



Rockhampton Girls
Grammar School

125 YEARS

Term 3 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	Hash browns & bacon	Poached eggs & spaghetti	Sausages with scrambled eggs	Baked egg & mushroom cups	Waffles with berries and bananas		
Morning tea	Choc Brownie	Sausage in bread	Moroccan lamb scrolls	Toasted Sandwiches	Choc Muffins		
Lunch	selection of breads with condiments, fresh whole fruit and a vegetarian option						
Lunch	Pulled chicken tortillas	Beef lasagne	Healthy chicken meatballs with kale couscous and roast pumpkin pilaf	Create your own cold meat and salad roll	BLT chicken wraps		
Salad bar	Pork noodle salad	Chicken Caesar salad	Rainbow salad	Tangy thai chicken salad	Assorted salad bar		
Afternoon Tea	Condensed milk slice	Fruit Platter	Lamingtons	Vita wheat crackers with tomato, cheese and spreads			
Dinner	selection of bread with condiments, fresh whole fruit , selection of hot vegetables, garden salads and a vegetarian option						
Dinner	Satay chicken curry GF	Soy beef short ribs with fried rice GF	Slow cooked rich beef pie with sour cream mash GF	Mongolian lamb and vermicelli noodle stir fry			
Sides	Salad bar, steamed rice and assorted vegetables	Pasta bar, tossed salad and assorted vegetables	Pasta bar, tossed salad and assorted vegetables	Pasta bar, tossed salad, potato bake and assorted vegetables			
Dessert	Butterscotch self saucing pudding	Fruit salad, jelly and ice cream	Orange and almond cake GF	Sticky date pudding with custard			
Supper	Seasonal fruit	Rice cakes and spreads	Hot choc and milo balls	Creamy spring onion and bacon dip cob loaf			