

# SAMPLE MENU



The Rockhampton  
Grammar School  
Established 1881

## Boarders' Dining at The Rockhampton Grammar School

Please note: All menu choices are subject to change due to availability

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>DAILY CONTINENTAL BREAKFAST:</b> 6 Cereals, Toast and Spreads, Fresh Cut Fruit, Dried Fruit, Berries and Yoghurt <b>DAILY HOT BREAKFAST:</b> Spaghetti, Baked Beans, Grilled Mushrooms, Fried Tomatoes and Eggs <b>DAILY BEVERAGES:</b> Tea, Coffee, Mocha, Hot Chocolate, Milo, Milk, Juices and Water							
Bacon and Eggs	Pancakes with Maple Syrup	Sausages / Scrambled Eggs	Bacon and Eggs	Savoury Mince	Full Breakfast	Full Breakfast	
<b>DAILY MORNING TEA:</b> Full Salad Bar with Cold Meats and Salad Selections, Fresh Fruit, Cordial, Water, Assorted Biscuits and Breads							
Sausage Rolls	Chicken Pop Wraps	Mac and Cheese	Spaghetti Bolognese	Meatball Gravy Sub			
<b>LUNCH:</b> Full Salad Bar with Cold Meats and Salad Selections, Fresh Fruit, Cordial, Water, Assorted Biscuits and Breads							
<b>Option One</b>	Silverside with White Sauce	Souvlaki Day with Wraps and Pita Bread	Peppered Beef Pie	Salad Day with Assorted Cold Cuts of Meat	MYO Wraps	Pizza	
<b>Option Two</b>	Grilled Fish and Chicken	Beef, Chicken, Lamb Salsa & Assorted Salads	Honey Soy Chicken Drumsticks	Salads, Raw Vegetables, Relishes, Breads and Wraps	Chips	Cold Meat Platter	
<b>Veg/GF</b>	Pearl Couscous		Fried Rice and Stir Fry Veg		Quiche		
<b>Salad</b>	Asian Slaw Salad	Curry Egg Salad	Mediterranean Pasta	Potato Salad			
<b>AFTERNOON TEA:</b> Full Salad Bar with Cold Meats and Salad Selections, Fresh Fruit, Cordial, Water, Assorted Biscuits and Breads							
Cornflake Slice	Banana & Choc Chip Muffins	Anzac Biscuits	Chocolate Slice	Orange Cake	Assorted Items	Dip, Kabana and Cheese	
<b>DINNER:</b> Full Salad Bar with Cold Meats and Salad Selections, Breads and Spreads, Fresh Whole and Cut Fruit, Tossed Salad							
<b>Main 1</b>	Porcupines	Taco Tuesday	Roast Beef	Irish Stew & Potato Dumplings	Crumbed Fish	Steak, Eggs, Tomato	Burger Bar
<b>Main 2</b>	Pork Chops	Grilled Chicken	Roast Pork	Chicken Parmigiana	Thai Green Chicken Curry	Lamb Sausages	
<b>GF/DF</b>	Grilled Chicken	Grilled Fish	Grilled Steak	Grilled Chicken	Grilled Steak	Grilled Chicken	Grilled Fish
<b>Vegetarian</b>	Zucchini Slice	Sweet Potato Curry	Teriyaki Tofu Stir Fry	Quiche	Coconut Lentil Dahl	Vegetarian Tikka Masala	Stiry Fry Veggie
<b>Potato</b>	Mashed Potato	Smashed Potato	Roast Potato	Mashed Potato	Potato Bake	Wedges	
<b>Veg 1</b>	Broccoli/Cauliflower	Peas	Broccoli	Mashed Pumpkin	Beans	Mixed Vegetable	
<b>Veg 2</b>	Carrots/Beans	Corn	Beans	Peas	Broccoli/Carrots		
<b>Dessert</b>	Sticky Date Pudding	Apple Pie	Fruit Salad, Jelly, Custard	Chocolate Pudding	Impossible Pie	Trifle	Ice Cream with Toppings
<b>SUPPER:</b> Toasted Sandwiches, Vegetable Sticks And Dips, Corn Chips and Salsa, Fruit, Savoury Biscuits, Cheese, Kabana, Biscuits and Milo							