

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Item	herb & cheddar scrambled eggs on toasted english muffins	zucchini, ricotta & corn fritter with relish	the onesie box – one of everything – egg, bacon, tomato, mushroom, sausage & one spinach leaf!	fried eggs with sauteed mushrooms & hash brown	pancakes with smashed berries & snow sugar
Additional Breakfast Items	the hot cupboard - variety of toasted sandwiches on grain, rye & white breads, egg & bacon muffins, toasted fruit bread, banana bread the reach in fridge - yoghurt pots (GF), fruit salad tubs, tall single fruit cups, bircher muesli, breakfast sandwiches, wraps & rolls, juices & water the bakery counter - fresh whole fruit, cereal tubs with milk & yoghurt, our own baked muffins & home baked goods direct to the counter straight from the oven				
RECESS					
Bakery	cake of the day will include a selection of freshly baked muffins, slices & cupcakes daily				
THE HOT CUPBOARD					
Bread Option	the brat – bacon, rocket, avocado, cheese & tomato sandwiches	crumbed chicken tenderloin baguette with japanese slaw	triple cheese toasties (V)	quesadillas with shaved ham, tomato & mozzarella	pulled pork sliders with slaw
Low Card Option	chicken & corn soup	potato wedges with sour cream & sweet chilli sauce	beef koftas with hummus	honey soy & ginger chicken drumettes	sjacket potatoes with feta, sundried tomato & olive, light sour cream & mozzarella
Snack Option	beef ravioli with napolitana sauce & shaved parmesan	italian meatball cups with herb salad	thai chicken sausage rolls with sweet chilli sauce	pumpkin arancini with aioli	tomato, bocconcini & basil pizzas (V)
THE COLD CABINET					
Salad	tabouleh couscous salad with parsley, mint, tomatoes, cucumber, crumbled feta & lemon vinaigrette	roasted cauliflower & farro salad with fresh mint, spanish onion & red wine vinegar dressing (V)	moroccan chickpea salad with paprika roasted beets & pumpkin, coriander, ginger & cherry tomatoes (V)	caesar salad with cos lettuce, croutons, shaved parmesan & egg (V)	raw broccoli with goji berries, toasted seeds & fresh herb salad with lemon vinaigrette (V)
Salad with Protein	mtabouleh couscous salad with parsley, mint, tomatoes, cucumber, crumbled feta, lemon vinaigrette & tikka chicken strips	roasted cauliflower & farro salad with fresh mint, spanish onion, red wine vinegar dressing & smoked salmon	moroccan chickpea salad with paprika roasted beets & pumpkin, coriander, ginger, cherry tomatoes & beef strips	caesar salad with cos lettuce, croutons, shaved parmesan, egg, crispy bacon & chicken	raw broccoli with goji berries, toasted seeds & fresh herb salad with lemon vinaigrette & crispy maple bacon
LUNCH					
Bread Wrap	nacho boxes with chilli beans, shredded cheese, guacamole, salsa & light sour cream	club sandwich with tomato, bacon, chicken, lettuce & mayo	beef burger with tomato, iceberg lettuce, cheddar, pickles & special burger sauce	chargrilled vegetable & feta wrap (V)	crumbed fish burger with chartwells tartare sauce & salad greens
Pasta/ Noodles	green vegetable thai green curry with coconut milk, steamed jasmine	oven roasted pumpkin risotto with mushrooms, parsley & mascarpone (V) (GF)	gnocchi with fried mushrooms, herbs & mascarpone cheese (V)	penne pasta bake with beef bolognese, spinach & parmesan	slow roasted beef & vegetable ragu with spiced couscous
Chef's Special	wok tossed cantonese noodles with chicken & asian vegetables	butter chicken with fragrant steamed rice (GF)	oven baked crumbed chicken tenderloins with warm potato salad	moroccan lamb koftas with rice pilaf & yoghurt sauce	roasted pumpkin, zucchini & capsicum stack with tomato sugo & crumbled feta (V) (GF)

V = Vegetarian
GF = Gluten Free

Educating strong, passionate and confident girls and young women.