

WEEK 1



The Rockhampton Grammar School

Established 1881

Boarders' Dining at The Rockhampton Grammar School

Please note: All menu choices are subject to change due to availability



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
CONTINENTAL BREAKFAST: 9 Main Cereals, 7 Gluten, Wheat, Nut, Dairy Free Cereals, Fresh Yoghurt & Berries, White, Wholemeal, Multi grain, Fruit Bread, Orange juice, Apple juice lactose free, Rice, Soy, Skim, Trim, Physical & Full Cream Milk, Fresh Fruit, Avocados, Filtered Water, Tea, Coffee, Milo, Butter, Margarine, Vegemite, Peanut Butter, Strawberry Jam, Honey, Golden Syrup. HOT BREAKFAST: Porridge Spaghetti, Baked Beans, Boiled Eggs, Grilled Mushrooms, Fried Tomatoes,							
Bacon	Poached Eggs	Pancakes & Maple Syrup	Savoury Mince	Bacon	Danish / Croissants	Danish / Croissants	
MORNING TEA: Fresh Fruit, Cordial, Filtered Water, Saladas, Saos, CruskIts, Corn Cakes, Rice Cakes, Assorted Breads, Lavish Bread; Salad Bar consisting of Ham, Salami, Roast Beef, Lettuce, Tomato, Egg, Asparagus, Carrot, Pineapple, Beetroot, Tuna							
	Vegetable Quiche	Meatballs / Mutti Lavish	Sausage & Onion Rolls	Macaroni Cheese	Bacon / Eggs	Bacon / Eggs	
LUNCH: Fresh Sliced Seasonal Fruit Platters, Whole Fruit, Cordial, Filtered Water, Saladas, Saos, CruskIts, Corn Cakes, Rice Cakes, Assorted Breads, Lavish Bread; Salad Bars consisting of Ham, Turkey, Salami, Lettuce, Tomato, Egg, Asparagus, Carrot, Pineapple, Beetroot and Condiments consisting of Artichokes, Semi-dried Tomatoes, Roasted Capsicum, Olives, Gherkins, Relishes & Mustards							
Soup	Minestrone	Creamy Mushroom	Chicken & Vegetable	Potato & Leek			
Special	Spinach Feta Tomato Slice	Chicken Stir Fry	Green Day	Chinese Fried Rice		Dona Kebabs Assorted Pizzas	
Other					Chips	Lamb/Falafel Chicken	
Fish	Grilled	Battered		Steamed	Calamari		
Salad 1	Tossed	Tossed	Tossed	Tossed	Tossed	Tossed	
Salad 2	Caesar	Coleslaw	Italian	Tabouli	Coleslaw	Salad Bar Salad Bar	
AFTERNOON TEA: Fresh Fruit, Cordial, Filtered Water, Saladas, Saos, CruskIts, Corn Cakes, Rice Cakes, Assorted Breads, Lavish Bread; Salad Bar consisting of cold meats and salad selections							
Fresh Baked Muffins	Homemade Carrot Cake	Vegemite Scrolls	Chocolate Chip Biscuits	Cream Buns	Frozen Yoghurt	Chocolate Cake	
Dinner Special Diets: Cook to order Gluten, Wheat, Nut, Dairy Free and Vegetarian items for all means. Note: Most meats are Halal. Salad Bar Salad Bar and Tossed Salad, Cordial, Flitted Water, Tea, Coffee Machine, Milo, Fresh Fruit,							
Main 1	Grilled Pork Chops	Grilled Rump Steak	Butter Chicken	Homemade Beef Pie	Chinese Night Lemon Chicken Sweet & Sor Pork	Grilled Strip Loin with Dianne/ Mushroom Sauce	Roast Pork
Main 2		Pork Sausages					
Fish	Crumbed		Grilled				
Rice/Pasta	Pasta with 3 Sauces			Pasta with 3 Sauces	Jasmine Rice		
Potato	Mashed	Mashed	Garlic	Mashed	Chinese Mixed Vegetables	Wedges	Roast
Red	Honey Carrots	Corn	Pumpkin	Baby Carrots		Sweet Potato	
Green	Beans	Peas	Broccoli	Beans		Peas	
Dessert	Chocolate Mousse	Apple Pie & Custard	Bread & Butter Pudding	Ice Cream with Toppings		Jelly Peaches	Rice Pudding
SUPPER: Toasted Sandwiches, Vegetable Sticks And Dips, Corn Chips and Salsa, Fruit, Savoury Biscuits, Cheese, Kabana, Biscuits and Milo							