

Moora Residential College – Winter Menu 2025

| Week 1 and 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 | Make your own | Make your own | Make your own | Make your own | Soup and toasties | BLTs |
| Dinner | Pumpkin soup with mac and cheese and crusty bread with salads | Spaghetti bolognaise with garlic bread | Chicken Parmigiarna with potato bake and salads | Rissoles with mashed potato and seasonal veggies | Thai chicken with rice | Mongolian beef stir-fry | Thai fried pork and rice – loaded with veggies and sensational Thai flavour! |
| Supper | Milo and biscuits | Homemade pizzas | Chilli Strips | Cheese and crackers | Cheese on toast | Supervisor's surprise | Supervisor's 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 |
|------------------|--|--|--|--|--|--|--|
| 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 | Make your own | Make your own | Make your own | Make your own | Hot Dogs | Sonja's Hot Chips and other treats |
| Dinner | Chicken casserole with rice | Lamb chops with mashed potato and veggies | Steak with creamy mushroom sauce and baked potato with seasonal veggies | Roast meats (2 to choose from) with all the roasted veggies and cauliflower cheese | Macaroni cheese with a selection of fresh salads and garlic bread | Butter chicken with rice | Pad Thai with fried pork |
| Supper | Milo and biscuits | Mini pizzas | Mini quiches | Cocktail franks in a bun | Cheese on toast | Supervisor's surprise | Supervisor's 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 3 and 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 | 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! |
| Dinner | Tasty chicken soup with crusty bread Bangers and Mash with tasty gravy | Chicken stir fry with loaded fried rice | Beef casserole with rice and crusty bread (for all the yummy sauce!) | Pumpkin soup Roast Chicken with mashed potato, veggies and gravy | 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 | Supervisor's surprise | Supervisor's 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 |
|------------------|--|--|--|--|--|--|--|
| 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 | 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 |
| Dinner | Pumkin soup Shepherd pie | Beef Rogan Josh with rice | Corned beef with cabbage and bacon. Other veggies, served with a tasty white sauce. | Chicken and veggie soup Spaghetti bolognaise with garlic bread | 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 | Supervisor's surprise | Supervisor's 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 |
|------------------|--|--|--|--|--|--|--|
| 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 | Make your own | Make your own | Make your own | Make your own | | |
| Dinner | Pumpkin soup Beef casserole loaded with hearty winter veggies | French Onion soup Stuffed baked potatoes | Minestrone soup Nachos! Salads, sour cream and guacamole | Roast meats (2 to choose from) with all the roasted veggies and cauliflower cheese | Beef macaroni pasta bakes 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 | Milo and biscuits | Popcorn | Chicken nuggets | Milo and biscuits | Frozen yoghurt cups and fruit platter | Supervisor's surprise | Supervisor's 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.