



Rockhampton Girls  
Grammar School

125 YEARS

## Term 1 Week 1 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		Bacon & egg muffins	Hash browns and frittata	Breakfast pies	Blueberry pancakes	Continental breakfast	Big Sunday Brunch
Morning tea		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		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		Pumpkin and spinach salad GF	Thai beef salad GF	Soba noodle salad with teriyaki chicken	Assorted salad bar		
Afternoon Tea		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	WELCOME BBQ	Thick pork sausages in apple cider and mustard gravy and sweet chilli mash	Chicken kiev and potato bake	Roast lamb and vegies GF	Chicken enchiladas and tomato salsa with chips	Baked sticky sesame chicken and fried rice	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		Fruit salad, jelly and ice cream	Lemon delicious pudding	Sticky pear pudding with caramel sauce	Icy poles	Rice pudding and poached fruit	Chocolate mousse
Supper		Bread and spreads	Ham, salami and cheese stromboli	Chewy rice bubble bars	Rice cakes and spreads	Dip, vegie sticks and crackers	Bread and spreads



## Term 1 Week 2 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	Bubble and squeak chunky potato cakes	Waffles with berry compote	Continental breakfast	Big Sunday Brunch
Morning tea	Mini pizzas	Chipolata mini dogs with mustard and grilled onion	Oreo frappe	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	Green bean and radish salad with chickpea dukkah	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 Tacos or soft tortillas	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	Salad bar	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	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 1 Week 3 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	Scrambled egg and ham croissants	Poached eggs with baked beans	Omelette with hash browns	Apple cinnamon pancakes	Continental breakfast	Big Sunday Brunch
Morning tea	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
Lunch	selection of breads with condiments, fresh whole fruit and a vegetarian option						
Lunch	Pumpkin and pasta tuna sausage bake	Bbq pork stir fry	Beef fajita's	Curry chicken meatballs with rice noodles	Tandoori chicken wrap	Create your own cold meat and salad wrap or roll	Create your own cold meat and salad wrap or roll
Salad bar	Greek Salad GF	Honey glazed pumpkin and barley salad	Spicy corn and chorizo salad	Coleslaw	Assorted salad bar		
Afternoon Tea	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
Dinner	selection of bread with condiments, fresh whole fruit , selection of hot vegetables, garden salads and a vegetarian option						
Dinner	Barbequed Thai pork ribs with caramelized onion and chorizo loaded wedges	Shepherds pie GF	BOARDERS CHOICE NIGHT	Herb and spice crumbed Pork schnitzel and apple gravy	Fish, Chips and calamari	Piri piri chicken and parmesan mash GF	Roast pork and vegies GF
Sides	Pasta bar, tossed salad and assorted vegetables	Mashed potato, pasta bar, tossed salad and assorted vegetables		Pasta bar, tossed salad, and assorted vegetables	Salad bar	Tossed salad	Assorted vegetables and tossed salad
Dessert	Apple pie and custard	Raspberry millefeuille		Fruit salad, jelly and ice cream	Ice Cream Sundae	Apple raspberry crumble with custard	Baked caramel swirl cheesecake
Supper	P/C Biscuits	Bread and spreads		Caramelised onion dip with cob loaf	Rice cakes and spreads	Seasonal fruit	Bread and spreads



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## Term 1 Week 4 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	Waffles with berries and bananas	Continental breakfast	Big Sunday Brunch
Morning tea	Choc Brownie	Sausage in bread	Moroccan lamb scrolls	Toasted Sandwiches	Choc Muffins	Assorted packed cakes and slices in the dorm	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	Beef lasagne	Healthy chicken meatballs with kale couscous and roast pumpkin pilaf	Create your own cold meat and salad roll	BLT chicken wraps	Create your own cold meat and salad wrap or roll	Create your own cold meat and salad wrap or roll
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	Bacon, mac & chese zucchini slice	Honey soy drumettes	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	Satay chicken curry GF	Texan style beef short ribs with wedges GF	Beef and bean casserole with creamy garlic mash GF	Mongolian lamb and vermicelli noodle stir fry	Smoky BBQ Chicken or steak burger	Pasta night	Slow roasted beef with mustard herb crust
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	Chips and tossed salad	Salad bar	Assorted vegetables and tossed salad
Dessert	Butterscotch self saucing pudding	Fruit salad, jelly and ice cream	Lemon meringue pie	Sticky date pudding with custard	Fruit and custard	Ice cream sundae	Apple and blueberry jalousie with custard
Supper	Seasonal fruit	Banana, coconut and Nutella bread	Cold milo and milo balls	Creamy spring onion and bacon dip cob loaf	Rice cakes and spreads	Seasonal fruit	Bread and spreads