



# St Philip's College Boarding House Menu - Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Continental Breakfast - Wheat-Bix, Just Right, Cornflakes, classic Porridge, full cream milk. Toast (wholemeal or multigrain bread). Preserved fruit (unsweetened). Natural Yoghurt. Spreads: peanut butter, vegemite & jam selection						
	Continental Breakfast + Porridge	Continental Breakfast + Ham & Cheese Croissant	Continental Breakfast + Crumpets & spreads	Continental Breakfast + Scrambled Eggs	Continental Breakfast + Pancakes, mixed berries & yogurt	Continental Breakfast + Bircher Muesli	Continental Breakfast
Morning Tea	Prepacked: Muesli Slice + fruit	Prepacked: Impossible Quiche + fruit	Prepacked: Savoury Scone + Fruit	Prepacked: Blueberry Muffin + fruit	Prepacked: Chocolate Cake + fruit	NA	NA
Lunch	DIY Sandwich/Toastie from Ham, Tuna, Cheese, Boiled Eggs, Fresh Salad Vegetables + fresh fruit	Mini vegetable pizzas + fresh fruit	DIY Wraps (corn + wheat variety) / Toastie from Chicken, Cheese, Fresh Salad Vegetables + fresh fruit	Vegetable Frittata + piece of fresh fruit	Egg, Bacon and Veggie Pie with Garden Fresh Green Salad + fresh fruit	DIY Wholemeal Bread rolls from Boiled Eggs, Ham, Tuna, Cheese, Fresh Salad Vegetables + fresh fruit	Chefs choice of the day Pasta Bake with salad + fresh fruit
Afternoon Tea	Veggie Sticks & Peanut Dip	Helen's Healthy Muffins	Rice Crackers & Chunky Salsa	Fresh Fruit Platter	Oven baked pitta Bread 'chips' with hummus	NA	NA
Entree		Sushi		Steamed Dim Sim		NA	Homemade Vegetable and Lentil Soup
Dinner	Asian Stir Fry Beef with Steamed Vegetables + Basmati Rice	Countrystyle Chicken/Corn Pie, Oven-baked Chips, Salad Bowl	Chargrilled Steak, baked/mashed Potato + Salad	Indian Butter Chicken with steamed veges + Basmati Rice or Roti/Naan Bread	Grilled Fish & Oven-baked Chips with Greek Salad	Home-style Beef and Vegetable Lasagne + Green Salad	Seasonal Vegetable and crumbed Feta Quiche + Salad
Vegetarian Dinner	Homemade Vegetable Pie, Chips, Salad Bowl	Stir Fry Tofu with Vegetables + Rice	Homemade Soup of the Day & Garlic Bread + Seasonal Vegetable and crumbed Feta Quiche with Garden Salad	Vegetable Curry with Jasmine Rice with steamed veges + Pappadums	Lentil Patty & Chips with Greek Salad	Margo's Vegetable Lasagne + Green Salad	
Dessert	Fruit Salad	N/A	Creamed Rice and Preserved Fruit (or Birthday Cake)	N/A	Fruit Salad & Greek yogurt	Apple Crumble with Cream	N/A
Supper	Sao's with Cheese & Tomato	Lilli's Cornflake/Rolled Oats & coconut biscuits	Corn/Rice cake with cheese cubes	Homemade Muesli Slice	Banana Bread	Sour Cream & Chive Rice Cakes	Oat, Banana, Coconut Chocolate Cookies