

WEEK 3



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 | | | | | | |
| Poached Eggs | Hash Browns | Pancakes & Maple Syrup | Bacon | Sausages/Gracy | Bacon/Eggs | Bacon/Eggs |
| 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 | | | | | | |
| Mixed Sandwiches | Hot Dogs | Loaded Potatoes | Nachos | Beef Sliders | Danish/Criossants | Danish/Criossants |
| 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 | Tomato | Italian-style Risoni | Chicken Noodle | Vegetable | Pea/Ham | |
| Special | Chicken Stir Fry | Zucchini Slice | Green Day | Curried Sausages | | Dona Kebabs Assorted Pizzas |
| Other | | Mixed Vegetables | Mixed Vegetables | Steamed Rice | Chips | Lamb/Falafel Chicken |
| Fish | | Battered | | | Grilled | |
| Salad 1 | Tossed | Tossed | Tossed | Tossed | Tossed | Tossed |
| Salad 2 | Caesar | Coleslaw | Egg | Italian | Wombok | 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 | | | | | | |
| Anzac Biscuits | Scones/Jam & Cream | Apple Muffins | Rice Bubble Slice | Orange Cake | Frozen Yoghurt | Chocolate Slice |
| 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 | Carbonnara/Alfredo | Rump | Sticky BBQ Chicken Cutlets | Silverside with White Sauce | Hearty Chicken Casserole | Grilled Strip Loin with Dianne/Mushroom Sauce Blade |
| Main 2 | Spaghetti Bolognese | Pork Sausages | | | | |
| Fish | | | Steamed | Battered | | |
| Rice/Pasta | | | | | | |
| Potato | Garlic Bread | Mashed | Mashed | Chats | Mashed | Chips Roast |
| Red | | Pumpkin | Honey Carrots | Corn on Cob | Pumpkin | Mushrooms Carrot |
| Green | Jardine Mix | Peas | Beans | Broccoli | Peas | Fried Eggs Broccoli |
| Dessert | Jelly Peaches | Ice Cream with Toppings | Mango Mousse | Trifle | Chocolate Pudding | Banana Custard Ice Cream with Toppings |
| SUPPER: Toasted Sandwiches, Vegetable Sticks And Dips, Corn Chips and Salsa, Fruit, Savoury Biscuits, Cheese, Kabana, Biscuits and Milo | | | | | | |