## Narrogin Residential College

# Winter Menu Week 1 (of 4)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **BREAKFAST** | Cereals<br>Toast & Spreads<br>Scrambled eggs<br>Tin Fruit<br>Juice / Tea<br>Milk | Cereals<br>Toast& Spreads<br>Yoghurt & Fruit<br>Coco-pops<br>Porridge<br>Juice / Tea<br>Milk | Cereals<br>Toast & Spreads<br>Bacon & Eggs<br>Tin Fruit<br>Juice<br>Milk / Tea | Cereals<br>Toast & Spreads<br>Yoghurt<br>Porridge<br>Tin Fruit<br>Juice / tea<br>Milk | Cereals<br>Toast & Spreads<br>Baked beans or spaghetti<br>Tin Fruit<br>Juice / Tea<br>Milk | Cereals<br>Toast & Spreads<br>Yoghurt<br>Fruit<br>Juice / Tea<br>Milk | Sunday sleep in<br>Cereal<br>Toast & Spreads<br>Juice / Tea<br>Milk |
| **LUNCH** | Soup<br>D.I.Y Sandwiches<br>C.M.S – Up to 6 meat and 8 salad choices<br>Cordial | Soup<br>**Carbonara**<br>C.M.S – Up to 6 meat and 6 salad choices<br>Cordial | Soup<br>C.M.S – Up to 6 meat and 8 salad choices<br>Cordial | Sweet chilli chicken wraps<br>C.M.S – Up to 6 meat and 8 salad choices<br>Cordial | Sausage rolls<br>C.M.S – Up to 6 meat and 8 salad choices<br>Cordial | D.I.Y sandwiches<br>C.M.S – Up to 6 meat and 8 salad choices<br>Cordial | Pies<br>C.M.S – Up to 6 meat and 8 salad choices<br>Cordial |
| **AFTERNOON TEA** | Home made cakes<br><br>Fresh fruit available all day<br>Bread and Spreads | Home made biscuits<br><br>Fresh fruit available all day<br>Bread and Spreads | Town Leave<br><br>Fresh fruit available all day<br>Bread and Spreads | Fresh Muffins<br><br>Fresh fruit available all day<br>Bread and Spreads | Fresh fruit available all day<br>Bread and Spreads | Fresh fruit available all day<br>Bread and Spreads | Fresh fruit available all day<br>Bread and Spreads |
| **DINNER** | **Spaghetti bolognaise**<br>**Tossed salad**<br>C.M.S – Up to 6 meat and 8 salad choices | **Silver side**<br>**Roast potato**<br>**Mixed Vegies**<br>**Garlic sauce**<br>C.M.S – Up to 6 meat and 8 salad choices | Honey/Soy beef stir-fry or<br>Thai green Curry<br>Jasmine Rice<br>C.M.S – Up to 6 meat and 8 salad choices | Cottage pie<br>Mixed vegies<br>C.M.S – Up to 6 meat and 8 salad choices | **Fish and Chips**<br>C.M.S – Up to 6 meat and 8 salad choices | **Chicken drumsticks**<br>**Fried rice**<br>C.M.S – Up to 6 meat and 8 salad choices | **Roast Beef**<br>**Yorkshire pudding**<br>**Roast Vegies**<br>C.M.S – Up to 6 meat and 8 salad choices |
| **DESSERT** | Strawberry mouse<br>Or<br>Jelly and Cream | Apple crumble<br>Custard | Ice – Cream & Topping | Choc pudding<br>Choc custard | Vanilla slice | Lamingtons | Cheese cake |
| **SUPPER** | Hot or Cold Chocolate / Tea | Hot or Cold Chocolate / Tea | Hot or Cold Chocolate / Tea | Hot or Cold Chocolate / Tea | Hot or Cold Chocolate / Tea | | |