

WEEK 2



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, and Fried Tomatoes							
Bacon	Chipolatas	Pancakes & Maple Syrup	Ham Steaks	Scrambled Egg	Danish / Croissants	Danish / Croissants	
MORNING TEA: Fresh Fruit, Cordial, Filtered Water, Saladas, Saos, Crusklts, Corn Cakes, Rice Cakes, Assorted Breads, Lavish Bread; Salad Bar consisting of Ham, Salami, Roast Beef, Lettuce, Tomato, Egg, Asparagus, Carrot, Pineapple, Beetroot, Tuna							
Chicken Pops/Lavish	Sausage Rolls	Nachos	Bacon & Egg Pie	Roast Meat Rolls	Bacon / Eggs	Bacon / Eggs	
LUNCH: Fresh Sliced Seasonal Fruit Platters, Whole Fruit, Cordial, Filtered Water, Saladas, Saos, Crusklts, 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	Vegetable	Tomato	Pumpkin	Chicken & Sweet Corn			
Special	Tuna Bake	Thai Green Curry Chicken	Green Day	Mexican Beef Medley		Dona Kebabs Assorted Pizzas	
Other					Chips	Lamb/Falafel Chicken	
Fish	Grilled	Steamed			Fish Bites		
Salad 1	Tossed	Tossed	Tossed	Tossed	Tossed	Tossed	
Salad 2	Caesar	Coleslaw	Italian	Caeser	Coleslaw	Salad Bar Salad Bar	
AFTERNOON TEA: Fresh Fruit, Cordial, Filtered Water, Saladas, Saos, Crusklts, Corn Cakes, Rice Cakes, Assorted Breads, Lavish Bread; Salad Bar consisting of Cold Meats and Salad Selections							
Jam Drops	Marble Cake	Cheese Scones	Coconut Biscuits	Apple Turnovers	Frozen Yoghurt	Chocolate Muffins	
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 and Fresh Fruit							
Main 1	Baked Lamb Chops	Crumbed Steak	Roast Lamb	Apricot Chicken	Indian Night Beef Korma Tikka Lamb	Grilled Strip Loin with Dianne/ Mushroom Sauce	Roast Turkey
Main 2		Pork Sausages					
Fish	Steamed		Battered				
Rice/Pasta			Pasta with 3 Sauces		Basmati Rice		
Potato	Mashed	Potato Bake	Roast	Mashed		Wedges	Roast
Red	Honey Carrots	Corn	Sweet Potato	Pumpkin			Pumpkin
Green	Beans	Peas	Broccoli	Beans		Jardine Mlx	Peas
Dessert	Trifle	Ice Cream with Toppings	Jelly Tart with Custard	Chocolate Pudding	Cheescake	Mango Mousse	Ice Cream with Toppings
SUPPER: Toasted Sandwiches, Vegetable Sticks And Dips, Corn Chips and Salsa, Fruit, Savoury Biscuits, Cheese, Kabana, Biscuits and Milo							