



# SAMPLE MENU



ST ANNE'S DIOCESAN COLLEGE

<b>Wednesday 31st</b>	<b>Thursday 01st</b>	<b>Friday 02nd</b>	<b>Saturday 03rd</b>	<b>Sunday 04th</b>	<b>Monday 05th</b>	<b>Tuesday 06th</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Brunch</b>	<b>Breakfast</b>	<b>Breakfast</b>
Scrambled Eggs Bacon	Fried Eggs Cappuchino Muffins	Ham & Cheese Omlettes Balsamic Tomatoes	Poached Eggs Hash Browns	 Scrambled Eggs Bacon Pork Sausages Grilled Tomatoes Croissants Sliced Fruit Pancakes 	Boiled Eggs Savoury Mince	Fried Eggs Scones
<b>Morning Tea</b>	<b>Morning Tea</b>	<b>Morning Tea</b>	<b>Morning Tea</b>		<b>Morning Tea</b>	<b>Morning Tea</b>
Sandwiches	Health Sandwiches	Sandwiches	Sandwiches		Sandwiches	Health Sandwiches
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		<b>Lunch</b>	<b>Lunch</b>
Garlic Parmesan & Mushroom Chicken Mashed Potatoes Medley of Vegetables	Roast Pork Roast Potatoes Gravy Apple Sauce Cinnamon Butternut	Chicken Raj Savoury Cous Cous Gemsquash	Prego Steak Rolls Sliced Chips Jullienne Carrots		Hake Portions Signature Chips Tartare Sauce Green Beans	Peri Peri Chicken Parsley Potatoes Roast Vegetables
<b>Salads of The Day</b>	<b>Salads of The Day</b>	<b>Salads of The Day</b>	<b>Salads of The Day</b>		<b>Salads of The Day</b>	<b>Salads of The Day</b>
Crudite of Vegetables Houlloumi Rainbow Salad French Salad	Roasted Beet & Carrot Salad Spinach & Orange Salad Green Salad	Noodle Salad Broccoli Salad French	Crunchy Tangy Coleslaw  Green Salad		Bacon, Corn & Cheese Salad Potato Salad French Salad	Watermelon & Feta Salad 3 Bean Salad Green Salad
<b>Vegetarian Lunch</b>	<b>Vegetarian Lunch</b>	<b>Vegetarian Lunch</b>	<b>Vegetarian Lunch</b>		<b>Vegetarian Lunch</b>	<b>Vegetarian Lunch</b>
Stuffed Mushrooms	Soya Sausage with Creamy Lentils	Soya Strip Raj	Prego Vegetable Burgers		Vegetable Nuggets	Zucchini with Chickpea & Mushrooms
<b>Cold Meal</b>	<b>Cold Meal</b>	<b>Cold Meal</b>	<b>Cold Meal</b>	<b>Afternoon Tea</b>	<b>Cold Meal</b>	<b>Cold Meal</b>
Mozzarella, Salami & Tomato Salad	Holiday Chicken Salad	Tuna on Health Bread	On Request	Sausage Rolls Biscuits Custard Danish	Club Chicken Salad	Cheese Board
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Supper</b>	<b>Dessert</b>	<b>Dessert</b>
Fruit	Jelly & Custard	Fruit	Banana Split	Roast Lamb Gravy Roast Sweet Potatoes Creamed Spinach  <b>Dessert</b> Strawberry Cream Cheese Jelly Pie	Fruit	Chocolate Mousse
<b>Afternoon Tea</b>	<b>Afternoon Tea</b>	<b>Afternoon Tea</b>	<b>Afternoon Tea</b>		<b>Afternoon Tea</b>	<b>Afternoon Tea</b>
Cherry Sugar Cookies	Puffy's Choice	Fundgy Marie Biscuit Squares	Butter Pecan Cookies		Biscuits	Lemon Loaf
<b>Dinner at Heads House</b>	<b>MB Formal Dinner</b>				<b>Dinner at Heads House</b>	<b>FB Formal Dinner</b>
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>		<b>Supper</b>	<b>Supper</b>
BBQ Beef Strips Basmati Rice Stirfry Vegetables	Chicken Schnitzel Cheese Sauce Wedges Broccoli	Beef Mince Curry Roti Shredded Salad Sambals	Pizza Fizzy Drinks		Lemon & Herb Chicken Saute Potatoes Cauliflower Cheese Gravy	Spagethi Mince Bolognaise Tomato & Onion Sauce Garlic Bread
<b>Vegetarian Supper</b>	<b>Vegetarian Supper</b>	<b>Vegetarian Supper</b>	<b>Vegetarian Supper</b>	<b>Vegetarian Supper</b>	<b>Vegetarian Supper</b>	<b>Vegetarian Supper</b>
BBQ Soya Strips	Vegetable Schnitzel	Potato & Lentil Curry	Pizza	Cheesy Vegetable Tarts	Brinjal Parmesan	Soya Mince Bolognaise

Breakfast : 3 Different Cereals, 4 Different Yoghurts, Fruit,  
During the winter months : Breakfast: A Warm Cooked Porridge ie: Oats, Maltabella, Creamy Meal  
Dinner: A nice and fresh Soup is served at every dinner.