

Sample Week Long Menu

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	---	Porridge Weetbix Cornflakes Rices Fruit Yoghurt Toast & spreads	Porridge Weetbix Cornflakes Rices Fruit Yoghurt Toast & spreads	Porridge Weetbix Cornflakes Rices Fruit Yoghurt Toast & spreads	Porridge Weetbix Cornflakes Rices Fruit Yoghurt Toast & spreads
Morning Tea	BYO	Scones with jam and cream	Fresh baked muffins	Cheese Scones	Muffin
Lunch	BYO	Hot dogs Salad Chips Baby Beetroot	Mac Cheese Salad Carrot sticks Boiled Eggs Bread & spreads	Pizza Salad Potato nuggets Baby Beetroot	<i>Off site</i> Ham & Salad Sandwich Cookie Packet of Chips Fruit
Afternoon Tea	Fruit	Fruit	Fruit	Fruit	---
Dinner	Chicken Korma Rice Baby carrots Corn Peas Pita bread Brownie with Berry sauce	Spaghetti Meatballs Cheese Carrots Peas Garlic bread Lamingtons	Burgers Fries Ice cream Wafer Sandwiches	Roast Chicken Roast Potatoes Roast Pumpkin Beans Carrots Apple crumble Or Self saucing Choc pudding Ice Cream	---
Supper	Cake	Cake	Cake	Cake	---

Supper Cake can be served at afternoon tea along with the fruit if you prefer students not to have extra sugar before bed.