

## CLONTARF COLLEGE TERM 2 2022

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
CONTINENTAL BREAKFAST	<i>Choice of Cereals to include a selection of cereals and Porridge, Yoghurt, Milk, Orange Juice, Tea and Coffee, Wholemeal or White Toast, with Muffins and Raisin Toast and Spreads</i>							
BREAKFAST	Fried Eggs	Poached Eggs	Scrambled Eggs	Poached Eggs	Fried Egg			
BREAKFAST	Grilled Chipolatas	Grilled Bacon	Choc Chip Pancakes	Baked Beans	Grilled Bacon			
MORNING TEA	Veggie Pizza Subs	Choc Cherry Muffins	Yogurt and Granola Pots	Corn Bread	Cheese & Tomato Toasties			
LUNCH	Chicken & Vegetable Risotto	Beef Bolognese served with Herbed Spaghetti	Pulled Pork Rolls with Coleslaw	Beef and Barley Stew	Chicken Chow Mein	Loaded Hotdogs	Steak Sandwich	
LUNCH	<i>Sandwich Bar selection of Garden Fresh Salads and Deli Meats comprising, Chicken, Ham, Tuna, Salmon, Egg, Lettuce, Tomato, Beetroot, Grated Carrot, Onion, Cucumber, Pineapple and Sprouts with Gourmet Breads, Wraps and Rolls, complemented with Sauces, Dressings and Condiments</i>							
AFTERNOON TEA	Savory Scrolls	Traditional Anzac Cookies	Vegetable Spring Rolls	Johnny Cakes	Cocktail Beef Pies			
AFTERNOON TEA	<i>Seasonal Fresh Fruit and Cordial available for afternoon Tea</i>							
SOUP	No selection	Cream of Pumpkin	No selection	Chicken Noodle	No selection	Chunky Vegetable	No selection	
DINNER	Beef Stroganoff	Pork and Bean Cassoulet	Grilled Cajun Chicken	Crispy Pork Belly	Thai Beef Massaman Style Curry	Grilled Steak	Chicken & Leek Pie	
DINNER	Tandoori Chicken Drumsticks	Fish Tacos	Homemade Beef Burger	Chinese Style Honey Chicken	Grilled fish	Chicken Schnitzels	Roast Lamb	
PASTA BAR	<b>PASTA BAR Available for Dinner with a variety of either a Meat or Vegetarian Protein based Sauce to accompany an Al Dente pasta. Accompaniments of Grated Parmesan, Chilli Flakes and Freshly Cracked Pepper also available</b>							
VEGETABLES	Rice Pilaf	Crispy Roast Potatoes	Seasonal Garden Salad	Asian Greens	Fragrant Jasmine Rice	Green Beans	Crisp Roast Potatoes	
VEGETABLES	Roast Carrots	Steamed Corn Cobs	Crushed Potatoes	Vegetable Melange	Thai Veg Salad	Mashed Potato	Broccoli Mornay	
VEGETABLES	Steamed Broccoli Florets	Steamed Baby Beans	Onion Rings	Fried Rice	Kumara Mash	Roasted Cauliflower	Roast Sweet Potato	
DINNER	<b>Seasonal Fresh Fruit, Sliced Bread and Cordial available for Dinner</b>							
DESSERT							Coconut Pudding	
SUPPER	<b>A Selection of either Sweet or Savoury Biscuits and Milo available for Supper</b>							



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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	<i>Choice of Cereals to include a selection of cereals and Porridge, Yoghurt, Milk, Orange Juice, Tea and Coffee, Wholemeal or White Toast, with Muffins and Raisin Toast and Spreads</i>						
BREAKFAST	Fried Eggs	Bacon and Corn Fritters	Pancakes with Maple Syrup	Bacon and Egg Muffins	Fried Eggs		
BREAKFAST	Baked Beans	Poached Eggs	Fresh Fruit Platters	Baked Beans	Grilled Tomatoes		
MORNING TEA	Veggie Pizza	Savoury Muffin	Ham & Cheese Toasties	Banana Bread	Sausage Rolls		
LUNCH	Chicken Alfredo	Bangers and Mash	Penne Arrabiata	Roast pork and Apple Sauce Rolls	Homemade Chicken Parmigiana	BLT's	Chicken Fajita
LUNCH	<i>Sandwich Bar selection of Garden Fresh Salads and Deli Meats comprising, Chicken, Ham, Tuna, Salmon, Egg, Lettuce, Tomato, Beetroot, Grated Carrot, Onion, Cucumber, Pineapple and Sprouts with Gourmet Breads, Wraps and Rolls, complemented with Sauces, Dressings and Condiments</i>						
AFTERNOON TEA	Cheese & Vegemite Scrolls	Traditional Anzac Cookies	Quiche	Popcorn	Pizza		
AFTERNOON TEA	<i>Seasonal Fresh Fruit and Cordial available for afternoon Tea</i>						
SOUP	No selection	Cream of Pumpkin	No selection	Malay Chicken Laksa	No selection	Cream of Vegetable	No selection
DINNER	Crispy Pork Belly	Grilled Chicken Thighs	Country Style Lamb Stew	Corned Silverside	Beef Burger	Herb Crusted Pork Chops	Traditional Roast Beef with Trimmings
DINNER	Mongolian Beef	Baked Lamb Chops	Chicken Cacciatore	Red Pork Curry With Rice	Golden Crumbed Fish	Rissolles	Spiced Southern Fried Chicken
PASTA BAR	PASTA BAR Available for Dinner with a variety of either a Meat or Vegetarian Protein based Sauce to accompany an Al Dente pasta. Accompaniments of Grated Parmesan, Chilli Flakes and Freshly Cracked Pepper also available						
VEGETABLES	Steamed Basmati Rice	Crispy Roast Potatoes	Potato Bake	Cauliflower & Broccoli Cheese	Egg Noodles with Stir Fried Veg	Potato Mash	Crispy Roast Potatoes
VEGETABLES	Vegetable Medley	Steamed Peas	Roast Sweet Potato	Pasta Salad	Steamed Broccoli Florets	Sweet Potato	Carrot and Swede mash
VEGETABLES	Stir Fry Vegetables finished with Oyster Sauce	Pumpkin and Spinach Salad with Balsamic	Steamed Beans	Lyonnaise Potatoes	Golden French Fries	Steamed Broccoli Florets	Coleslaw
DINNER	Seasonal Fresh Fruit, Sliced Bread and Cordial available for Dinner						
DESSERT							Apple Crumble with Custard
SUPPER	A Selection of either Sweet or Savoury Biscuits and Milo available for Supper						



## CLONTARF COLLEGE TERM 2 2022

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	<i>Choice of Cereals to include a selection of cereals and Porridge, Yoghurt, Milk, Orange Juice, Tea and Coffee, Wholemeal or White Toast, with Muffins and Raisin Toast and Spreads</i>						
BREAKFAST	Fried Eggs	French Toast	Eggs Benedict	Spanish Omelette	Scrambled Egg		
BREAKFAST	Grilled Chipolatas	Grilled Bacon	Baked Beans	Grilled Chipolatas	Grilled Bacon		
MORNING TEA	Cheese & Tomato Croissants	Corn Fritters	Pizza Subs	Zucchini Muffins	Toasties		
LUNCH	Chicken Carbonara	Roast Beef & Gravy Roll	Beef Bolognese served with Herbed Spaghetti	Thai Green Chicken Curry	Chicken Burgers	Nachos	Pulled Pork Rolls
LUNCH	<i>Sandwich Bar selection of Garden Fresh Salads and Deli Meats comprising, Chicken, Ham, Tuna, Salmon, Egg, Lettuce, Tomato, Beetroot, Grated Carrot, Onion, Cucumber, Pineapple and Sprouts with Gourmet Breads, Wraps and Rolls, complemented with Sauces, Dressings and Condiments</i>						
AFTERNOON TEA	Focaccia	Traditional Anzac Cookies	Cheese and Biscuits	Pikelets	Cocktail Beef Pies		
AFTERNOON TEA	<i>Seasonal Fresh Fruit and Cordial available for afternoon Tea</i>						
SOUP	No selection	Cream of Pumpkin	No selection	Seasonal Vegetable	No selection	Potato & Leek	No selection
DINNER	Lamb Tagine	Cottage Pie	Pork stir fry	Honey & Soy Chicken Drumsticks	Grilled Fish	Chicken & Corn Vol au Vents	Roast Beef
DINNER	Roast Chicken	Peri peri chicken	Spiced glazed chicken wings	Beef Pie	Pulled Lamb Kebabs	Steak Diane	Chicken Schnitzels
PASTA BAR	PASTA BAR Available for Dinner with a variety of either a Meat or Vegetarian Protein based Sauce to accompany an Al Dente pasta. Accompaniments of Grated Parmesan, Chilli Flakes and Freshly Cracked Pepper also available						
VEGETABLES	Mashed Potato	Jacket Potatoes with Sour Cream	Steamed Rice	Potato Bake	Potato Wedges	Hasselback Potato	Potato Rosti
VEGETABLES	Steamed Green Peas	Steamed Corn Cobs	Egg Noodles	Steamed Baby Beans	Steamed Broccoli Florets	Rost Veg Medley	Baked Pumpkin
VEGETABLES	Morocan Cous Cous	Garden Salad	Asian Greens	Roast Carrots	Greek Salad	Steamed Beans	Steamed Broccoli Florets
DINNER	Seasonal Fresh Fruit, Sliced Bread and Cordial available for Dinner						
DESSERT							Bread and Butter Pudding
SUPPER	A Selection of either Sweet or Savoury Biscuits and Milo available for Supper						



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Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
CONTINENTAL BREAKFAST	<i>Choice of Cereals to include a selection of cereals and Porridge, Yoghurt, Milk, Orange Juice, Tea and Coffee, Wholemeal or White Toast, with Muffins and Raisin Toast and Spreads</i>							
BREAKFAST	Poached Eggs	Grilled Chipolatas	Cheese Omelette	Fried Egg	Poached Eggs			
BREAKFAST	Grilled Bacon	Scrambled Eggs	Hash Browns	Grilled Bacon	Baked Beans			
MORNING TEA	White Chocolate and Raspberry Muffin	Banana Bread	Cheese & Ham Toasties	Savoury Filled English Muffin	Savoury Slice			
LUNCH	Butter Chicken	Sausage Hot Pot	Chilli Con Carne with Rice	Chicken & Chorizo Risotto	Chicken Burritos	Lamb Burgers	Golden Crumbed Chicken & Chips	
LUNCH	<i>Sandwich Bar selection of Garden Fresh Salads and Deli Meats comprising, Chicken, Ham, Tuna, Salmon, Egg, Lettuce, Tomato, Beetroot, Grated Carrot, Onion, Cucumber, Pineapple and Sprouts with Gourmet Breads, Wraps and Rolls, complemented with Sauces, Dressings and Condiments</i>							
AFTERNOON TEA	Savory Tart	Anzac Cookies	Pumpkin & Feta Scones	Vegetable Spring Rolls	Sausage Rolls			
AFTERNOON TEA	<i>Seasonal Fresh Fruit and Cordial available for afternoon Tea</i>							
SOUP	No selection	Minestrone Soup	No selection	Cream of Pumpkin	No selection	Chunky Vegetable	No selection	
DINNER	Grilled Moroccan Chicken	Baked Fish	Baked Lamb Chops	Char Sui Pork	Chicken Cacciatore	Steak	Lasagne	
DINNER	Bbq Pork Ribs	Beef Rendang	Chicken Adobo with Steamed Rice	Kung Pao Chicken	Creamy Garlic Mussels	Spinach and Ricotta Cannelonni	Roast Lamb	
PASTA BAR	<b>PASTA BAR</b> Available for Dinner with a variety of either a Meat or Vegetarian Protein based Sauce to accompany an Al Dente pasta. Accompaniments of Grated Parmesan, Chilli Flakes and Freshly Cracked Pepper also available							
VEGETABLES	Steamed Corn Cobs	Steamed Rice	Asian Noodle Salad	Rice	Garlic Bread	Mashed Potato	Mashed Potato	
VEGETABLES	Chips	Wilted Silverbeet	Roast Pumpkin	Asian Greens	Baked Pumpkin	Steamed Beans	Steamed Broccoli Florets	
VEGETABLES	Steamed Baby Beans	Roast Sweet Potato	Peas	Steamed Beans	Steamed Broccoli Florets	Buttered Corn	Garden Salad	
DINNER	Seasonal Fresh Fruit, Sliced Bread and Cordial available for Dinner							
DESSERT							Black Forest Cake	
SUPPER	A Selection of either Sweet or Savoury Biscuits and Milo available for Supper							

