

## Moora Residential College – Menu Term 1 2025

Week 1 and 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Cooked breakfast can be any of the following:  Bacon and eggs etc  Croissants  Waffles	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt
<b>Lunch</b>	Hot lunch day	Make your own	Make your own	Make your own	Make your own	Soup and toasties	BLTs
<b>Dinner</b>	Spaghetti Bolognese with garlic bread and salads	Tacos with various toppings and sour cream. Salad options	Steak, chips and various salads	Roast Chicken with roasted seasonal veggies and gravy	Red Curry chicken with rice	Mongolian beef stir-fry	Thai fried pork and rice – loaded with veggies and sensational Thai flavour!
<b>Supper</b>	Milo/Biscuits	Homemade sausage rolls	Chilli Strips	Cheese and crackers	Cheese on toast	Supervisors' surprise	Supervisors' surprise

\*\*Fresh fruit and fruit platters are always available at any time along with fresh sandwiches in the dining room. All meals will have alternatives for vegetarians and /or allergies as required.

Week 2 and 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Cooked breakfast can be any of the following:  Bacon and eggs etc  Croissants  Waffles	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt
<b>Lunch</b>	Hot lunch day	Make your own	Make your own	Make your own	Make your own	Hot Dogs	Sonja's Hot Chips and other treats
<b>Dinner</b>	Chops (lamb or pork depending on availability) with mashed potato and seasonal fresh veggies	Chicken chilli wraps loaded with fresh salads and a variety of sauces	Curried sausages with rice	Roast Beef with a selection of roasted seasonal veggies and gravy	Macaroni cheese with a selection of fresh salads and garlic bread	Butter chicken with rice	Pad Thai with fried pork
<b>Supper</b>	Milo/Biscuits	Mini pizzas	Mini quiches	Cocktail franks in a bun	Cheese on toast	Supervisors' surprise	Supervisors' surprise

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Week 3 and 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Cooked breakfast can be any of the following:  Bacon and eggs etc  Croissants  Waffles	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt
<b>Lunch</b>	Hot lunch day	Make your own	Make your own	Make your own	Make your own	Freezer meal day! Get to the kitchen first to pick out your favourite leftovers!	MYO pizzas with a variety of toppings, sauces and just the way YOU like it!
<b>Dinner</b>	Chicken Kievs with chips and fresh salads	Rissoles or chicken and vegetable soup  Mashed potatoes, seasonal veggies and gravy	Butter Chicken with rice	Roast pork with all the traditional roast trimmings!	Thai green chicken curry served with rice	Pork bites with rice and veggies	Thai fried chicken with noodles
<b>Supper</b>	Hot chocolate	Chicken strips	Cheese toasties	Milo and biscuits	Cheese and ham toasties	Supervisors' surprise	Supervisors' surprise

\*\*Fresh fruit and fruit platters are always available at any time along with fresh sandwiches in the dining room. All meals will have alternatives for vegetarians and /or allergies as required.

Week 4 and 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Cooked breakfast can be any of the following:  Bacon and eggs etc  Croissants  Waffles	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt
<b>Lunch</b>	Hot lunch day	Make your own	Make your own	Make your own	Make your own	Pastry Day! Pasties, quiches, pies and sausage rolls. Fresh fruit platter	Homemade soup with crusty bread rolls
<b>Dinner</b>	Chicken Kievs with chips and fresh salads	Rissoles or chicken and vegetable soup.  Mashed potatoes, seasonal veggies and gravy	Butter Chicken with rice	Roast pork with all the traditional roast trimmings!	Thai green chicken curry served with rice	Pork bites with rice and veggies	Thai fried chicken with noodles
<b>Supper</b>	Hot chocolate	Chicken strips	Cheese toasties	Milo and biscuits	Cheese and ham toasties	Supervisors' surprise	Supervisors' surprise

\*\*Fresh fruit and fruit platters are always available at any time along with fresh sandwiches in the dining room. All meals will have alternatives for vegetarians and /or allergies as required.

Week 5 and 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Cooked breakfast can be any of the following:  Bacon and eggs etc  Croissants  Waffles	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt	Continental Breakfast: Cereal, Toast. Alternating: Muffins, fruit toast, crumpets, smoothies.  Fresh Fruit and Yoghurt
<b>Lunch</b>	Hot lunch day	Make your own	Make your own	Make your own	Make your own		
<b>Dinner</b>	Angel Bay beef and or lamb burgers with fresh rolls and salad choices	Fish and chips with fresh salad options	Chicken casserole loaded with veggies or pea and ham soup with crusty bread and butter	Rogan Josh with rice	Beef macaroni pasta bake with salads and garlic bread	Yellow chicken curry served with rice and veggies	Thai pork with fried rice and or noodles and spring rolls
<b>Supper</b>	Milo and biscuits	Popcorn	Chicken nuggets	Milo and biscuits	Frozen yoghurt cups and fruit platter	Supervisors' surprise	Supervisors' surprise

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