



# St Philip's College Boarding House Menu - Week 3

	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 + Crumpets & spreads	Continental Breakfast + Baked Beans	Continental Breakfast + Bircher Muesli	Continental Breakfast + Savory Omelette with grilled tomato	Continental Breakfast + Porridge	Continental Breakfast	Continental Breakfast
Morning Tea	Prepacked: Yo-gurt Cake + fruit	Prepacked: Cheese Scrolls + fruit	Prepacked: Mini Pizza + fruit	Prepacked: Carrot Cake + fruit	Prepacked: Homemade Sausage Rolls + fruit	NA	NA
Lunch	DIY Sandwich/Toastie from Ham, Tuna, Cheese, Boiled Eggs, Fresh Salad Vegetables + fresh fruit	Spinach & feta/ricotta triangles + fresh fruit	DIY Wraps (corn + wheat variety) / Toastie from Chicken, Cheese, Fresh Salad Vegetables + fresh fruit	Homemade Sausage roll + Fresh Salad Vegetables of choice + fresh fruit	Dougie's Soy/Honey Chicken Wing Dings with Salad	DIY Wholemeal Breadrolls from Boiled Eggs, Ham, Tuna, Cheese, Boiled Egg, Fresh Salad Vegetables + fresh fruit	Sweet Potato Tart flavoured with red onion and herbs with Salad
Afternoon Tea	Savory Muffins	Vegie Sticks + French Onion & Sour Cream	Banana Bread	Oven baked pitta Bread 'chips' with hummus	Fresh Fruit Platter	NA	NA
Entre		Chicken & Corn Soup		Vegetable Pastie			
Dinner	Oriental Sweet and Sour Pork with Brown Rice and Stir-fry Vege	Beef Bourguignon with Pasta	Traditional Roast Chicken with Stuffing. Roast vegie selection + green peas & gravy	Spicy Chickpea and Bean Rissoles with tomato and mushroom gravy	Fish - Catch of the Day with Baked Potato and steamed Asian Greens	Chicken Creole with Vegetables + Basmati Rice	Turkish Lamb Casserole with Mashed Potato
Vegetarian Dinner	Sweet and Sour Chickpea and Vegetables with brown rice	Honey Soy Tofu with Vegetarian Fried Rice and Salad	Turkish Eggplant Casserole with Mashed Potato	Homemade Pumpkin Soup. Chickpea and Bean Rissoles with tomato and mushroom gravy	Steamed Asian Veges + Homemade Vegetarian Spring Rolls	Margo's Vege Creole with Rice and Green Salad	
Dessert	Fruit Salad with Greek Yoghurt	N/A	Apple & Berry Crumble with Custard (or Birthday Cake)	N/A	Fruit Salad	Cheesecake Slice with Strawberry Puree	N/A
Supper	Corn/Rice cake with toppings	Chocolate Cookies	Sao's with Cheese & Tomato	Savory Cheese Scones	Lilli's Muesli Slice with Chocolate Topping	Savory Muffins	Oat, Banana & dried fruit cookies