

Albany Residential College

Menu Planner Term 2, 2026

Week 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal, yoghurt, seasonal fresh fruit.	A varied selection of bacon, eggs, sausage, spaghetti, waffles pancakes and fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	A varied selection of bacon, eggs, sausage, spaghetti, waffles pancakes and fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	
Morning	Selection of healthy baked and packaged goods and fresh seasonal fruit.					Selection of baked goods and fresh seasonal fruit.	
Lunch	Make your own rolls and wraps from a healthy selection of cold meat and salads.					Make your own rolls and wraps or toasties from a healthy selection of cold meat and salads.	
Afternoon	Assorted pastries, fruit and goods.					Make your own afternoon tea from available baked products.	
Dinner	Pea and ham soup. Pork chops, or vegie burgers, with mashed potato, carrot and peas.	Chilli con carne, or vegie slice, with rice, sweet potato and beans.	Pumpkin soup. Beef or vegie burgers with rolls, chips and burger salads.	Roast beef, or cheese and asparagus quiche, with roasted potato and vegies.	Cream of chicken soup. Sweet and sour pork, pumpkin and zucchini slice, noodles and mixed veg.	Roast chicken, potato and assorted veg.	Pizza, wedges and salad.
Dessert	Mousse		Crumble	Panacotta		Trifle	
Supper	Seasonal fresh fruit						

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Week 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal, yoghurt, seasonal fresh fruit.	A varied selection of bacon, eggs, sausage, spaghetti, waffles pancakes and fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	A varied selection of bacon, eggs, sausage, spaghetti, waffles pancakes and fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	
Morning	Selection of healthy baked and packaged goods and fresh seasonal fruit.					Selection of baked goods and fresh seasonal fruit.	
Lunch	Make your own rolls and wraps from a healthy selection of cold meat and salads.					Make your own rolls and wraps or toasties from a healthy selection of cold meat and salads.	
Afternoon	Assorted pastries, fruit and goods.					Make your own afternoon tea from available baked products.	
Dinner	Tomato soup. Savoury beef casserole, capsicum and cheese frittata, mash and assorted veg.	Coconut vegie curry with rice and assorted veg.	Chicken soup. Sausage sizzle with gnocchi, rolls and assorted veg.	Roast lamb with spinach, sundried tomato quiche, roast sweet potatoes and assorted veg.	Chicken schnitzel, zucchini slice with potato bake and assorted veg.	Pies and wedges with assorted veg.	Nachos with bean salad and assorted veg.
Dessert		Jelly cup	Ice cream	Apple pie	Mousse		
Supper	Seasonal fresh fruit						

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Week 9

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal, yoghurt, seasonal fresh fruit.	A varied selection of bacon, eggs, sausage, spaghetti, waffles pancakes and fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	A varied selection of bacon, eggs, sausage, spaghetti, waffles pancakes and fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	
Morning	Selection of healthy baked and packaged goods and fresh seasonal fruit.					Selection of baked goods and fresh seasonal fruit.	
Lunch	Make your own rolls and wraps from a healthy selection of cold meat and salads.					Make your own rolls and wraps or toasties from a healthy selection of cold meat and salads.	
Afternoon	Assorted pastries, fruit and goods.					Make your own afternoon tea from available baked products.	
Dinner	Lamb casserole, baked fish in white sauce, sweet potato and assorted veg.	Potato and leek soup. Meatloaf and tomato, zucchini slice, mashed potato and assorted veg.	Pizza, wedges and salad.	Italian vegetable soup. Roast pork with egg-fried rice, jacket potato and assorted veg.	Beef rissoles, potato bake, mash and assorted veg.	Pumpkin soup. Chicken burgers, chips and salad.	Pasta bake and salad.
Dessert	Chocolate custard and pear	Fresh fruit	Apple sponge	Fresh fruit	Mousse	Baked custard and fruit	Fresh fruit
Supper	Seasonal fresh fruit						

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Week 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal, yoghurt, seasonal fresh fruit.	A varied selection of bacon, eggs, sausage, spaghetti, waffles pancakes and fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	A varied selection of bacon, eggs, sausage, spaghetti, waffles pancakes and fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	
Morning	Selection of healthy baked and packaged goods and fresh seasonal fruit.					Selection of baked goods and fresh seasonal fruit.	
Lunch	Make your own rolls and wraps from a healthy selection of cold meat and salads.					Make your own rolls and wraps or toasties from a healthy selection of cold meat and salads.	
Afternoon	Assorted pastries, fruit and goods.					Make your own afternoon tea from available baked products.	
Dinner	Thick vegetable soup. Chicken Kiev, mushroom risotto, baked potato and assorted veg.	Grilled fish, spaghetti in Napoli sauce, chips and assorted veg.	Minestrone soup. Burgers, nachos, bread and salads.	Sweet and sour pork, vegetarian quiche, rice and assorted veg.	Cauliflower soup. Shepherd's pie, macaroni cheese, mash and assorted veg.	Sausage sizzle with hot dog buns and salad.	Tomato soup. Crumbed fish with wedges and assorted veg.
Dessert	Fresh fruit	Coconut sago	Fresh fruit	Lemon cheesecake	Fresh fruit	Mousse	Fresh fruit
Supper	Seasonal fresh fruit						

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Week 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal, yoghurt, seasonal fresh fruit.	A varied selection of bacon, eggs, sausage, spaghetti, waffles pancakes and fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	A varied selection of bacon, eggs, sausage, spaghetti, waffles pancakes and fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	
Morning	Selection of healthy baked and packaged goods and fresh seasonal fruit.					Selection of baked goods and fresh seasonal fruit.	
Lunch	Make your own rolls and wraps from a healthy selection of cold meat and salads.					Make your own rolls and wraps or toasties from a healthy selection of cold meat and salads.	
Afternoon	Assorted pastries, fruit and goods.					Make your own afternoon tea from available baked products.	
Dinner	Moroccan lamb curry, chicken and asparagus quiche, hasselback potato and assorted veg.	Curried sweet potato soup. Apricot chicken, savoury omelette, rice and assorted veg.	Enchiladas, tortilla and salads.	Tomato soup. Roast beef, tuna patties, roast potato and assorted veg.	n/a		
Dessert	Apple slice	Fresh fruit	Mousse	Fresh fruit	n/a		
Supper	Seasonal fresh fruit				n/a		