



Rockhampton Girls
Grammar School



Term 4 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	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	Pumpkin Scone	Banana Cinnamon Muffin	Moroccan lamb scrolls	Toasted Sandwiches		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	Beef Nacho's with choice of corn chips or soft tortillas with sour cream and guacamole GF	Healthy chicken meatballs with couscous	Beef lasagne	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	Roast pumpkin chickpea with herbed yoghurt dressing	Chicken Caesar salad	Greek Salad	Tangy thai chicken salad	Assorted salad bar		
Afternoon Tea	Cheese and bacon scroll	Fruit Platter	Scones with jam and cream	Cheesy zucchini and bacon muffins	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 OR Curried Sausages	Pork schnitzel with plum sauce OR Cottage Pie	Beef casserole with creamy garlic mash GF OR Vegetarian Quiche	Mongolian lamb and vermicelli noodle stir fry OR Pork Parmigiana	Steak Burger	Pasta night	Slow roasted beef with mustard herb crust
Sides	Salad bar, steamed rice and assorted vegetables	tossed salad and assorted vegetables	tossed salad and assorted vegetables	tossed salad, potato bake and assorted vegetables	Chips and tossed salad	Salad bar	Assorted vegetables and tossed salad
Dessert	Vanilla Sponge	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	Vegetable sticks and dip	Banana, coconut and Nutella bread	Cold milo and milo balls	Creamy spring onion and bacon dip cob loaf	Kabana and cheese	Seasonal fruit	Fairy bread