

# City Beach Residential College sample menu

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
<b>Morning Tea</b>	Homemade Muffins (Sweet)	Homemade Slice	Homemade Muffins (Savoury)	Nut free Muesli Slice	Homemade Slice			
<b>Afternoon Tea</b>	Croissants (Ham and Cheese) + GF option	Single or various (in season) fruit platter	Chicken Tenders	Cake/Lamingtons	Soup	<b>Lunch</b>	MYO Sandwiches/Wraps (Chef choice add nice extra cheeses and meats)	Burgers with salad bar
<b>Afternoon Tea Vego</b>	Croissants (Cheese and Tomato)		Vego Spring Rolls			<b>Lunch Vego</b>		Vege Patties (not potato)
<b>Dinner</b>	Steak/Meat dish	Beef Taco Tuesday	Lasagne	Stir Fry Chicken and Vegetables	Pizza - Meat lovers, Peperoni, Vego, Margarita Chicken, Hawaiian	<b>Dinner</b>	Beef curry	Roast Chicken/Beef
<b>Dinner Vego</b>	Fish	Black Beans for Taco	Vegetarian Lentil Lasagne	Plain rice/ Naan Bread		<b>Dinner Vego</b>	Spring rolls/vegetarian samosas	Frittata
<b>Carbohydrate</b>	Roasted Potatoes	Varies Salad Toppings for Tacos (Onions, Lettuce, Corn, Tomatoes, Salsa, Sour Cream, Guacamole, etc.)	Steamed Mixed Vegetables		Asian Greens	Garlic Bread	<b>Carbohydrate</b>	Rice
<b>Vegetable</b>	Corn/Peas			<b>Vegetable</b>			Naan Bread	
<b>Vegetable</b>	Broccoli			<b>Vegetable</b>			Asian Greens	Steamed Green Peas
<b>Salad</b>	Garden Salad	Varies Greens^	Garden Salad	Greek Salad	Salad Bar (Lunch Trolley)	<b>Salad</b>	Garden Salad	Garden Salad
<b>Desserts</b>	Single or various (in season) fruit platter	Choc Eclairs	Single or various (in season) fruit platter	Ice Cream and toppings	Single or various (in season) fruit platter	<b>Desserts</b>	Pavlova and Berries	Mousse
<b>Supper</b>	Cheese and crackers	Cookies/cake	Doritos (GF Doritos also)	Single or various (in season) fruit platter	Vegemite and Cheese scrolls	<b>Supper</b>	Single or various (in season) fruit platter	Fairy Bread