

Sample Menu

BREAKFAST

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Hot Station	Scrambled eggs and toasted broiche Oven baked chipolatas	Sauteed mushrooms and cherry tomatoes Crispy bacon and fried eggs	Breakfast pies (bacon and egg) Apple and cinnamon muffins	Poached eggs and hollandaise Hash browns	Blueberry pancakes Bacon and egg muffins	Ham and cheese croissants	Waffles and poached berries Hard and soft-boiled eggs
Continental Breakfast Station	Continental breakfast includes the following items Selection of breakfast cereals including natural muesli, Cornflakes, Sultana Bran, Wheetbix and Rice Bubbles Whole fresh fruit, stewed and poached fruits Breads for toasting, including high fibre white bread, grain and seed, and gluten-free Selection of spreads including vegemite, honey and jams Hot beverages, including tea and coffee, 100% fruit juice and water						

LUNCH

Hot Option 1	Chicken chow mein	Thai red lamb curry	Slow cooked pulled beef burger	Vietnamese lamb salad	Grilled barramudi with lemon and tartare	Chicken stir fry with rice noodles and oyster sauce	Fried rice with prawns, chicken and vegetable spring rolls (shellfish free available)
Hot Option 2	Lamb kofta wraps with spinach and smoked yoghurt	Popcorn crumbed chicken with chips and aoli	Assorted sushi with soy, wasabi and pickled ginger	Penne carbonara and toasted garlic baguette	Peri peri chicken with yoghurt dressing		
Vegetarian Option	Vegetarian chow mein	Tempura vegetables, chips and aoli	Mushroom burger with beetroot relish	Vegetable pasta, air dried tomatoes and goats cheese	Fried tofu with egg noodles and Asian greens	Vegetarian enchilada with salsa and cheese	Vegetarian fried rice with tofu



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DINNER							
Main Course	Stuffed chicken breast with goats cheese and spinach	Sweet and sour fried beef	Lemon and herb crumbed barramundi	Sticky BBQ pork ribs	Chicken parmigiana with tomato sugo and mozzarella	Roast lamb leg, mint and green pea dressing	Master stock poached pork, bean shoot and coriander salad
Main Course	Beef, mushroom and Guinness pie	Teriyaki chicken and sesame greens	Cottage pie	Pasta Bolognaise	Traditional lamb Cornish pasties with swede, turnip, parsnip and tomato chilli jam	Chicken madras curry with black mustard seeds, curry leaf and steamed basmati rice	Satay chicken stir fry
Vegetarian	Vegetarian moussaka with semi-dried tomato and feta	Eggplant cannelloni, quinoa, toasted seeds and capsicum	Citrus and herb gnocchi, wild mushrooms, asparagus and tomato	Yellow split pea braise with root vegetables	Eggplant Parmigiana	Spiced pumpkin and buttermilk quiche	Spiced sweet potato, chickpeas and pearl cous cous
Dessert Station	White chocolate mud cake	Espresso pannacotta	Sticky date pudding	Chocolate creme brulee	Chocolate brownie with vanilla cream	Ice-cream selection	Ice-cream selection
Special dietary requirements	Some meals contain nuts. All special dietary requirements will be met for each meal service						
Vegetables and salads	All dinner services will have an accompaniment of vegetables, fresh salads, leafy greens, condiments, potato, pasta and rice dishes						



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