

KWS BOARDING MENU

TERM 4 – 2018



Term 4 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Selection of Cereals, Breads, Yogurt, Fruit, Juice and Spreads						
Breakfast	Baked beans, hash brown, Boiled eggs	Frittata, spaghetti, cheese topped tomatoes	poached eggs w roasted tomatoes, grilled mushrooms	Ham & Cheese English muffin, spaghetti	Crispy bacon, scrambled eggs, Baked Beans	Pancakes & Maple Syrup	Muffins & Crumpets
Morning Tea	Fruit & Snack item Monday to Friday						
Lunch	Selection of sandwiches, Fruit, yoghurt, water						
Lunch Meal	Assorted Pasta Salad	Meatball Subway	Pasta Carbonara creamy chive	Teriyaki Chicken stir-fry w Hokkien noodles	Selection of Pies & Sausage roll	Focaccia bread w various fillings	Assorted Meat & Salad rolls
Dinner	Southern Fried Chicken Schnitzel	Honey Soy Beef Stir Fry	Theme Night - Mexican	Traditional Beef Stroganoff	Pasta Bolognaise	Chicken tenders	BBQ – sausages & steak
	Grilled Chicken Breast G/F	Chicken Drumsticks	Beef Nachos	Fish Cocktails w sweet & sour sauce			
Vegetarian	Asian greens and tofu salad	Spaghetti Neapolitana	Carrot, zucchini and parsnip frittata	Baked Ricotta & Herb Crepes	Cauliflower and feta fritters	Vegetable Pizza & Hokkien Noodle Stir-fry	Vegetable Pie
Vegetables	Homestyle wedges Carrots Beans	Fried rice Corn kernels Zucchini	Salsa, Tomatoes, Beans, Sour cream, cheese, avocado	Rice Broccoli, Corn cob	Garlic Bread Carrots, peas	Wedges & beans	Salads / rolls
Dessert	Apple crumble	Vanilla Cheese Cake	Bread & butter pudding	Chocolate Mousse	Pavlova w passionfruit	Ice cream	Ice blocks

KWS BOARDING MENU

TERM 4 – 2018



Term 4 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Selection of Cereals, Breads, Yogurt, Fruit, Juice and Spreads						
Breakfast	Baked beans, hash brown, Boiled eggs	Veg Frittata, spaghetti, cheese topped tomatoes	Crispy bacon, scrambled eggs, Baked Beans	Ham & Cheese English muffin, spaghetti	poached eggs w roasted tomatoes, grilled mushrooms	Croissant	Muffins & Crumpets
Morning Tea	Fruit & Snack item Monday to Friday						
Lunch	Selection of sandwiches, Fruit, yoghurt, water						
Lunch Meal	Bacon, Chorizo & Tomato Pasta	Beef or Chicken Burger <u>w</u> mayo & lettuce	Thai beef w noodles	Honey mustard chicken roll	Hot Dogs w various fillings	Cold meat & salads	Toasties Ham & Cheese
Dinner	Chicken Wellington	Veal Schnitzel	Sausages <u>w</u> mash & onion gravy	Roast Pork	Crumbed Fish w lemon and tartare sauce	Beef Tacos	BBQ – Grilled chicken & rissoles
	Braised steak w pepper sauce	Marinated Chicken Drumsticks	Lamb Cutlets	Honey Mustard Roast Beef			
Vegetarian	Roast Vegetable & Quinoa Loaf	Caramelized onion and zucchini lasagna	Chinese broccoli and mushroom stir-fry...	Baked Cheese & Baby Spinach Flat Mushroom	Vegetable Kebabs	Vegetable & Bean Taco	Potato, Bean & Carrot Patties
Vegetables	Parsley potatoes w veg medley	Creamy Potato Bake w corn and broccoli	Mash Potato Beans carrots	Roast potatoes Pumpkin peas	Chips and mix veg	Grated cheese, carrot, lettuce, sour cream, salsa	Salads / rolls
Dessert	Strawberry mousse	Fruit & custard	Chocolate cake w jam & cream	Fruit & Jelly slice	Caramel puddings	Ice cream	Ice blocks

KWS BOARDING MENU

TERM 4 – 2018



Term 4 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Selection of Cereals, Breads, Yogurt, Fruit, Juice and Spreads						
Breakfast	Baked beans, hash brown, Boiled eggs	Ham & tomato Frittata, spaghetti	Crispy bacon, scrambled eggs, Baked Beans	Ham & Cheese English muffin, spaghetti	poached eggs w roasted tomatoes, grilled mushrooms	Waffles w Maple Syrup	Muffins & Crumpets
Morning Tea	Fruit & Snack item Monday to Friday						
Lunch	Selection of sandwiches, Fruit, yoghurt, water						
Lunch Meal	Sweet chilli chicken tenders on French bread	Assorted ham & Pineapple wraps	Combination Chow Mein	Assorted Roast Meat Rolls	Selection of Pies & Sausage rolls	Ham, Cheese & Tomato Toasties	Wraps w various fillings
Dinner	Grilled chicken Breast w herb sauce	Curried Sausages & Vegetable	Mongolian Lamb stir fry	Traditional Silverside	Roast Chicken w gravy	Pizza & Pasta	Hamburgers
	Cheesy Italian meatballs	Sweet & Sour Pork	Grilled Pork Medallion	Chicken Kiev			
Vegetarian	Vegetable Risotto	Lentil, feta and pumpkin pasta	Chick Pea & Vegetable Curry	Garlic marinated tofu and vegetable Casserole	Vegetable Puff Pastry Parcels	Veggie Patties	Vegetable & Tofu mix
Vegetables	Medley of Vegetables & Sweet potatoes	Mash Potato, beans carrots	Zucchini, corn kernels & rice	Cauliflower & Broccoli mornay, carrots & chats	Pumpkin potato & peas	Wedges & salads	Salads / rolls
Dessert	Chocolate cake	Fruit & Custard	Apple Pie & cream	Ice Cream & Topping	Jam Rolls	Banana Cake	Ice blocks