



Rockhampton Girls  
Grammar School

125 YEARS

## Term 2 Week 9 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	selection of healthy cereals, fruits, yoghurts, assorted breads and condiments. juices, tea, coffee and milks						
Breakfast	Baked beans and sausages	Bacon & Egg muffins	Breakfast frittata with sausages	Bacon with scrambled eggs	Waffles with berry compote	Continental breakfast	Big Sunday Brunch
Morning tea	Mini pizzas	Chipolata mini dogs with mustard and grilled onion	Chocolate milkshake and cookie	Barbequed chicken calzone	Blueberry Muffins	Assorted cakes and slices	Assorted packed cakes and slices in the dorm
Lunch	selection of breads with condiments, fresh whole fruit and a vegetarian option						
Lunch	Pulled chicken tortillas	Pork slider with sweet potato chips	Southern fried chicken twister	Moroccan Lamb with pita bread and steamed rice GF	Beef Nacho's with choice of corn chips or soft tortillas with sour cream and guacamole GF	Create your own cold meat and salad wrap or roll	Create your own cold meat and salad wrap or roll
Salad bar	Chicken Caesar salad	Greek Salad	Quinoa salad with beetroot, pumpkin and feta	Tuna salad	Boiled eggs		
Afternoon Tea	Dip and crackers with vegetable sticks	Saladas with tomato and cheese	Pull apart bacon and cheese loaf	Pineapple carrot cake	Fruit platter	Assorted packed sweet treats in the dorm	Assorted packed sweet treats in the dorm
Dinner	selection of bread with condiments, fresh whole fruit , selection of hot vegetables, garden salads and a vegetarian option						
Dinner	Spaghetti and meatballs	Chicken parmigiana	Pickled pork & mash GF	Butter chicken with fried rice GF	Boxed dinner night with meat pie or sausage roll	Beef, bean & sweet potato chimichangas	Honey mustard chicken thighs and rice GF
Sides	Pasta bar, tossed salad and assorted vegetables	Potato bake, salad bar and condiments	Pasta bar, tossed salad and assorted vegetables	Pasta bar, tossed salad and assorted vegetables	Chips and tossed salad	Tossed salad, sour cream and salsa	Assorted vegetables and tossed salad
Dessert	Toffee apple filo roll with custard	Chocolate self saucing pudding and ice cream	Chocolate ripple cake	Fruit salad, jelly and ice cream	Fruit, yogurt and muesli cups	Pavlova	Flourless chocolate cake with ice cream
Supper	Seasonal fruit	Bread and spreads	P/C Biscuits	Cold milo & cookie	Rice cakes and spreads	Dip and crackers	Bread and spreads



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## Term 2 Week 10 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	selection of healthy cereals, fruits, yoghurts, assorted breads and condiments. juices, tea, coffee and milks						
Breakfast	Baked beans and scrambled eggs	Spaghetti and scrambled eggs	Poached eggs with baked beans	Omelette with hash browns	Apple cinnamon pancakes		
Morning tea	Homemade sausage rolls	Toasted Sandwiches	Jam donuts	Quiche Lorraine slice	Scones		
Lunch	selection of breads with condiments, fresh whole fruit and a vegetarian option						
Lunch	Chicken, pumpkin & spinach lasagne	Bbq pork stir fry	Beef fajita's	Chicken burgers	Tandoori chicken wrap		
Salad bar	Greek Salad GF	Cajun chicken Caesar salad	Green lentil salad with roast pumpkin and fennel GF	Coleslaw	Assorted salad bar		
Afternoon Tea	Carrot cake	Buffalo wings with smoky bbq sauce	Ham and cheese scrolls	Classic vanilla slice	Fruit platter		
Dinner	selection of bread with condiments, fresh whole fruit , selection of hot vegetables, garden salads and a vegetarian option						
Dinner	Slow cooked American pork ribs GF	Shepherds pie GF	Chicken kiev and potato bake	Sweet & sour pork stew			
Sides	Potato wedges, pasta bar, tossed salad and assorted vegetables	Mashed potato, pasta bar, tossed salad and assorted vegetables	Pasta bar, tossed salad and assorted vegetables	Pasta bar, tossed salad, and assorted vegetables			
Dessert	Apple pie and custard	Raspberry millefeuille	Baked caramel swirl cheesecake	Fruit salad, jelly and ice cream			
Supper	P/C Biscuits	Bread and spreads	Seasonal fruit	Caramelised onion dip with cob loaf			