**Narrogin Residential College – Menu GENERAL. 5 week rotation – Various deserts included.**

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| GeneralDinner Menu | **Monday**  | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| WEEK1 | Coco Pops5 x Cereal Toast / spreads Yoghurt / Fruit Juice/TeaFruit bread | Poached eggs5 x Cereal Toast spreads /Yoghurt Fruit / JuiceTea  | Bacon and Eggs5 x Cereal Toast spreads Yoghurt Fruit / Juice | beans/hash  5 x Cereal Toast spreads Yoghurt Fruit / Juice | Scrambled eggs5 x Cereal / Toast spreads / Yoghurt Fruit / Juice | 5 x Cereal Toast spreads Yoghurt Fruit / JuiceTea  | 5 x Cereal Toast spreads Yoghurt Fruit / JuiceTea  |
| Monday – Friday lunch at school |  |  |  |  |  |  |
| Beef Stir Fry or chicken stir fry hoisin noodlessalads | Roast Pork or Chicken and Gravy,VegetablesSalads | Chicken wrapsSalad | Grilled or Crumbed Fish, salads | Chicken Fettuccini or Wing Things,Salads | Nachos Night | Egg & Bacon Pie and salads  |
| WEEK2  | Coco pops5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTeaMonday – Friday lunch at school | Bacon & eggs5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  | spaghetti5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  | Poached eggs5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea | Beans /Hash Browns5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  |
|  |  |  |  |  |  |  |
|  Chicken Parma,Potato gemssalads | Italian Meatballs & Pastasalads | Chicken wraps | Lamb Chops or Chicken, Mash & vegies | BBQ | Flamed Grilled Chicken & Wedges (oven) | Cannellonisalads |

**2020**  **Variations may be needed from time to time due to shortage/availability.**

Monday – Friday – 3 evening dessert. 2 evening Supper. Saturday & Sunday – fruit platter.

**MORNING TEA AND LUNCHES FOR SCHOOL**

**AFTERNOON TEA –** **MONDAY – FRIDAY = FRUIT or any extras .**

**Fruit bowls are available 7 days a week in the dining room.**

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| **General****Dinner** **Menu** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| WEEK3 | Coco pops5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  | Scrambled eggs5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  | Baked beans5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | Bacon & eggs5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | Spaghetti/Hash Browns5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  |
| Monday – Friday lunch at school |  |  |  |  |  |  |
| Chicken Drumsticks orFried chicken,Salads | Roast beef, roast potatoes & vegetables | Chicken wraps | Beef or chicken curry | SteakSandwiches, wedges& salad | Crumbed fish & chips | Lasagne,Salads |
| WEEK4 | Coco pops5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  |  Poached eggs5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  | Beans/hash 5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | PancakesFruit bread5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | Bacon & eggs5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  |
|  |  |  |  | Monday – Friday lunch at school |  |  |
| Surf & turfOrdrumsticks | Shepherd’s pie | Chicken wraps | Spaghetti Bolognese, Garlic bread | BBQ | Pizza | Hamburger or chicken burgers & wedges |

**2020**  **Variations may be needed from time to time due to shortage/availability.**

Monday – Friday – 3 evening dessert. 2 evening Supper. Saturday & Sunday – fruit platter.

**MORNING TEA AND LUNCHES FOR SCHOOL**

**AFTERNOON TEA –** **MONDAY – FRIDAY = FRUIT or any extras .**

**Fruit bowls are available 7 days a week in the dining room.**

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| **General****Dinner** **Menu** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| WEEK5 | Coco pops5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea | Bacon & eggs5 x Cereal / Toast / spreads Yoghurt / Fruit / Juice tea | Scrambled eggs5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | Beans/hash5 x Cereal / Toast / spreads Yoghurt / Fruit / Juice | Poached eggs5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / JuiceTea  |
|  |  |  |  | Monday – Friday lunch at school |  |  |  |
| Beef or chicken stroganoff | Chicken Kiev | Chicken wraps | Bangers and mash with vegetables | Sweet & sour pork, fried riceor beef kebabs  | Pie & chips | Hungarian Goulash |
|  |  |  |  |  |  |  |

**Updated : February 2020**

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