



## Menu - Term 3, 2023

Open from 7.30am

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Item</b>	fried eggs on thick-cut grain toast with mushrooms & grilled bacon	breakfast wraps	breakfast frittata with ham, cheese, corn and grilled focaccia strips	ham & cheese croissants	scrambled egg spinach & fetta wholemeal wraps
<b>Additional Items</b>	breakfast will also include a selection of the following: + <b>the hot cupboard</b> - variety of toasted sandwiches on grain, rye & white breads; egg & bacon muffins; toasted fruit bread; banana bread; the 'special' club toasted sandwich that changes daily plus more ... + <b>the reach-in fridge</b> - yoghurt pots, fruit salad tubs, tall single fruit cups, muesli, breakfast sandwiches, wraps & rolls, juices & water + <b>the bakery counter</b> - fresh whole fruit, cereal tubs with milk & yoghurt, our own baked muffins & home-baked goods direct to the counter straight from the oven				
<b>Recess</b>					
<b>Muffin/Scone</b>	chocolate chip muffins studded with winter pears	banana, maple syrup & cinnamon muffins with maple glaze	scones with berry jam and cream	berry muffins	chocolate cake squares
<b>Bakery Item</b>	orange & poppy seed cake	vanilla cupcakes with vanilla icing	home-baked cookies	little carrot cakes with cream cheese icing	banana bread
<b>The Hot Cupboard</b>					
<b>Option 1</b>	ham, tomato & mozzarella calzones with spiced relish	bacon, cheese & egg savoury tart	margherita pizza quesadillas with mozzarella & basil	homemade savoury puffs	chicken snack wraps with lettuce and mayonnaise
<b>Option 2</b>	oven-baked potato wedges with sour cream & salsa	toasted club sandwich with turkey, tasty cheese, lettuce & cranberry	baked large chicken dim sims with sticky soy	oven-baked hash browns	cocktail thai red chicken curry sausage rolls

\*orange - also St John's Campus lunch order menu



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<b>The Cold Cupboard</b>					
<b>Salad</b>	couscous salad with balsamic roasted vegetables & honey lemon yoghurt	rainbow salad with tomatoes, cucumber, carrot, boiled egg and vinaigrette	roasted winter root vegetable salad with carrots, sweet potatoes & balsamic vinegar dressing	leaf salad with parmesan, poached egg, bacon, croutons & Caesar dressing	garden salad with boiled egg
<b>Salad with Protein</b>	couscous salad with balsamic roasted vegetables & honey lemon yoghurt with chicken	rainbow salad with tomatoes, cucumber, carrot, boiled egg, tuna and vinaigrette	roasted winter root vegetable salad with carrots, sweet potatoes & balsamic vinegar dressing with beef strips	leaf salad with parmesan, poached egg, bacon, croutons & caesar dressing & chicken	garden salad with boiled egg & protein
<b>Lunch</b>					
<b>Option 1</b>	lemon pepper chicken wraps with lettuce, cucumber, tomato & aioli	baked potato with cheese, slaw, pineapple, sour cream & spring onion	mexican rice bowls with taco beef, cheese, guacamole & spring onion	steak burger with caramelised onions cheese and tomato relish	beef or vegetable burger with cheese, lettuce & burger sauce
<b>Option 2</b>	honey soy stir-fry vegetables with noodles	butter chicken curry with steamed rice and naan bread	sausages & mash with gravy & vegetables	beef or vegetable lasagne with side salad	special fried rice

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