

# Term 3 Week 6 Menu Book Week

	Monday 19/8/24	Tuesday 20/8/24	Wednesday 21/8/24	Thursday 22/8/24	Friday 23/8/24	Saturday 24/8/24	Sunday 25/8/24
<b>Calendar</b>							
<b>Breakfast</b>	Danish Pastries 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, Scrambled Eggs and Sausages Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruit
<b>Morning Tea</b>	Warm Cinnamon Donuts 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 Donuts	Party Pies and Sausage Rolls Gf Crackers	Fruit Salad and Yoghurt	GF Bread	Chicken Nuggets		
<b>Lunch</b>	Make Your Own Chicken Caesar Salad	Sweet Chilli or Original Chicken Tender Wraps with Lettuce, Tomato, Cheese, Grated Carrot and Mayonnaise	Honey BBQ Pork Ribs with Fried rice	Spaghetti Bolognese	Flame Grilled Chicken Burger with Lettuce, Tomato, Cheese, Carrot and Aioli	Make Your Own Toasted Sandwiches	Cold Meat Salad Wrap and Sandwich Platters
<b>Lunch Gf</b>	Make Your Own Chicken Caesar Salad	Gf Wraps	Honey BBQ Pork Ribs with Fried rice	GF Spaghetti	Gf Burger Bun	Gf Bread	Gf Wraps
<b>Salad Bar</b>	Garden 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	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>	Chocolate and orange Cake	Finger Buns Whole Fruits	Jelly and Fruit Cup Whole Fruits	Salami, Crackers, Cheese and Tomato Whole Fruits	Sushi Platter		
<b>Dinner</b>	Beef Ravioli with Parmesan Cheese Gf Gnocchi	Beef Taco's with Lettuce, Diced Tomato, Cheese, Salsa and Sour Cream	Peri Peri Chicken Kebabs with Steamed Rice, Broccoli, Cauliflower and Zucchini	Grilled Lamb Chops with Mashed Potato, Baby Carrots, Peas and Corn Cobs	Grilled Fish with Lemon, Chips, Salad and Tartare Sauce	Chicken Carbonara Pasta Bake with Parmesan Cheese	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	Butterscotch Self-Saucing Pudding Gf Muffin	Fruit Salad, Jelly and Custard Gf Jelly and Fruit	Pavlova, Cream and Mixed Berries Gf	Fruit Salad and Yoghurt Gf	Caramel Tart's Gf Ice Block
<b>Supper</b>	Coconut Biscuits	Whole Fruits	Vita Wheats and Vegemite	Anzac Biscuits	Milo Balls	Chocolate Slice	Shortbread Creams

# Term 3 Week 7 Menu

	Monday 26/8/24	Tuesday 27/8/24	Wednesday 28/8/24	Thursday 29/8/24	Friday 30/8/24	Saturday 31/8/24	Sunday 1/9/24
Calendar	<b>Progress Concert</b>			<b>Father's Day BBQ</b>	<b>Student Free Day</b>	<b>Boarders Long Weekend</b>	<b>Boarders Long Weekend Father's Day</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	Grilled Bacon, Scrambled Eggs, Potato Gems, Grilled Tomato with Herb and Cheese 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, 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	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	Ham and Cheese Croissant		
Lunch	Make Your Own Poke Bowl	Beef Burger with Lettuce, Cheese, Tomato, Beetroot, Grilled Onion and BBQ Sauce	Beef Nacho's with Corn Chips, Cheese, Sour Cream and Salsa	Chicken, Tomato and Bacon Pasta Bake	Beef Pie	Make Your Own Toasted Sandwiches	Cold Meat Salad Wrap and Sandwich Platters
Lunch Gf	Make Your Own Poke Bowl	GF Bun	Beef Nacho's with Corn Chips, Cheese, Sour Cream and Salsa	Chicken, Tomato and Bacon Pasta Bake	Beef Pie	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	Ceasar Salad Complete Salad Bar and Sandwich Bar	Chef's Choice Complete Salad Bar and Sandwich Bar	Complete Salad Bar and Sandwich Bar	
Afternoon Tea	Finger Bun Whole Fruits	Zooper Dooper Whole Fruits	Kabana, Cheese and Crackers Whole Fruits	Veggie Sticks and Dip	Chocolate Brownie Whole Fruits		
Dinner	Chicken Kebabs with Lettuce, Tomato, onion, Grated Carrot, Cheese, Assorted Sauces	Steak Dianne with Steamed Chats, Cauliflower, Broccoli and Zucchini	Roast Chicken Breast with Sweet Potato Mashed Potato, Broccoli, Baby Carrots and Corn Cobs	Beef Massaman Curry and Steamed Jasmine Rice	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	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	Cheese and Crackers	Banana and Oat Slice	Tim Tams	Sliced Fruit	Crackers, Cheese and Tomato	Biscuits	Mixed Fruit Slice

# Term 3 Week 8 Menu

	Monday 2/9/24	Tuesday 3/9/24	Wednesday 4/9/24	Thursday 5/9/24	Friday 6/9/24	Saturday 7/9/24	Sunday 8/9/24
Calendar	<b>Year 8 Camp</b>	<b>Year 8 Camp</b>	<b>Year 12 Mock Exams Year 8 Camp</b>	<b>Year 12 Mock Exams</b>	<b>Year 12 Mock Exams</b>	<b>OGA Hall of Fame Evening</b>	
Breakfast	Raisin Toast 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, 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	Ham and Pineapple Scrolls Whole Fruits Sliced Seasonal Fruit	Chocolate Cake Whole Fruits Sliced Seasonal Fruit Crackers, Cheese and Tomato		
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	Chicken Carbonara Pasta Bake	Curried Sausages with Vegetables and Steamed Jasmine Rice	Pork Vermicelli Stir-Fry	Chicken and Camembert Filo	Make Your Own Toasted Sandwiches	Cold Meat Salad Wrap and Sandwich Platters
Lunch Gf	Gf Bread	Gf Chicken Carbonara Pasta Bake	Curried Sausages with Vegetables and Steamed Jasmine Rice	Pork Vermicelli Stir-Fry	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	Tomato Relish and Cheese Scrolls Whole Fruits	Choc Chip Muffin Whole Fruits	Berry and Banana Smoothie Whole Fruits	Spinach and Ricotta Sausage Roll Whole Fruits	Chocolate Milk and Biscuits Whole Fruits		Creamed Rice
Dinner	Chicken Enchilada with Sour Cream and Chunky Salsa	Beef Rissoles with Gravy, Potato Bake, Baby Carrots, Peas and Corn	Pulled Pork Burgers with Coleslaw	Crumbed Steak with Mashed Potato, Broccoli, Cauliflower and Zucchini	Fish and Chips, Lemon and Tar Tare Sauce	Hot Dogs with Grilled onion, Bacon, Cheese, Tomato Sauce Ad 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	Creamed Rice	Fruit Salad and Yoghurt Gf	Mixed Berry Panna Cotta Gf	Ice Cream and Toppings Gf	Strawberry Mousse Gf	Jam and Cream Sponge
Supper	Whole Frutis	Apple Tea Cake Slice	Kabana, Cheese, Carrot Sticks and Crackers	Rice Cakes and Spreads	Sliced Tomato Cheese and Crackers	Mini Pizza's	Milo and Biscuits

# Term 3 Week 9 Menu

	Monday 9/9/24	Tuesday 10/9/24	Wednesday 11/9/24	Thursday 12/9/24	Friday 13/9/24	Saturday 14/9/24	Sunday 15/9/24
<b>Calendar</b>	<b>Year 4 Sleep Over Year 6 Camp Year 12 Mock Exams</b>	<b>Year 5 Camp Year 6 Camp Year 12 Mock Exams</b>	<b>Year 5 Camp Year 6 Camp Year 12 Mock Exams</b>	<b>Year 12 Mock Exams R U OK? DAY</b>	<b>Naarah's Touch Carnival</b>		
<b>Breakfast</b>	Breakfast Muffins Toast, Spreads, Cereals, Yoghurts, Muesli, Sliced Fruits and Whole Fruits	Grilled Bacon, Sausages, Poached eggs, Potato Gems 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		
<b>Morning Tea</b>	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	Spring Rolls Sliced Seasonal Fruit Crackers, Cheese and Tomato	Chocolate Chip Muffin Whole Fruits Sliced Seasonal Fruit		
<b>Morning Tea Gf</b>	Gf Bread and Crackers	Gf Chocolate Crackles and Crackers	Gf Party Pies and Sausage Roll	GF Spring Rolls	Gf Muffin		
<b>Lunch</b>	Make Your Own Cold meat and Salad Wrap	Chicken, Mushroom and Leek Pie	Cheeseburger and Chips	Chicken Korma Curry and Jasmine Rice	School Finishes 12.40pm Enjoy your Break		
<b>Lunch Gf</b>	Gf Wrap	GF Chicken and Leek Pie	Gf Burger Bun	Chicken Korma Curry and Jasmine Rice			
<b>Salad Bar</b>	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			
<b>Afternoon Tea</b>	Zooper Dooper Whole Fruits	Steamed Dim Sims Whole Fruits	Crumbed Sausage Whole Fruits	Hummingbird Cake Whole Fruits			
<b>Dinner</b>	Beef Lasagna	Chicken Paella on McKeague Deck	Pork Ribs with Mashed Potato, Baby Carrots,	Rump Steak with Mashed Potato, Broccoli, Cauliflower and Baby carrots			
<b>Salad Bar</b>	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar	Complete Salad Bar			
<b>Dessert / Entrée</b>	Garlic Bread	Apricot Danish and Custard	Mixed Cheesecakes	Apple Slice and Custard			
<b>Supper</b>	Biscuits and Milo Gf Biscuits	Sliced Watermelon	Kabana, Cheese and Crackers / Gf Crackers	Rice Cakes and Spreads			