

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Item</b>	chicken & herb toasties	french toast w/ blueberries, banana & maple syrup	breakfast bruschetta w/ smashed avocado, roasted tomato & feta	baked potato gem & cheese frittata w/ spicy tomato salsa	buttermilk pancakes w/ berry compote
<b>Additional Breakfast Items</b>	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				
<b>RECESS</b>					
<b>Bakery</b>	<b>cake of the day will include a selection of freshly baked muffins, slices &amp; cupcakes daily</b>				
<b>THE HOT CUPBOARD</b>					
<b>Bread Option</b>	toasted BLT wrap	steamed pork buns w/ sweet chilli sauce	hawaiian pizza subs	lemon & lime chicken skewers	popcorn chicken w/ lemon aioli
<b>Low Card Option</b>	tandoori spiced chicken drumettes w/ yoghurt dip	chilli con carne w/ rice, avocado & sour cream	fried rice w/ bacon, vegetables & prawn crackers	vegetarian gyozas w/ sweet soy	lamb meatballs w/ italian style cous cous
<b>Snack Option</b>	vegetarian quesadillas w/ tomato & coriander salsa	potato wedges w/ sweet chilli & sour cream	pumpkin & thyme arancini w/ aioli	egg & bacon english muffins	puff dogs
<b>THE COLD CABINET</b>					
<b>Salad</b>	crispy asian noodle salad w/ shredded vegetables, soy & garlic dressing	nicoise salad w/ potato, beans, olive & lemon vinaigrette dressing	traditional caesar salad w/ croutons, parmesan, boiled egg & dressing	greek salad w/ cherry tomatoes, cucumber, capsicum, feta & balsamic dressing	pasta salad w/ avocado & tomato, herbs & aioli
<b>Salad with Protein</b>	add chicken	add smoked salmon	add bacon	add pulled fried lamb	add tuna
<b>LUNCH</b>					
<b>Bread Wrap</b>	beef burger w/ salad & cheese	thai chicken sausage roll w/ salad	chicken schnitzel wrap w/ slaw & cheese	lamb or chicken souvlaki	salt & pepper calamari w/ salad & lemon
<b>Pasta/ Noodles</b>	baked pasta w/ mushrooms, tomato, spinach, herbs & goats cheese	pumpkin & leek risotto w/ parmesan & herbs	pan fried gnocchi w/ lamb ragu	spaghetti w/ salami, capsicum, olives in a rich tomato sugo	chicken & chorizo paella
<b>Chef's Special</b>	crumbed lamb chops w/ roast potatoes, peas & gravy	pork meatballs in a tomato sugo w/ crusty bread	tofu stir fry w/ shredded vegetables & coconut sauce	chicken san choy bau	lamb rogan josh w/ fragrant rice

V = Vegetarian  
GF = Gluten Free

**Educating strong, passionate and confident girls and young women.**