

WEEK 4



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	Bacon	Pancakes & Maple Syrup	Savoury Mince	Bacon	Danish/Criossants	Danish/Criossants
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							
	Mixed Sandwiches	Vegetable Quiche	Meatballs/Mutti Lavash	Sausages and 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	Creamy M'room	Minestrone	Chicken Vegetable	Potato & Leek			
Special	Pies	Chicken Stir Fry	Green Day	Marinated Chicken Tenders		Dona Kebabs	Assorted Pizzas
Other		Steamed Rice	Mixed Vegetables	Fried Rice	Chips	Lamb/Falafel Chicken	
Fish	Battered	Grilled		Steamed	Calamari		
Salad 1	Tossed	Tossed	Tossed	Tossed	Tossed	Tossed	Tossed
Salad 2	Caesar	Coleslaw	Italian	Tibouli	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							
	Apple Muffins	Homemade Carrot Cake	Vegemit Scrolls	Chocolate Chip Biscuits	Cream Buns	Frozen Yoghurt	Homemade 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 and Fresh Fruit							
Main 1	Beef Strogonoff	Rump	Sweet & Sour Chicken	Butter Chicken	Homemade Beef Pie	Grilled Strip Loin with Dianne/Mushroom Sauce	Roast Pork
Main 2	Pasta w/3 Sauces	Thin Pork Sausages	Kung Po Pork	Pasta /3 Suaces			
Fish			Grilled				
Rice/Pasta	Steamed Rice		Jasmine Rice				
Potato		Garlic		Mashed	Mashed	Chips	Roast
Red		Corn		Baby Carrots	Pumpkin	Poached Eggs	Sweet Potato
Green	Jardine Mix	Peas	Chinese Mix	Beans	Broccoli	Tossed Salad	Peas
Dessert	Bread & Butter Pudding	Apple Pie & Custard	Ice Cream Toppings	Jeyy & Apricots	Mousse & Peaches	Rice Pudding	Ice Cream with Toppings
SUPPER: Toasted Sandwiches, Vegetable Sticks And Dips, Corn Chips and Salsa, Fruit, Savoury Biscuits, Cheese, Kabana, Biscuits and Milo							