



Rockhampton Girls  
Grammar School

125 YEARS

## Term 4 Week 8 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 & hash browns	Poached eggs & spaghetti	Sausages with scrambled eggs	Baked egg & mushroom cups	SCHOOL PARTY BRUNCH		
Morning tea	Choc Brownie	Sausage in bread	Moroccan lamb scrolls	Toasted Sandwiches	SCHOOL PARTY M/T		
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			
Salad bar	Pork noodle salad	Chicken Caesar salad	Rainbow salad	Tangy thai chicken salad			
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	Cold milo and milo balls	Creamy spring onion and bacon dip cob loaf			



## Term 4 Week 5 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	Spaghetti & sausages	Bacon & egg muffins	Hash browns and omelette	Breakfast pies	Blueberry pancakes	Continental breakfast	Big Sunday Brunch
Morning tea	Mini Pizzas	Toasted sandwiches	Chipolata mini dogs	Chocolate milkshake and cookies	Oaty apple cinnamon 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	Balsamic Orange Chicken Drumsticks and risotto GF	Chicken chow mein	Thai green coconut chicken curry and rice GF	Slow cooked pulled pork with soft tortilla	Loaded baked potatoes with mince, sour cream, cheese and bacon GF	Create your own cold meat and salad wrap or roll	Create your own cold meat and salad wrap or roll
Salad bar	Beef & Hokkien Noodle salad	Pumpkin and spinach salad GF	Thai beef salad GF	Chicken salad with mustard and snow pea sprouts GF	Assorted salad bar		
Afternoon Tea	Cheese & vegemite scrolls	Fruit Platter	Rustic blueberry and almond cake	Bacon & cheese scones	Wholemeal and grain bread with spreads	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	Slow cooked beef ragu with fettucini	Thick pork sausages in apple cider and mustard gravy and sweet chilli mash	BOARDERS CHOICE NIGHT	Roast lamb and vegies GF	Chicken enchiladas and tomato salsa with chips	Peri peri chicken thigh and fried rice GF	Corned silverside with white onion sauce
Sides	Pasta bar, tossed salad and assorted vegetables	Pasta bar, tossed salad and assorted vegetables		Pasta bar, tossed salad, roast potato and assorted vegetables	Tossed salad	Salad bar	Garlic chat potatoes, assorted vegetables and tossed salad
Dessert	Banoffee slice	Fruit salad, jelly and ice cream		Sticky pear pudding with caramel sauce	Icy poles	Rice pudding and poached fruit	Chocolate mousse
Supper	Seasonal fruit	Bread and spreads		Chewy rice bubble bars	Rice cakes and spreads	Dip, vegie sticks and crackers	Bread and spreads



## Term 4 Week 6 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	Mini baked potatoes with boston baked beans	Waffles with berry compote	Continental breakfast	Big Sunday Brunch
Morning tea	Mini pizzas	Chipolata mini dogs with mustard and grilled onion	Mango, almond and honey smoothie	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	Chicken, broccoli and cashew stir fry with fried rice	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	Chickpea tomato and feta 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	BOARDERS FAREWELL DINNER	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		Assorted vegetables and tossed salad
Dessert	Raspberry cheesecake brownies	Chocolate self saucing pudding and ice cream	Chocolate ripple cake	Fruit salad, jelly and ice cream	Fruit, yogurt and muesli cups		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



Rockhampton Girls  
Grammar School



## Term 4 Week 7 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	selection of healthy cereals, fruits, yoghurts, assorted breads and condiments. juices, tea, coffee and milks						
<b>Breakfast</b>	Baked beans and scrambled eggs	Scrambled egg and ham croissants	Poached eggs with baked beans	Omelette with hash browns	Apple cinnamon pancakes	Continental breakfast	Big Sunday Brunch
<b>Morning tea</b>	Toasted sandwiches	Homemade sausage rolls	Jam donuts	Quiche Lorraine slice	Red velvet cupcakes	Assorted cakes and slices	Assorted packed cakes and slices in the dorm
<b>Lunch</b>	selection of breads with condiments, fresh whole fruit and a vegetarian option						
<b>Lunch</b>	Chicken, pumpkin & spinach lasagne	Bbq pork stir fry	Beef fajita's	Lemon chicken and parmesan rissoles with fried rice	Tandoori chicken wrap	Create your own cold meat and salad wrap or roll	Create your own cold meat and salad wrap or roll
<b>Salad bar</b>	Greek Salad GF	Cajun chicken Caesar salad	Spicy corn and chorizo salad	Coleslaw	Assorted salad bar		
<b>Afternoon Tea</b>	Carrot cake	Buffalo wings with smoky bbq sauce	Ham and cheese scrolls	Classic vanilla slice	Fruit platter	Assorted packed sweet treats in the dorm	Assorted packed sweet treats in the dorm
<b>Dinner</b>	selection of bread with condiments, fresh whole fruit , selection of hot vegetables, garden salads and a vegetarian option						
<b>Dinner</b>	Slow cooked pork ribs GF	Shepherds pie GF	Chicken kiev and potato bake	Herb and spice crumbed Pork schnitzel	SPEECH NIGHT	Chicken cacciatore and parmesan mash GF	Roast pork and vegies GF
<b>Sides</b>	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		Tossed salad	Assorted vegetables and tossed salad
<b>Dessert</b>	Apple pie and custard	Raspberry millefuielle	Baked caramel swirl cheesecake	Fruit salad, jelly and ice cream		Apple raspberry crumble with custard	Lemon delicious pudding
<b>Supper</b>	P/C Biscuits	Bread and spreads	Seasonal fruit	Caramelised onion dip with cob loaf		Seasonal fruit	Bread and spreads