

# BREAKFAST

WEEK 3  
MENU  
SAMPLE



## EVERY DAY BREAKFAST BAR

Consisting of a variety of cereals e.g.: Weetabix, cornflakes, rice bubbles, sultana bran, choice of two gluten-free (gf) cereals, stone grain porridge with full cream, low fat, soy & lactose free milk options. Assorted breads for toasting, including wholegrain, sour dough & or English muffins & gf bread with spreads. Three yoghurt options available each day, flavoured, Greek, & soy available, with puree fruit, dried fruit with bananas, coconut, apple & cranberries, Geelong Grammar signature no-added sugar muesli with choice of fruit puree & whole fresh fruit, or cheese of the day with ham.

## HOT BREAKFAST

### MONDAY

Cheesy Spaghetti  
Scrambled Eggs

### TUESDAY

Zucchini & Feta Fritters  
Poached Eggs

### WEDNESDAY

Banana Bread  
Poached Eggs

### THURSDAY

Cheese Tomato & Pesto Focaccia Melt  
Boiled Eggs

### FRIDAY

Big Breakfast- Fried Eggs, Bacon,  
Hash Brown, Mushrooms & Tomatoes

### SATURDAY

French Toast  
Scrambled eggs

### SUNDAY

Sunday Brunch - Poached Eggs,  
Bacon, Sausage, Tomato Mushroom,  
Spinach, Hash Brown & Danishes

## YOGHURT BAR

Suggestion of yoghurt, fruit puree with our  
own signature muesli.

### MONDAY

Peach & apricot compote with  
Greek yoghurt

### TUESDAY

Granola, fruit compote & berries

### WEDNESDAY

Bircher muesli with blueberries

### THURSDAY

Mixed berry puree & toasted muesli

### FRIDAY

Passionfruit with Greek yoghurt

### SATURDAY

Apple & berry

### SUNDAY

Geelong Grammar signature  
Bircher muesli

## SMOOTHIE OF THE DAY

### MONDAY

Blueberry & Banana

### TUESDAY

Pineapple, Lime & Coconut

### WEDNESDAY

Peaches & Honey

### THURSDAY

Mango & Passionfruit

### FRIDAY

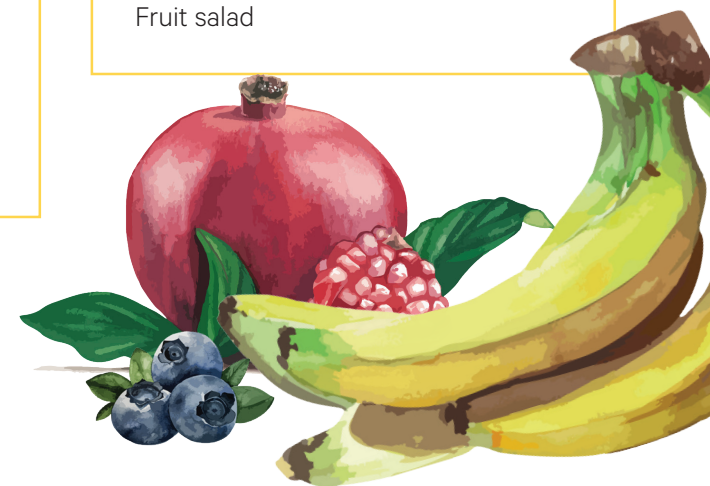
Strawberry, Banana & Yoghurt

### SATURDAY

Cranberry, Pear & Orange

### SUNDAY

Fruit salad



# LUNCH

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## SOUP BAR

with warm bread rolls (lunch & dinner)

### MONDAY

Chicken Sweetcorn Soup

### TUESDAY

Broccoli & Pea Soup

### WEDNESDAY

Potato & Leek

### THURSDAY

Pea & Ham

### FRIDAY

Creamy Cauliflower & Bacon

### SATURDAY

Roasted Tomato & Eggplant Soup with  
Herbed Croutons

## VEGETARIAN LUNCH

### MONDAY

Soy Braised Tofu & Eggplant

### TUESDAY

Falafel in Spicy Tomato Sauce

### WEDNESDAY

Pumpkin, Feta & Leek Quiche

### THURSDAY

Vegetarian Supreme Pizza

### FRIDAY

Spinach & Ricotta Rolls

### SATURDAY

Honey-Miso Edamame & Tofu

## LUNCH

### MONDAY

Teriyaki Chicken

### TUESDAY

Lamb Koftas in Spicy Tomato Sauce

### WEDNESDAY

Beef Curry Pies

### THURSDAY

Meat Lovers' Pizza

### FRIDAY

Beer Battered Fish with Tartar Sauce

### SATURDAY

Miso-Chili Marinated Pork Scotch

## SALADS

### MONDAY

Chicken & Rice Noodle Salad with  
Carrot, Cabbage & Cucumber

### TUESDAY

Grated Carrot, Sultanas, Red Onion,  
Coriander with Citrus Dressing

### WEDNESDAY

Caesar Salad

### THURSDAY

Greek Salad

### FRIDAY

Creamy Potato Salad with Celery,  
Bacon & Gherkins

### SATURDAY

Asian Bean Salad

## VEGETABLES & SIDES

### MONDAY

Bao Buns

Broccoli & Green Beans

### TUESDAY

Israeli Couscous with Dried Fruit  
& Sumac

### WEDNESDAY

Roast Carrot & Zucchini  
Shoestring Fries

### THURSDAY

Steamed Medley

### FRIDAY

Spiced Wedges  
Honey Glazed Carrots & Peas

### SATURDAY

Steamed Jasmine Rice  
Steamed Asian Greens



# DINNER

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## MAIN MEAL

### MONDAY

Pork Loin with Crackling & Gravy  
Lamb Tagine with Apricots

### TUESDAY

Beef Lasagna  
Grilled Salmon with Hollandaise Sauce

### WEDNESDAY

Korean Fried Chicken  
Ginger Beef Stir Fry

### THURSDAY

Slow Cooked Lamb Shoulder with  
Balsamic Onions  
Greek Style Grilled Chicken

### FRIDAY

Beef Madras  
Goan Chicken & Prawn Curry

### SATURDAY

Beef Patties, Lettuce, Tomato  
Grilled Chicken Thighs, Lettuce,  
Tomato

### SUNDAY

Pork Belly, Crackling, Gravy  
Leg of Lamb, Mint Sauce, Gravy



## VEGETARIAN DISH

### MONDAY

Middle Eastern Chickpea Tagine

### TUESDAY

Lentil & Vegetable Lasagna

### WEDNESDAY

Ginger & Soy Tofu Stir-fry

### THURSDAY

Golden Haloumi & Pepperonata

### FRIDAY

Dhal & Vegetables

### SATURDAY

Kale & Quinoa Patties

### SUNDAY

Roast Vegetable Bake

## DESSERTS

### MONDAY

Sliced Watermelon

### TUESDAY

Cherry Slice

### WEDNESDAY

Sliced Pineapple

### THURSDAY

Coconut Panna Cotta with Passionfruit

### FRIDAY

Fruit Salad with Honey Yoghurt

### SATURDAY

Assorted Ice Creams

### SUNDAY

Tim Tam Cheesecake

## VEGETABLES & SIDES

### MONDAY

Spiced Brown Rice  
Steamed Vegetable Medley

### TUESDAY

Steamed Vegetable Medley  
Garlic Bread

### WEDNESDAY

Steamed Jasmine Rice  
Steamed Asian Greens

### THURSDAY

Lemon & Oregano Roast Potatoes  
Green Beans & Tomatoes

### FRIDAY

Turmeric Rice  
Steamed Broccoli & Cauliflower

### SATURDAY

Damper Rolls  
Steamed Medley of Vegetables

### SUNDAY

Potato Gratin  
Steamed Peas & Broccoli

