

# Boarding Menu

Term 3, Week 1, 2020



KINROSS WOLAROI  
SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Selection of cereals, breads, yogurt, fruit, juice and spreads						
	Baked beans, hash brown, boiled eggs	Frittata, spaghetti, cheese topped tomatoes	Poached eggs w grilled mushrooms, beans	Ham & cheese English muffin, spaghetti, tomato	Crispy bacon, scrambled eggs, baked beans	Pancakes & maple syrup	Muffins & crumpets
<b>Morning Tea</b>	Fruit & snack item Monday to Friday						
<b>Lunch</b>	Selection of sandwiches, fruit & yoghurt						
	Creamy bacon & chive pasta	Assorted quiche w tossed greens	Roast beef & gravy roll	Beef nachos topped w cheese	Selection of pies & sausage roll	Ham & cheese toasties	Wraps w various fillings
<b>Dinner</b>	Southern fried chicken schnitzel	Beef enchiladas	Sausages w mash & onion gravy	Traditional beef stroganoff	Pasta bolognaise bake	Crumbed chicken tenders	Lamb hot pot
	Grilled chicken breast g/f	Butter chicken	Honey soy pork	Poached fish w lemon sauce			
<b>Vegetarian</b>	Asian greens and tofu salad	Spaghetti napolitano	Carrot, zucchini and parsnip frittata	Baked ricotta & herb crepes	Cauliflower and feta fritters	Hokkien noodle & broccoli stir-fry	Grilled vege rolls
<b>Vegetables</b>	Hassel back potatoes, carrots, beans	Special fried rice & buttered corn cobs	Mash potato, carrots & peas	Pasta w broccoli & corn kernels	Garlic bread carrots & zucchini	Wedges & beans	Rice and peas
<b>Dessert</b>	Apple & berry crumble	Vanilla cheese cake	Bread & butter pudding	Chocolate mousse	Pavlova w passionfruit	Ice cream	Orange & poppy seed cake

# Boarding Menu

Term 3, Week 2, 2020



KINROSS WOLAROI  
SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Selection of cereals, breads, yogurt, fruit, juice and spreads						
	Baked beans, hash brown, boiled eggs	Veg frittata, spaghetti, cheese topped tomatoes	Crispy bacon, scrambled eggs, baked beans	Ham & cheese english muffin, spaghetti, tomato	Poached eggs w grilled mushrooms, beans	Croissant	Muffins & crumpets
<b>Morning tea</b>	Fruit & snack item monday to friday						
<b>Lunch</b>	Selection of sandwiches, fruit & yoghurt						
	Bacon, chorizo & tomato pasta	Beef bourgingnon	Meatball subway	Assorted ham & pineapple wraps	Hot dogs w various fillings	Pasta carbonara	Toasties ham & cheese
<b>Dinner</b>	Chicken wellington	Veal schnitzel	Old english style sausages	Roast pork	Crumbed fish w lemon and tartare sauce	Beef tacos	Quiche lorraine
	Braised steak w pepper sauce	Lamb chops	Chicken cordon bleu	Roast beef	Thai beef w noodles		
<b>Vegetarian</b>	Roast vegetable & quinoa loaf	Caramelized onion and zucchini lasagna	Chinese broccoli and mushroom stir-fry	Baked cheese & baby spinach flat mushroom	Vegetable kebabs	Vegetable & bean taco	Vege kebabs
<b>Vegetables</b>	Parsley potatoes w veg medley	Creamy potato bake w corn and broccoli	Mash potato beans & carrots	Roast potatoes, pumpkin peas	Chips and mix veg	Grated cheese, carrot, lettuce, sour cream, salsa	Wedges and veg medley
<b>Dessert</b>	Fruit & custard	Warm crumble w cream	Chocolate cake w cream	Banana bread w caramel sauce	Mini dampers w golden syrup	Ice cream	Caramel slice

# Boarding Menu

Term 3, Week 3, 2020



KINROSS WOLAROI  
SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Selection of cereals, breads, yogurt, fruit, juice and spreads						
	Baked beans, hash brown, boiled eggs	Ham & tomato frittata, spaghetti	Crispy bacon, scrambled eggs, baked beans	Ham & cheese english muffin, spaghetti, tomato	Poached eggs w grilled mushrooms, beans	Waffles w maple syrup	Muffins & crumpets
<b>Morning Tea</b>	Fruit & snack item monday to friday						
<b>Lunch</b>	Selection of sandwiches, fruit & yoghurt						
	Sweet chilli chicken tenders on french bread	Mac & cheese	Honey mustard chicken rolls	Beef & mango curry w rice	Selection of pies & sausage rolls	Ham, cheese & tomato toasties	Meat & salad rolls
<b>Dinner</b>	Grilled chicken breast w herb sauce	Sweet & sour pork	Curried sausages & vegetables	Traditional silverside	Homestyle lasagna	Build your own burger	Shepard's pie w gravy
	Cheesy italian meatballs	Crumbed chicken drumsticks	Maple infused pork medallions	Chicken kiev			
<b>Vegetarian</b>	Vegetable risotto	Lentil, feta and pumpkin pasta	Chick pea & vegetable curry	Garlic marinated tofu and vegetable casserole	Vegetable puff pastry parcels	Vegetarian pizza	Veggie patties
<b>Vegetables</b>	Medley of vegetables & sweet potatoes	Sauté potatoes w corn cobs & zucchini	Rice, beans & pumpkin	Broccoli, carrots and mash	Garlic bread, zucchini, corn	Wedges & salads	Toasted rolls and peas
<b>Dessert</b>	Chocolate cake	Fruit & custard	Apple pie & cream	Rice pudding	Jam rolls	Ice cream	Banana cake