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

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| General  Dinner  Menu | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | | **Friday** | | **Saturday** | | **Sunday** |
| WEEK  1 | Coco Pops  5 x Cereal  Toast / spreads Yoghurt / Fruit Juice/Tea  Fruit bread | Poached eggs  5 x Cereal Toast spreads /Yoghurt Fruit / Juice  Tea | Bacon and Eggs  5 x Cereal Toast spreads Yoghurt Fruit / Juice | beans/hash  5 x Cereal Toast spreads Yoghurt Fruit / Juice | | Scrambled eggs  5 x Cereal / Toast spreads / Yoghurt Fruit / Juice | | 5 x Cereal Toast spreads Yoghurt Fruit / Juice  Tea | | 5 x Cereal Toast spreads Yoghurt Fruit / Juice  Tea |
| Monday – Friday lunch at school |  |  |  | |  | |  | |  |
| Beef Stir Fry or chicken stir fry hoisin noodles  salads | Roast Pork or Chicken and Gravy,  Vegetables  Salads | Chicken wraps  Salad | Grilled or Crumbed Fish, salads | | Chicken Fettuccini or Wing Things,  Salads | | Nachos Night | | Egg & Bacon Pie and salads |
| WEEK  2 | Coco pops  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea  Monday – Friday lunch at school | Bacon & eggs  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | spaghetti  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | Poached eggs  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | Beans /Hash Browns  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | |
|  |  |  |  |  | |  | |  | |
| Chicken Parma,  Potato gems  salads | Italian Meatballs &  Pasta  salads | Chicken wraps | Lamb Chops or Chicken, Mash & vegies | BBQ | | Flamed Grilled Chicken & Wedges (oven) | | Cannelloni  salads | |

**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** |
| WEEK  3 | Coco pops  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | Scrambled eggs  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | Baked beans  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | Bacon & eggs  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | Spaghetti/Hash Browns  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea |
| Monday – Friday lunch at school |  |  |  |  |  |  |
| Chicken Drumsticks or  Fried chicken,  Salads | Roast beef, roast potatoes & vegetables | Chicken wraps | Beef or chicken curry | Steak  Sandwiches, wedges  & salad | Crumbed fish & chips | Lasagne,  Salads |
| WEEK  4 | Coco pops  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | Poached eggs  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | Beans/hash  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | Pancakes  Fruit bread  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | Bacon & eggs  5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea | 5 x Cereal / Toast / spreads / Yoghurt / Fruit / Juice  Tea |
|  |  |  |  | Monday – Friday lunch at school |  |  |
| Surf & turf  Or  drumsticks | Shepherd’s pie | Chicken wraps | Spaghetti Bolognese, Garlic bread | BBQ | Pizza | Hamburger or chicken burgers & wedges |

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

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

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

**Updated : February 2020**

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**MORNING TEA AND LUNCHES FOR SCHOOL**

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