

# ST SAVIOUR'S COLLEGE - MENU



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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**CONTINENTAL BREAKFAST** Choice of Cereals, Porridge (Winter), Juice, Fruits, Wholemeal or White Toaste & Accompaniments

**BREAKFAST** Pancakes with Maple or Golden Syrup & Hash Browns Brunch - Hot Breakfast is Pre-Order. Sausages, Spaghetti & Scrambled Eggs

**BREAK 1** Beef Burritos ✓ Chicken & Salad Rolls ✓ Spaghetti Bolognaise Chicken Fried Rice Potato Pie

**BREAK 2** Cornflake Slice Sausage Rolls Choc Chip Muffins Fresh Fruit Salad ✓ Jaffa Muffins Make your Own Toasted Sandwiches ✓ Make your Own Chicken Burger

**AFTERNOON TEA** Fresh Fruit Salad Raspberry Coconut Slice Peanut Butter Slice Chocolate Chip Slice Muesli Bars ✓ Cheerios Party Pies

**DINNER** Sirloin Steak Pork Spare Ribs Roast Chicken Beef Chow Mein & Noodles ✓ Golden Crumbed Fish served with Chunky Tartare Sauce Italian Herbed Meatballs Roast Pork with Gravy

**VEGETABLES** Mashed Potato Potato Potato Corn Choice of 3 Salads Mashed Potato Roast Potato

**VEGETABLES** Corn Carrots Pumpkin Zucchini Medley of Vegetables Roast Pumpkin

**VEGETABLES** Peas Broccoli Beans Peas

**VEGETARIAN OPTION** Pumpkin Ravioli ✓ Spinach & Cheese Filo Tomato Risotto Vegetable Quiche Broccoli & Corn Fritters W/- Tomato Salsa ✓ Mexican Bean Tacos ✓ Vegetable Pizza

**Seasonal Vegetables, Fresh Fruit, Sliced Breads, Flavoured Milk, Tea or Iced Water available for dinner**

**DESSERT** Chocolate Mousse Coconut & Lime Pudding with Custard Jelly & Custard Sticky Date Pudding with Butterscotch Sauce Ice Cream & Topping Fruit Salad & Cream Apple Crumble










**Supper** Selection of Fresh Fruit, Popcorn, Biscuits, Wholemeal, Multigrain, White & Raisin Breads Complimented by a Variety of Spreads, Jams, Butter & Margarine. Hot Chocolate with a choice of Full, Trim or Soy Milk also available for Supper

# ST SAVIOUR'S COLLEGE - MENU



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CONTINENTAL BREAKFAST</b>	<b>Choice of Cereals, Porridge (Winter), Juice, Fruits, Wholemeal or White Toaste &amp; Accompaniments</b>						
<b>BREAKFAST</b>			Bacon, Fries, Eggs & Baked Beans				BRUNCH - Hot Breakfast is Pre-Order. Omelette, Spaghetti & Hash Brown
<b>BREAK 1</b>	Meatloaf	Fish Bites, Calamari Rings & Chips	Chicken & Gravy Rolls	Beef and Salad Wraps	Vegetable Pasty		
<b>BREAK 2</b>	Chocolate Chip Cookies	Anzac Slice	Banana Muffins	Tripple Chocolate Biscuits	Muesli Bars	Make your own Toasted Sandwiches	Make your own Beef Burger
<b>AFTERNOON TEA</b>	Pikelets	Vege Sticks and Dips	Fresh Fruit Salad	Apple & Cinnamon Muffins	Sausage Rolls	Slush Puppies	Cheese & Crackers
<b>DINNER</b>	Beef Stir Fry with Hokkien Noodles	Grilled Lamb Forequarter Chops	Roast Beef	Chicken Parmigiana	Grilled Fish & Chips	Chicken Tikka Masala	Silverside
<b>VEGETABLES</b>	Caesar Salad	Mashed Potato	Roast Potato	Creamy Potatoes	3 chefs salads	Steamed Rice	Mashed Potato
<b>VEGETABLES</b>		Sauteed Carrots	Roast Pumpkin	Buttered Corn		Vegetable Melange	Roast Pumpkin
<b>VEGETABLES</b>		Steamed Baby Beans	Peas	Steamed Zucchini			Peas
<b>VEGETARIAN OPTION</b>	Cheese & Tomato Melts	Vegetable Pizza	Corn & Zucchini Mini Quiche	Pumpkin & Chickpea Curry	Eggplant Parmigiana	Vegetarian Lasagne	Stuffed Mushrooms
	<b>Seasonal Vegetables, Fresh Fruit, Sliced Breads, Flavoured Milk, Tea or Iced Water available for dinner</b>						
<b>DESSERT</b>	Crepes with Chocolate Custard	Tiramisu Cake with Custard	Pineapple Fritters	Waffles with Cream & Topping	Ice Cream & Topping	Paddle Pops	Caramel Mousse
<b>Supper</b>	<b>Selection of Fresh Fruit, Popcorn, Biscuits, Wholemeal, Multigrain, White &amp; Raisin Breads Complimented by a Variety of Spreads, Jams, Butter &amp; Margarine. Hot Chocolate with a choice of Full, Trim or Soy Milk also available for Supper</b>						

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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<b>CONTINENTAL BREAKFAST</b>	<b>Choice of Cereals, Porridge (Winter), Juice, Fruits, Wholemeal or White Toaste &amp; Accompaniments</b>						
<b>BREAKFAST</b>			Pancakes with Maple or Golden Syrup & Bacon				BRUNCH - Hot Breakfast is Pre-Order. Bacon, Tomato & Hash Browns
<b>BREAK 1</b>	Spicy Shredded Chicken Enchilada 	Quiche & Salad	Nachos	Roast Chicken and Gravy Rolls	Pie & Gravy		
<b>BREAK 2</b>	Chocolate Chip Cookies	Berry Muffin	Fresh Fruit Salad 	Anzac Cookies	Mixed Berry & Oat Slice 	Make your own Toasted Sandwiches 	Make your own Chicken Burger
<b>AFTERNOON TEA</b>	Assorted Pastries	Frozen Yoghurt	Chocolate Muffins	Fruit Crumble	Banana Bread	Party Pies	Crackers & Dip
<b>DINNER</b>	Spaghetti Bolognaise	Pork Chops	Roast Chicken	Beef Spare Ribs	Grilled Fish with Lemon Sauce 	Pizza	Roast Lamb
<b>VEGETABLES</b>	Carrots	Baked Potato	Roast Sweet Potato	Rice	Choice of 3 chef salads	Potato Wedges	Roasted Chat Potatoes
<b>VEGETABLES</b>	Zucchini	Corn	Roast Pumpkin	Carrots		Tossed Salad	Roast Pumpkin
<b>VEGETABLES</b>		Peas	Broccoli	Beans			Broccoli
<b>VEGETARIAN OPTION</b>	Zucchini and Olive Pasta 	Vegetable Quiche	Spinach & Cheese Filo	Tofu Stir Fry 	Samosa	Tomato & Lentil Pasta 	Stir fry of Seasonal Vegetables and Hokkien Noodles 
	<b>Seasonal Vegetables, Fresh Fruit, Sliced Breads, Flavoured Milk, Tea or Iced Water available for dinner</b>						
<b>DESSERT</b>	Buttermilk Pancakes with Butterscotch Sauce	Strawberry Trifle	Apple Strudel	Chocolate Mousse	Fruit Salad with Cream	Jelly and Ice Cream	Chocolate Cake & Custard
<b>Supper</b>	<b>Selection of Fresh Fruit, Popcorn, Biscuits, Wholemeal, Multigrain, White &amp; Raisin Breads Complimented by a Variety of Spreads, Jams, Butter &amp; Margarine. Hot Chocolate with a choice of Full, Trim or Soy Milk also available for Supper</b>						

# ST SAVIOUR'S COLLEGE - MENU



Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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<b>CONTINENTAL BREAKFAST</b>	<b>Choice of Cereals, Porridge (Winter), Juice, Fruits, Wholemeal or White Toaste &amp; Accompaniments</b>						
<b>BREAKFAST</b>			Bacon, Baked Beans & Fried Eggs				BRUNCH - Hot Breakfast Pre-Order
<b>BREAK 1</b>	Chilli Beef and Cheese Wrap	Chicken Caesar Salad	Hot Dogs	Chicken & Vegetable Fried Rice	Pies & Mushy Peas		
<b>BREAK 2</b>	Frozen Yoghurt	Pluto Pups	Jaffa Muffins	Fresh Fruit Salad	Muesli Bars	Make your own Toasted Sandwiches	Make your own Beef Burger
<b>AFTERNOON TEA</b>	Chocolate Chip Cookies	Savoury Scones	Chocolate Hedgehog Slice	Banana Muffin	Apple Tea Cake	Slush Puppies	Mini Sausage Rolls
<b>DINNER</b>	Chicken Korma	Lamb Forequarter Chops	Pork Schnitzel	Beef Lasagne	Crumbed Fish Fillets	Grilled Steak Marinated in Soy and Ginger	Roast Chicken
<b>VEGETABLES</b>	Rice	Potato Bake	Roast Sweet Potato	Carrots	Choice of 3 Salads	Wedges	Roast Potato
<b>VEGETABLES</b>	Corn	Carrots	Roast Pumpkin	Beans		Carrots	Roast Pumpkin
<b>VEGETABLES</b>	Zucchini	Beans	Peas			Steamed Corn Cobs	Zucchini
<b>VEGETARIAN OPTION</b>	Vegetable Pizza	Stuffed Mushrooms	Pumpkin Gnocchi	Spinach & Cheese Rolls	Vegetable Pasta Bake	Vegetable Patties	Tomato & Basil Ravioli
	<b>Seasonal Vegetables, Fresh Fruit, Sliced Breads, Flavoured Milk, Tea or Iced Water available for dinner</b>						
<b>DESSERT</b>	Cinnamon Donuts	Ice Cream with Warm Berry Sauce	Fruit Salad & Custard	Tiramisu	Butterscotch Bananas	Lemon Meringue Pie	Apple Pudding & Custard
<b>Supper</b>	<b>Selection of Fresh Fruit, Popcorn, Biscuits, Wholemeal, Multigrain, White &amp; Raisin Breads Complimented by a Variety of Spreads, Jams, Butter &amp; Margarine. Hot Chocolate with a choice of Full, Trim or Soy Milk also available for Supper</b>						