

Moora Residential College – sample menu

Week 1 & 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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
Lunch	Hot lunch day	Lunch order	Lunch order	Lunch order	Lunch order	Soup and toasties	BLT's
Dinner	Spaghetti Bolognese with garlic bread and salads	Steak, chips and salads	Steak, chips and various salads	Chicken, marinated steaks. Salads	Red Curry chicken with rice	Mongolian beef stir-fry	Thai fried pork and rice – loaded with veggies and sensational Thai flavour!
Supper	Milo/biscuits	Homemade sausage rolls	Chicken nuggets	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.

OFFICIAL

Week 2 & 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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
Lunch	Hot lunch day	Lunch order	Lunch order	Lunch order	Lunch order	Hot Dogs	Sonja's Hot Chips and other treats
Dinner	Tuna mornay and salad	Rissoles, mashed potato and vegies. Gravy	Steak, chips and various salads.	Roast chicken and vegies Cauliflower cheese	Macaroni cheese with a selection of fresh salads and garlic bread	Butter chicken with rice	Pad Thai with fried pork
Supper	Popcorn	Cheese Platter	Mini cob loaves	Milkshakes	Cheese on toast	Supervisors surprise	Supervisors surprise

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OFFICIAL

Week 3 & 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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
Lunch	Hot lunch day	Lunch order	Lunch order	Lunch order	Lunch order	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!
Dinner	Baked pork chops. Baby potatoes with butter and parsley Tossed salad	Tacos. Assorted salads. Sour cream	Macaroni Cheese Tossed salad	Roast Beef, roast vegies and cauliflower cheese	Thai green chicken curry served with rice	Pork bites with rice and veggies	Thai fried chicken with noodles
Supper	Homemade quiche	Homemade pizza	Cheese platter and gherkins.	Fresh fruit and yoghurt	Cheese and ham toasties	Supervisors surprise	Supervisors surprise

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Week 4 & 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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
Lunch	Hot lunch day	Lunch order	Lunch order	Lunch order	Lunch order	Pastry Day! Pasties, quiches, pies and sausage rolls. Fresh fruit platter	Homemade soup with crusty bread rolls
Dinner	Crumbed cutlets, mashed potato and fresh salads	Chicken chilli wraps with salad	Sausages, chips and gravy. Potato salad. Tossed salad	Roast Lamb with all the traditional roast trimmings! Cauliflower cheese	Thai green chicken curry served with rice	Pork bites with rice and veggies	Thai fried chicken with noodles
Supper	Hot chocolates	Chicken strips	Cheese toasties	Milo and biscuits	Cheese and ham toasties	Supervisors surprise	Supervisors surprise

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OFFICIAL

Week 5 & 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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
Lunch	Hot lunch day	Lunch order	Lunch order	Lunch order	Lunch order		
Dinner	Kebabs, ribs. Baby potatoes and fresh salad	Hamburgers and salad Chips	Spaghetti Carbonara Garlic bread	Roast Chicken and vegies Cauliflower cheese	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
Supper	Fresh fruit platter	Pikelets	Cheese platter	Crackers with various toppings.	Frozen yoghurt cups and fruit platter	Supervisors surprise	Supervisors surprise

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