

# Term 3 Week 1 Menu

	Monday 15/7/24	Tuesday 16/7/24	Wednesday 17/7/24	Thursday 18/7/24	Friday 19/7/24	Saturday 20/7/24	Sunday 21/7/24
<b>Calendar</b>			<b>NAIDOC Assembly</b>			<b>Musical Day Camp</b>	<b>Musical Day Camp</b>
<b>Breakfast</b>	Porridge Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Bacon and Egg Muffin Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Scrambled Eggs on Thick Cut Toast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Savory Mince on Toast Toast, Spread, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit	Avocado on Toast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit	Continental Breakfast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	<b>Brunch</b> Spaghetti, Hash Browns, Grilled Bacon, Scrambled Eggs and Sausages Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit
<b>Morning Tea</b>	Choc Chip Muffin Whole Fruits Sliced Seasonal Fruit	Steamed Dim Sims Whole Fruits Sliced Seasonal Fruit Crackers, Cheese and Tomato	Granola, Fruit Salad and Yoghurt Cups Whole Fruits Sliced Seasonal Fruit	Beef Sausages on Bread with Caramelized onion Whole Fruits Sliced Seasonal Fruit Crackers, Cheese and Tomato	Chicken Nuggets Whole Fruits Sliced Seasonal Fruit		
<b>Morning Tea Gf</b>	GF Muffin	Party Pies and Sausage Rolls Gf Crackers	Fruit Salad and Yoghurt Cups	Gf Bread and Crackers	Chicken Nuggets		
<b>Lunch</b>	Chicken Carbonara Pasta Bake with Parmesan Cheese	Spaghetti Bolognese	Make Your Own Chicken Caesar Salad	Sweet Chilli or Original Chicken Tender Wraps with Lettuce, Tomato, Cheese, Grated Carrot and Mayonnaise	Beef Burger with Lettuce, Cheese, Tomato, Beetroot, Grilled Onion and BBQ Sauce	Beef Pie	Make Your Own Cold Meat Salad Wrap, Sandwich, Toasted Sandwich
<b>Lunch Gf</b>	GF Chicken Carbonara Pasta Bake	Gf Spaghetti	Make Your Own Chicken Caesar Salad	Gf Wraps	Gf Burger Bun	Gf Beef Pie	Gf Wraps, Bread
<b>Salad Bar</b>	Garden Salad	Potato and Egg Salad Complete Salad Bar and Sandwich Bar	Pasta Salad Complete Salad Bar and Sandwich Bar	Sweet Potato and Bacon Salad Complete Salad Bar and Sandwich Bar	Chef's Choice Complete Salad Bar and Sandwich Bar	Complete Salad Bar and Sandwich Bar	Complete Salad Bar and Sandwich Bar
<b>Afternoon Tea</b>	Jelly and Fruit Cup Whole Fruits	Finger Buns Whole Fruits	Kabana, Cheese and Crackers / Gf Crackers Whole Fruits	Salami, Crackers, Cheese and Tomato Whole Fruits	Sushi Platter Whole Fruits		
<b>Dinner</b>	Grilled Lamb Chops with Mashed Potato, Baby Carrots, Peas and Corn Cobs	Peri Peri Chicken Kebabs with Steamed Rice, Broccoli, Cauliflower and Zucchini	Simur (Chicken Vermicelli), Dry Curry Beef, Saffron Rice, Sop Sop (Vegetable Cooked in Coconut Milk)	Beef Ravioli with Parmesan Cheese Gf Gnocchi	Grilled Fish with Lemon, Chips, Salad and Tartare Sauce	Beef Lasagna	Roast Beef with Oven Baked Sweet Potato, Pumpkin, Potato and Corn on the Cob
<b>Salad Bar</b>	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	
<b>Dessert / Entrée</b>	Ice Cream and Topping Gf	Chocolate Mousse Gf	Trifle Cup	Pavlova, Cream and Mixed Berries Gf	Fruit Salad, Jelly and Custard Gf Jelly and Fruit	Dixie Cups	Caramel Tart's Gf Ice Block
<b>Supper</b>	Biscuits and Milo Gf Biscuits	Sliced Watermelon	Cassava Cake	Rice Cakes and Spreads	Chocolate Slice Gf Muffin	Pop Corn	Cheese, Sliced Tomato and Crackers / Gf Crackers

# Term 3 Week 2 Menu

	Monday 22/7/24	Tuesday 23/7/24	Wednesday 24/7/24	Thursday 25/7/24	Friday 26/7/24	Saturday 27/7/24	Sunday 28/7/24
Calendar	<b>Subject Selection Year 11 2025</b>	<b>Year 9/10 Camp</b>	<b>Year 9/10 Camp</b>	<b>Year 9/10 Camp</b>	<b>Year 9 Camp</b>		
Breakfast	Breakfast Muffins Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Bacon and Cream Cheese Bagel Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Spaghetti and Baked Beans Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Bacon and Egg Wrap Continental Breakfast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Overnight Oats Bowls Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit	Continental Breakfast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	<b>Brunch</b> Spaghetti, Hash Browns, Grilled Bacon, Poached Eggs and Sausages Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit
Morning Tea	Carrot Cake Muffin Whole Fruits Sliced Seasonal Fruit	Jam and Cream Sponge Cake, Whole Fruits Sliced Seasonal Fruit Crackers, Cheese and Tomato	Chicken, Cheese and Pesto Scrolls Whole Fruits Sliced Seasonal Fruit	Chocolate Lamingtons Whole Fruits Sliced Seasonal Fruit Crackers, Cheese and Tomato	Ham and Cheese Croissant Whole Fruits Sliced Seasonal Fruit		
Morning Tea Gf	Carrot Cake Muffin	Jam Filled Muffin Gf Crackers	Toasted Chicken, Cheese and Pesto Sandwich	Chocolate Lamingtons GF Crackers	Ham and Cheese Croissant		
Lunch	Make Your Own Poke Bowl	Chicken, Tomato and Bacon Pasta Bake	Beef Nacho's with Corn Chips, Cheese, Sour Cream and Salsa	Curried Sausages with Vegetables and Steamed Jasmine Rice	Flame Grilled Chicken Burger with Lettuce, Tomato, Cheese, Carrot and Aioli	Make Your Own Toasted Sandwiches	Cold Meat Salad Wrap and Sandwich Platters
Lunch Gf	Make Your Own Poke Bowl	Chicken, Tomato and Bacon Pasta Bake	Beef Nacho's with Corn Chips, Cheese, Sour Cream and Salsa	Curried Sausages with Vegetables and Steamed Jasmine Rice	Gf Bun	Gf Bread	Gf Wraps
Salad Bar	Greek Salad Complete Salad Bar and Sandwich Bar	Potato and Egg Salad Complete Salad Bar and Sandwich Bar	Pasta Salad Complete Salad Bar and Sandwich Bar	Complete Salad Bar and Sandwich Bar	Chef's Choice Complete Salad Bar and Sandwich Bar	Complete Salad Bar and Sandwich Bar	
Afternoon Tea	Cinnamon Donut Whole Fruits	Kabana, Cheese and Crackers Whole Fruits	Zooper Dooper Whole Fruits	Spinach and Ricotta Sausage Roll Whole Fruits	Chocolate Brownie Whole Fruits		
Dinner	Beef Massaman and Rice	Steak Dianne with Steamed Chats, Cauliflower, Broccoli and Zucchini	Roast Chicken Breast with Sweet Potato Mashed Potato, Broccoli, Baby Carrots and Corn Cobs	Lamb Doner Kebabs with Lettuce, Tomato, onion, Grated Carrot, Cheese, Assorted Sauces	Herb and Garlic Pork Schnitzel with Gravy Mashed Potato, Carrots, Broccoli, and Cauliflower	Steak & Salad Burgers Gf Burger Buns	Corned Meat and Cheesy White Sauce with Steamed Potatoes, Pumpkin and Sweet Potato and Green Beans
Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar		Complete Salad Bar	Complete Salad Bar	
Dessert / Entrée	Make Your Own Trifle Gf Jelly, Fruit	Sticky Date Pudding Gf Muffin	Mixed Cheesecake	Ice Cream on Stick	Garlic Bread Gf Garlic Bread	Ice-Cream Sundae	Jelly and Condensed Milk Slice Gf Biscuit
Supper	Chocolate Slice	Whole Fruits	Vita Wheats and Vegemite	Anzac Biscuits	Milo Balls	Brownie Slice	Shortbread Creams

# Term 3 Week 3 Menu

	Monday 29/7/24	Tuesday 30/7/24	Wednesday 31/7/24	Thursday 1/8/24	Friday 2/8/24	Saturday 3/8/24	Sunday 4/8/24
Calendar	<b>Subject Selection Year 8,9,10 2025</b>		<b>Academic Assembly</b>		<b>Musical</b>	<b>Musical</b>	<b>Musical</b>
Breakfast	Raisin Toast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Pancakes with Mixed Berries Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Garlic Buttered Mushrooms and Spaghetti on Toast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	French Toast with Maple Syrup Toast, Spread, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit	Crumpets with Golden Syrup Toast, Spread, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit	Continental Breakfast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	<b>Brunch</b> Spaghetti, Hash Browns, Grilled Bacon, Scrambled Eggs and Sausages Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit
Morning Tea	Sausage Roll Whole Fruits Sliced Seasonal Fruit	Pumpkin Soup Whole Fruits Sliced Seasonal Fruit Crackers, Cheese and Tomato	M & M's Biscuits Whole Fruits Sliced Seasonal Fruit	Chocolate Cake Whole Fruits Sliced Seasonal Fruit Crackers, Cheese and Tomato	Ham and Pineapple Scrolls Whole Fruits Sliced Seasonal Fruit		
Morning Tea Gf	Gf Sausage Roll	Gf Bread and Crackers	Gf Biscuits	Gf Muffin and Crackers	Ham and Pineapple Toasted Sandwich		
Lunch	Meat Ball Sub	Creamy Mushroom and Bacon Gnocchi	Beef and Bacon Pie	Pork Vermicelli Stir-Fry	Chicken and Camembert Filo	Make Your Own Toasted Sandwiches	Cold Meat Salad Wrap and Sandwich Platters
Lunch Gf	Gf Bread	Creamy Mushroom and Bacon Gnocchi	GF Beef Pie	Pork Vermicelli Stir-Fry	GF Chicken and Leek Pie	Gf Bread	Gf Wraps
Salad Bar	Garden Salad Complete Salad Bar and Sandwich Bar	Potato Salad Complete Salad Bar and Sandwich Bar	Pasta Salad Complete Salad Bar and Sandwich Bar	Roast Pumpkin and Cous Cous Salad Complete Salad Bar and Sandwich Bar	Chef's Choice Complete Salad Bar and Sandwich Bar	Complete Salad Bar and Sandwich Bar	
Afternoon Tea	French Onion Dip and Vegie Sticks	Choc Chip Muffin Whole Fruits	Berry and Banana Smoothie Whole Fruits	Blue Berry Muffin Whole Fruits	Chocolate Milk and Biscuits Whole Fruits		
Dinner	Chicken Enchilada with Sour Cream and Chunky Salsa	Pulled Pork Burgers	Crumbed Steak with Mashed Potato, Broccoli, Cauliflower and Zucchini	Beef Rissoles with Gravy, Potato Bake, Baby Carrots, Peas and Corn	Fish and Chips, Lemon and Tar Tare Sauce	Hot Dogs with Grilled onion, Bacon, Cheese, Tomato Sauce and Mustard	Roast Pork with Oven Baked Sweet Potato, Pumpkin, Potato and Steamed Peas
Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	
Dessert / Entrée	Apple Crumble and Custard	Strawberry Mousse Gf	Fruit Salad and Yoghurt Gf	Mixed Berry Panna Cotta Gf	Ice Cream and Toppings Gf	Creamed Rice	Jam and Cream Sponge
Supper	Banana and Oat Bar Cake	Cheese and Crackers	Tim Tams	Sliced Fruit	Crackers, Cheese and Tomato	Biscuits	Mixed Fruit Slice

# Term 3 Week 4 Menu

	Monday 5/8/24	Tuesday 6/8/24	Wednesday 7/8/24	Thursday 8/8/24	Friday 9/8/24	Saturday 10/8/24	Sunday 11/8/24
Calendar	<b>Interhouse Netball</b>	<b>Interhouse Netball</b>	<b>Interhouse Netball Interhouse Choir</b>	<b>Interhouse Netball</b>	<b>Discover Girls Grammar Tour Staff vs Year 12 Netball</b>	<b>Cap Coast Netball Mt Morgan Show</b>	<b>Cap Coast Netball</b>
Breakfast	Breakfast Muffins Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Waffles and Berries Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Fried Eggs, Sausages and Grilled Tomato Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Eggs Benedict Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Avocado and Fetta Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Continental Breakfast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	<b>Brunch</b> Spaghetti, Hash Browns, Grilled Bacon, Poached Eggs and Sausages Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit
Morning Tea	Beef Sausages on Bread with Caramelized onion Whole Fruits Sliced Seasonal Fruit	Chocolate Crackles Whole Fruits Sliced Seasonal Fruit Crackers, Cheese and Tomato	Party Pies and Mini Quiche Whole Fruits Sliced Seasonal Fruit	Scones with Jam and Cream Whole Fruits Sliced Seasonal Fruit Crackers, Cheese and Tomato	Red Velvet Muffin with Cream Cheese Icing Whole Fruits Sliced Seasonal Fruit		
Morning Tea Gf	Gf Bread	Gf Chocolate Crackles and Crackers	Gf Party Pies and Sausage Roll	Gf Pancakes with Jam and Cream and Gf Crackers	Gf Muffin		
Lunch	Chicken Teriyaki Stir-Fry with Steamed Rice	Make Your Own Thai Beef Salad with Crunchy Noodles	BBQ Chicken and Bacon Turkish Bread Melts	Creamy Basil Pesto Pasta	Make Your Own Meat and Salad Wrap	Make Your Own Toasted Sandwiches	Cold Meat Salad Wrap and Sandwich Platters
Lunch Gf	Chicken Teriyaki Stir-Fry with Steamed Rice	Make Your Own Thai Beef Salad	Gf Burger Bun	Creamy Basil Pesto Pasta	Gf Wraps	Gf Bread	Gf Wraps
Salad Bar	Garden Salad Complete Salad Bar and Sandwich Bar	Pasta Salad Complete Salad Bar and Sandwich Bar	Potato and Egg Salad Complete Salad Bar and Sandwich Bar	Roast Pumpkin and Cous Cous Salad Complete Salad Bar and Sandwich Bar	Chef's Choice Complete Salad Bar and Sandwich Bar	Complete Salad Bar and Sandwich Bar	
Afternoon Tea	Tomato Relish and Cheese Scrolls Whole Fruits	Steamed Dim Sims Whole Fruits	Crumbed Sausage Whole Fruits	Hummingbird Cake Whole Fruits	BBQ Chicken and Bacon Scrolls Whole Frutis		
Dinner	Steak Burgers Kollar Deck	Chicken Paella on McKeague Deck	Pork Ribs with Mashed Potato, Baby Carrots,	Deville Sausages with Steamed Chats, Broccoli, Cauliflower and Roasted Carrots	Beef Lasagna	Honey Chicken with Fried Rice	Roast Lamb with Baked Potatoes, Pumpkin and Sweet Potato and Corn on the Cob
Salad Bar	Burger Salads	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	
Dessert / Entrée	Dixie Cups	Apricot Danish and Custard	Fruit Salad Jelly and Custard	Apple Slice and Custard	Garlic Bread	Mixed Cheesecakes	Chocolate Self-Saucing Pudding
Supper	Whole Frutis	Sushi Balls	Kabana, Cheese, Carrot Sticks and Crackers	Rice Cakes and Spreads	Sliced Tomato Cheese and Crackers	Mini Pizza's	Milo and Biscuits

# Term 3 Week 5 Menu National



# Week

	Monday 12/8/24	Tuesday 13/8/24	Wednesday 14/8/24	Thursday 15/8/24	Friday 16/8/24	Saturday 17/8/24	Sunday 18/8/24
<b>Calendar</b>							<b>Wowan Show</b>
<b>Breakfast</b>	Raisin Toast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Bacon and Egg Muffin Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Scrambled Eggs on Thick Cut Toast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Savory Mince on Toast Toast, Spread, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit	Avocado on Toast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit	Continental Breakfast Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	<b>Brunch</b> Spaghetti, Hash Browns, Grilled Bacon, Poached Eggs and Sausages Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit
<b>Morning Tea</b>	Spring Rolls Whole Fruits Sliced Seasonal Fruit	Choc Chip Muffin Whole Fruits Sliced Seasonal Fruit Crackers, Cheese and Tomato	Chicken and Corn Soup with Dinner Roll Whole Fruits Sliced Seasonal Fruit	Vegemite and Cheese Scrolls Whole Fruits Sliced Seasonal Fruit Crackers, Cheese and Tomato	Iced Finger Bun Whole Fruits Sliced Seasonal Fruit		
<b>Morning Tea Gf</b>	Gf Spring Roll	Gf Muffin	Gf Bread	Ham and Cheese Toasties	Gf Donut		
<b>Lunch</b>	Salt and Pepper Calamari with Chips	Honey Soy Chicken Drumsticks with Fried Rice	Beef Stroganoff and Jasmine Rice	Ham and Pineapple Pizza and Meat Lovers Pizza with Garlic Bread	Spinach and Ricotta Ravioli with Napolitana Sauce	Make Your Own Toasted Sandwiches	Cold Meat Salad Wrap and Sandwich Platters
<b>Lunch Gf</b>	Beef Stroganoff and Jasmine Rice	Honey Soy Chicken Drumsticks with Fried Rice	Crumbed Fish and Chips	Ham and Pineapple Pizza and Meat Lovers Pizza with Garlic Bread	Beef Ravioli with Napolitana Sauce	Gf Bread	Gf Wraps
<b>Salad Bar</b>	Garden Salad Complete Salad Bar and Sandwich Bar	Pasta Salad Complete Salad Bar and Sandwich Bar	Potato Salad Complete Salad Bar and Sandwich Bar	Sweet Potato and Bacon Salad Complete Salad Bar and Sandwich Bar	Chef's Choice Complete Salad Bar and Sandwich Bar	Complete Salad Bar and Sandwich Bar	
<b>Afternoon Tea</b>	Cheese and Tomato Croissant	BBQ Chicken and Bacon Scrolls	Bruschetta	Raspberry Coconut Slice Whole Fruits	Mixed Berry Muffin Whole Fruits		
<b>Dinner</b>	Thai Chicken Meatballs with Mash, Broccoli, Steamed Pumpkin Pieces, Zucchini	Chicken Parmigiana with Mashed Potato, Cauliflower, Carrots and Corn Cobs	Cottage Pie with Mashed Pumpkin, Roast Carrot, Peas	Rojan Josh Lamb Curry with Steamed Jasmine Rice	Seafood Basket with Crumbed Fish Goujons, Calamari Ring, Prawn Cutlets, Chips, Lemon and Tartare	Stuffed Jacket Potato with Chunky Salsa and Sour Cream	Roast Chicken with Baked Potatoes, Pumpkin and Sweet Potato and Steamed Green Beans
<b>Salad Bar</b>	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	
<b>Dessert / Entrée</b>	Fruit Salad and Yoghurt	Bread and Butter Pudding	Garlic Bread	Pappadums	Make Your Own Trifle	Mixed Berry Mousse	Churros
<b>Supper</b>	Biscuits and Milo Gf Biscuits	Sliced Watermelon	Kabana, Cheese and Crackers / Gf Crackers	Rice Cakes and Spreads	Chocolate Slice Gf Muffin	Pop Corn	Cheese, Sliced Tomato and Crackers / Gf Crackers