

St Philip's College Boarding House Menu - Week 2



	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). Fresh or Preserved fruit (unsweetened). Natural Yoghurt. Spreads: peanut butter, vegemite & jam selection						
	Continental Breakfast + Porridge	Continental Breakfast + Spaghetti or Baked Beans	Continental Breakfast + Crumpets & spreads	Continental Breakfast + Bacon and Poached Eggs	Continental Breakfast + Raisin Toast	Continental Breakfast + Bircher Muesli	Continental Breakfast
Morning Tea	Prepacked: Orange Cake + fruit	Prepacked: Cinnamon Scrolls + fruit	Prepacked: Ham & Cheese Croissant + fruit [®]	Prepacked: Pumpkin Frittata + fruit	Prepacked: Banana Muffins + fruit	NA	NA
Lunch	DIY Sandwich/Toastie from Ham, Tuna, Cheese, Fresh Salad Vegetables + fresh fruit	Quiche + Fresh Salad Vegetables + fresh fruit	DIY Wraps (corn + wheat variety) / Toastie from Chicken, Cheese, Fresh Salad Vegetables + fresh fruit	Vege burger with Fresh Salad Vegetables + fresh fruit	Turkish Bread with Ham, Chicken, Cheese fillings with salad + fresh fruit	DIY Wholemeal Bread rolls from Boiled Eggs, Ham, Tuna, Cheese, Fresh Salad Vegetables + fresh fruit	Bacon & Egg Pie with Chef's Salad
Afternoon Tea	Rice Crackers & Guacamole	Oven baked pitta Bread 'chips' with hummus	Fresh fruit platter	Vegie Sticks with French Onion Dip	Sao's with Cheese & Tomato	NA	NA
Entre		Vegie Rice Paper Wraps		Chicken & Corn Soup			Homemade Tomato Soup
Dinner	Beef and Five Vegetable Bolognese Spaghetti with Parmesan Cheese & garlic bread	Oriental Coconut Chicken Curry with Basmati Rice + combination of steamed green vegetables	Classic Roast Pork, vegetables & apple sauce with Steamed beans/carrot	Poached Chicken, Pumpkin, Chickpea, Spinach, Couscous Moroccan Salad	Lemon Butter Grilled fish with steamed vegetables & mashed sweet potato	Traditional Shepherd's Pie + Salad Bowl (steamed veges in winter)	Roasted Pumpkin, Pea and Parmesan Risotto
Vegetarian Dinner	Chickpea and Bean Rissoles with Tomato and Mushroom gravy	Coconut Vegetable Curry with steamed rice + combination of steamed vegetables	Homemade Tomato Soup. Pumpkin, Pea and Parmesan Risotto	Vegetable Shepherd's Pie + Salad Bowl (steamed veges in winter)	Red Lentil Dhal with steamed vegetables	Grilled Tofu and Vegetable Skewers with steamed carrots, beans and rice	
Dessert	Fruit Salad with Greek Yoghurt	N/A	Pavlova with yogurt cream & Berry Compote (or Birthday Cake)	N/A	Panacotta and Berry Compote	Chocolate Pudding with cream	N/A
Supper	Homemade Muesli Slice	Pumpkin Scones	Corn/Rice cake with toppings	Oaty Apple Muffins	Lamingtons	Sao Biscuits with Cheese & Tomato	Zucchini & Cacao Brownies