

Boarding Menu

Sample Menu



KINROSS WOLAROI
SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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
Morning Tea	Fruit & snack item Monday to Friday						
Lunch	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
Dinner	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			
Vegetarian	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
Vegetables	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
Dessert	Apple & berry crumble	Vanilla cheese cake	Bread & butter pudding	Chocolate mousse	Pavlova w passionfruit	Ice cream	Orange & poppy seed cake

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	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
Morning tea	Fruit & snack item monday to friday						
Lunch	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
Dinner	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		
Vegetarian	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
Vegetables	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
Dessert	Fruit & custard	Warm crumble w cream	Chocolate cake w cream	Banana bread w caramel sauce	Mini dampers w golden syrup	Ice cream	Caramel slice

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	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
Morning Tea	Fruit & snack item monday to friday						
Lunch	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
Dinner	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			
Vegetarian	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
Vegetables	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
Dessert	Chocolate cake	Fruit & custard	Apple pie & cream	Rice pudding	Jam rolls	Ice cream	Banana cake