

# Mary White College

# Sample weekly menu

	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
breakfast	Scrambled eggs, hash browns, grilled tomato	Grilled bacon, poached eggs	Pancakes with maple syrup, fried eggs	Boiled eggs, blueberry muffins, spaghetti	Croissants, grilled bacon, baked beans	Corn fritters, poached eggs, mushrooms	Cheese omelette, grilled bacon
lunch	Grilled chicken burgers with pineapple and cheese or beef burgers with caramelised onion	Vietnamese stir-fry pork with noodles or beef and Mongolian black bean	Roasted chicken drumsticks with bbq sauce, sauté garlic potato	Fill a sandwich	Beef or chicken pies	Combination fried rice and spring rolls with sweet n sour dipping sauce	Chicken fajitas with mexican salsa and cheese
vegetarian	Grilled vegetable burger with tomato relish	Vegetable and noodle stir-fry	Homemade quiche with asparagus and cheese	Fill a sandwich	Vegetable and chick pea tarts	Vegetable fried rice with sprouts, tofu and egg, spring rolls	Mexican bean fajitas
dinner	Pasta with bacon, mushrooms and cream or garlic and tomato beef, margarita pizza slice	Oven baked crumbed fish fillets or lamb and mushroom pastry cups	Traditional beef lasagne	Chicken polo	Roast pork with apple sauce or mustard crusted beef roast with rich pan jus	Tandoori lamb rissoles with mango salsa	Crumbed steak with gravy
vegetarian	Pasta with sundried tomato and sour cream pizza slice	Roasted Vegetable and polenta stack	Vegetable lasagne	Fetta and sweet potato wrap	Lentil and herb filled baked peppers	Grilled vegetable fritters with chilli mango salsa	Spinach and camembert filo tarts
vegetables	Tossed garden salad with honey mustard dressing	chips, garden vegetables	Chat potato, garden vegetables	Spiral pasta, garden vegetables	Oven roasted potato, carrots, steamed peas	Sweet potato mash, garden vegetables	Garlic cream potato bake, garden vegetables
dessert	Chocolate mousse coupes	Apple pie with pouring cream	Meringue nests with fruit salad and cream	Creamed rice with apricots	Vanilla ice cream and flavourings, nuts and malt	Crème caramel	Banana smoothies

Breakfasts include a variety of cereals, toast, yoghurt, fruit, and milks.

A salad bar is available for lunch and dinners, and a sandwich toaster is available. Halal food and many special dietary needs can be catered for.