



Columba College Menu



Week Three 2019.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Breakfast

Scrambled Eggs with
Breakfast Sausages Wrapped
in Bacon

All days: A selection of cereals, fruit, toast, yoghurt, spreads and beverages. Porridge

Morning Tea

Selection of Seasonal Fruit and Yoghurts. Lemon Loaf	Selection of Seasonal Fruit and Yoghurts. Savoury Muffins	Selection of Seasonal Fruit and Yoghurts. Banana Loaf	Selection of Seasonal Fruit and Yoghurts. Blueberry Friands	Selection of Seasonal Fruit and Yoghurts. Chocolate and Caramel Muffins
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Lunch

Sandwich Day: Sliced Ham or Corned Beef, Sliced cheese, Lettuce, Tomato, Sliced Cheese with Relishes and Dressings	Butter Chicken on Rice	Beef and Vegetable Udon Noodles	Thai Green Curry	Bacon, Lettuce, Tomato Sandwiches on Freyas Bread	Brunch: Scrambled Eggs, Bacon, Spaghetti and Stewed Tomatoes	Flaked Salmon, Poached Eggs with Hollandaise Sauce on a Potato Rosti
					Salad Bar	Salad Bar

Afternoon Tea

Selection of Seasonal Fruit. Warm Onion and Feta Tarts	Selection of Seasonal Fruit. Red Veget Cake	Selection of Seasonal Fruit, Roasted Beetroot Hummus, Celery, Carrots, Crackers	Selection of Seasonal Fruit. Chocolate Cake	Selection of Seasonal Fruit. Vegemite and Cheese Toasties	Selection of Seasonal Fruit. Yoghurts	Selection of Seasonal Fruit. Yoghurts
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Dinner

Soup		Cream of Tomato		Chicken and Corn			Hearty Vegetable
Main Course	Moroccan Beef with Apricots and Chickpeas	Roast Pork with Gravy and Apple Sauce	Braised Lamb Shanks	Baked Hoki Fish with Parmesan Breadcrumb Pesto Crust	Beef Masala Curry with Poppadums	Chicken Schnitzels with Spicy Plum Sauce	Individual Beef Wellingtons
Vegetables	Steamed Cauliflower, Baton Carrots on Cous Cous	Roast Pumpkin, Yams and Roast Potato	Cabbage and Silverbeet, Peas and Mash Potato	Steamed Broccoli, Cauliflower and Herb Gourmet Potato	Baton Carrots, Peas and Rice	Corn on the Cobb, Silverbeet and Baby Gourmet Potato	Beans, Diced Pumpkin and Mash Potato
Salad Bar	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing
Main Salad	Beetroot, Carrot and Mixed Lettuce Leaves	Roast Mediterranean with Feta	Farfalle and Bean	Potato	Salmon Pasta	Wild Rice with	Caesar
Dessert	Individual Ambrosias		Apricot Crumble with Cream		Hot Butterscotch Sauce over Ice Cream	Individual Lemon Possets	