Popcorn & Fruit	Cheese & Crackers	Vegetables & dips			
Dinner	Vegetarian	Spiced vegetables hotpot	Cheesy Italian baked veggie	Corn fritter burger	Spiced tomato pasta	Vegetarian spring roll		Stir fry Asian green
		Baked pork chop with cumin gravy	Italian roast chicken thigh	Beef burger & fries	Spaghetti bolognese	Fish & Chip	Chef special	Roast lamb with Mint sauce
	Vegetables	Baked potato and green vegetables	Roast potato with green pea	Green summer salad	Green leaf salad	Green salad		Baked seasonal vegetables, potato
Dessert		Warm brownie with vanilla ice cream	Jelly and fruit salad	Creamy rice with plum	Sticky date pudding with butter scotch sauce	Mini pavlova	Fruit salad with ice cream	Cinnamon donut

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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, 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	Waffles	Spaghetts & Baked beans	Poach Egg	Bacon & Eggs Muffins	Continental Breakfast	
Power Snack		Muesli bar & Fruit	Biscuit	Muffin	Chippies/popcorn	Sweet slice		<u>Brunch</u>
Lunch	Vegetarian	Vegetarian black pepper over rice	Spinach feta pie	Caesar salad with garlic bread	Spaghetti with tomato sauce	Corn fritter burger		
		<i>Fresh local produce delivered daily to produce a diverse salad & sandwich bar as well as a selection of fresh local fruit</i>						
		Stir fry black pepper beef, broccoli over rice	Pie	Chicken Caesar salad with garlic bread	Spaghetti meatball	Chicken burger	Chef special	
Afternoon Tea		Popcorn & Fruit	Mini Ham Cheese Pizza	Crackers & Cheese	Fruit platter			
Dinner	Vegetarian	Teriyaki tofu over rice	Vegetarian yakisoba	Vegetarian potato baked	Stir fry vegetarian egg noodle	Vegetarian spring roll		Vegetarian tart
		Chicken satay kebab over rice	Beef yakisoba noodle with mung bean, cabbage	Chicken schnitzel with baked potato	Crispy pork belly with stir fry egg noodle	Batter hotdog & wedge	Chef Special	Roast pork with apple sauce and gravy
	Vegetables	Salad	Steam green vegetables	Broccoli, cauliflower and corn salad	Steam broccoli	Green salad		Spiced roast potato , Cauliflower
Dessert		Mango mousse with tropical fruit	Lemon syrup cake with whip cream	Berry cheese cake	Pine apple upside down cake	Lamington	Jelly and Ice cream	Banana split ice cream

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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, 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)						
		Spaghetti	Pancake	Scrambled Eggs	Breakfast Sausages	Bacon & Egg Muffin	Continental Breakfast	
Power Snack		Muesli bar & Fruit	Biscuits	Muffin	Sweet slice	Chippies / Corn chip		<u>Brunch</u>
Lunch	Vegetarian	Vegetarian green curry	Vegetarian salad	Vegetarian dumpling	Vegetarian cheese melt	Falafel Sub with onion relish		
		<i>Fresh local produce delivered daily to produce a diverse salad & sandwich bar as well as a selection of fresh local fruit</i>						
		Thai green curry with pork over rice	Thai beef salad with fresh herb	Chicken tender with tortilla wrap	Cheese melt	American hotdog with mustard and onion relish	Chef special	
Afternoon Tea		Popcorn & fruit	Sausage rolls	Cheese & Crackers	Fruit Veges & dip			
Dinner	Vegetarian	Cheesy pasta	Asian style stir fry noodle	Basil pesto pasta	Baked tofu with honey miso sauce	Vegetarian dumpling		Summer roast vegetables
		Chicken Parma with roast potato	Teriyaki chicken drum with egg noodle	BBQ pork spare rib	Crispy pork belly , miso honey gravy over rice	Mixed seafood basket with chip	Chef special	Roast Spiced rub chicken with baked potato
	Vegetables	Green salad	Stir fry Asian green vegetables	Roast potato with Pea	Steam broccoli	Salad		Tuscan roast vegetables
Dessert		Pear & Blueberry crumble Whip cream	Ice cream with fruit salad	Mixed berry jam tart with whip cream	Ambrosia	Cinnamon donut & vanilla ice cream	Weekend surprise	Ice cream sundae