

# Albany Residential College

## Menu Planner Term 3, 2026

## Week 1

	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.	Selection of brekkie wraps chia puddings porridge, Bircher muesli	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	Meatballs with zucchini slice, potato bake and assorted veg.	Leek and potato soup. Butter chicken with rice and assorted veg.	Christmas in July traditional dinner with roasted potato and veg.	Minestrone soup. Moroccan lamb with cous cous, vegetable slice and assorted veg.	Thai beef salad, Chicken Caesar salad with potato gems and assorted veg.	Vegetable soup. Scandi dogs, wedges, and salad.	Pasta bake with garlic bread and salad.
Dessert	Mousse	Fresh fruit	Plum pudding and pavlova	Fresh fruit	Baked custard	Fresh fruit	Pannacotta
Supper	Seasonal fresh fruit						

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## Week 2

	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.	Selection of brekkie wraps, chia puddings, porridge and Bircher muesli.	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. Chicken risotto, mac and cheese pasta and assorted veg.	Beef chow mein and noodles with assorted veg.	Vegetable soup. Lamb burgers, chicken burgers with chips and salads.	Roast beef, roast pork, potato and roasted veg.	Chicken soup. Pasta bake and assorted veg.	LA style hotdogs, wedges and salad.	Nasi Goreng with noodles and assorted veg.
Dessert	Apply crumble	Fruit platter	Ice cream	Fruit platter	Pannacotta	Fruit platter	Mousse
Supper	Seasonal fresh fruit						

# Albany Residential College

## Menu Planner Term 3, 2026

## Week 3

	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.	Selection of brekkie wraps, chia puddings, porridge and Bircher muesli.	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	Leek and potato soup. Roast lamb, roast chicken with sweet potato and assorted veg.	Chicken schnitzel, vege bake, handmade wedges and assorted veg.	Curried chicken soup. Pizza, garlic bread and salads.	Salmon steak and tuna patties with baby potatoes and assorted green veg.	Pea and ham soup. Asian beef mince with pasta and assorted veg.	Meatballs with pasta and assorted veg.	Homemade sausage rolls, chips and assorted veg.
Dessert	Cheesecake	Fruit platter	Ice cream	Fruit platter	Apple crumble	Fruit platter	Sticky date pudding
Supper	Seasonal fresh fruit						

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## Menu Planner Term 3, 2026

## Week 4

	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.	Selection of brekkie wraps, chia puddings, porridge and Bircher muesli.	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	Mediterranean chicken, zucchini slice, pasta and assorted veg.	Chicken noodle soup. Pasta bake, vege bake and assorted veg.	Beef burgers and fish burgers with chips and salads.	Italian soup. Pork belly, grilled fish, potato bake and salads.	Thai beef salad with assorted veg.	Sweet potato and cauliflower soup. Bacon fettuccine and assorted veg.	Butter chicken, naan bread and assorted veg.
Dessert	Apple slice	Fruit platter	Ice cream	Fruit platter	Mousse	Fruit platter	Choc cake
Supper	Seasonal fresh fruit						

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## Menu Planner Term 3, 2026

## Week 5

	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.	Selection of brekkie wraps, chia puddings, porridge and Bircher muesli.	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	Potato and bacon soup. Beef stew, vegetable curry, mased potato and assorted veg.	Chicken tikka with rice, sundried tomato and fetta quiche and assorted veg.	Vegetable soup. Masterchef Competition	Masterchef Competition	Chicken and corn soup. Stuffed potato and assorted veg.	Enchiladas with salad.	Pizza and salads.
Dessert	Rice pudding	Fruit platter	Pannacotta	Fruit platter	Tropical sago	Fruit platter	Mousse
Supper	Seasonal fresh fruit						

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## Menu Planner Term 3, 2026

## Week 6

	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.	Selection of brekkie wraps, chia puddings, porridge and Bircher muesli.	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	Roast carvery with roasted potato and veg.	Spicy pumpkin soup. Chicken parmigiana, vegetarian slice, handmade wedges and assorted veg.	Bao buns with assorted fillings, potato gems and salads.	Thick vegetable soup. Assorted seafood, ravioli in Napoli sauce, potato bake and coleslaw.	Chicken and corn soup. Stuffed potato and assorted veg.	Roast chicken, potato and assorted veg.	Pies, chips and salad.
Dessert	Cheesecake	Fruit platter	Mousse	Fruit kebab	Ice cream	Fruit platter	Cake
Supper	Seasonal fresh fruit						

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## Menu Planner Term 3, 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.	Selection of brekkie wraps, chia puddings, porridge and Bircher muesli.	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. Blonde bolognaise, macaroni cheese and bacon with assorted veg.	Chicken and bacon pie, tuna patty, mash and assorted veg.	Leek and potato soup. Roast beef/chicken and gravy rolls with wedges and salads.	Lamb casserole, vege quiche, sweet potato mash and assorted veg.	Curry chicken soup. Assorted wraps, chips and salad.	Chicken shawarma, roast potato and Fattoush salad.	Nachos, chicken and beef. Chinese noodle and assorted veg.
Dessert	Apple crumble	Fruit platter	Self saucing pudding	Fruit kebab	Waffles and icecream	Fruit platter	Mousse
Supper	Seasonal fresh fruit						

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## Menu Planner Term 3, 2026

## 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.	Selection of brekkie wraps, chia puddings, porridge and Bircher muesli.	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	Chicken noodle soup. Cottage pie, sweet potato bake, potato and assorted veg.	Chicken fettuccine, spinach ricotta quiche, wedges and assorted veg.	Minestrone soup. Burgers, chips and salads.	Mixed grill, vege polenta slice, potato bake and assorted veg.	Chicken Kiev, mash and assorted veg.	Vegetable soup. Hotdogs with wedges and assorted veg.	Bolognaise pasts with garlic bread and assorted veg.
Dessert	Fruit salad	Cheesecake	Fruit kebab	Bread and butter pudding	Fruit platter	Raspberry cheesecake crumble	Fruit platter
Supper	Seasonal fresh fruit						

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## Menu Planner Term 3, 2026

## 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.	Selection of brekkie wraps, chia puddings, porridge and Bircher muesli.	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	French onion soup. Chicken cacciatore, egg noodles and assorted veg.	Rich beef casserole, asparagus quiche, mash and assorted veg.	Tomato soup. Fish, chips and salads.	Presentation night special meal.	Burgers, wedges and salads.	Vegetable soup. Macaroni cheese and bacon, potato bake and assorted veg.	Meatballs and spaghetti with assorted veg.
Dessert	Apple slice	Fruit kebab	Mousse	Presentation night desserts		Fruit platter	Fruit platter
Supper	Seasonal fresh fruit						

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## Menu Planner Term 3, 2026

## 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.	Selection of brekkie wraps, chia puddings, porridge and Bircher muesli.	Cereal, yoghurt, seasonal fresh fruit.	Cereal, yoghurt, seasonal fresh fruit.	
Morning	Selection of healthy baked and packaged goods and fresh seasonal fruit.						
Lunch	Make your own rolls and wraps from a healthy selection of cold meat and salads.						
Afternoon	Assorted pastries, fruit and goods.						
Dinner	Roast lamb, vege bake, roast potato and roasted veg.	Butter coconut chicken, samosas, rice and assorted veg.	Sweet potato soup, pizza, wedges and assorted veg.	Lasagne, vege lasagne with garlic bread and assorted veg.	Burgers, chips and assorted veg.		
Dessert	Rice pudding	Fruit	Ice cream	tba	tba		
Supper	Seasonal fresh fruit						