

ggs summer boarding menu 2023

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
performer smoothie	a performer smoothie of the day will be available each morning - fruit – berries, ripe bananas, watermelon, kiwi, avocados, apple sauce, pomegranate, acai berries vegetables – kale, spinach carrots, beetroot, leafy greens protein/fat –ground chia seeds, flaxseed oil extras – dried wheat grass, barley grass, raw cacao nibs , honey, mint leaves, cinnamon, oat bran, spirulina milk – full cream, soy, water, greek yoghurt, ice, 100% juice (small quantity)						
	green power smoothie	banana, berry, honey, maca smoothie	watermelon, chia, carrot, mint smoothie	kiwi, avocado, flaxseed, green apple	cacao nibs, mint, oat bran, yogurt	mango, lime, oat smoothie	banana, blueberry maple smoothie
bircher/chia	bircher muesli with dried fruits	blueberry chia pudding	cranberry cinnamon bircher muesli	apricot coconut chia pudding	blueberry cinnamon bircher muesli	chia pudding with maple syrup & apple	bircher muesli with dried fruits
eggs, 2 ways	scrambled or hard boiled	poached or over-easy	scrambled or omelettes	over-easy or dukkha eggs	baked eggs or poached	soft boiled or fried	ggs big brunch – from the hot cabinet –
residential breakfast	grilled sweet potato roesti’s with oven roasted balsamic tomatoes	roasted red pepper & egg tartlets	cheese & tomato bagels (no breakfast in main dining hall)	mexican burrito wrap with spiced mexican beans	blueberry & honey french toast with crispy bacon	thin crust wholemeal breakfast pizza with mozzarella, oregano & basil	poached eggs with grilled bacon, roasted tomatoes & sauteed mushrooms french toast with berries & maple syrup honey, soy & ginger chicken or tofu noodle stir-fry with prawn crackers from the cold cabinet – extras station with fried shallots, coriander, toasted seeds & fresh chilli
breakfast bar	continental breakfast that may include the following items: selection of breakfast cereals - natural muesli (no added sugar), corn flakes, sultana bran, weet bix, rice bubbles gluten free cereals – weetbix, muesli & cornflakes stone ground porridge – create your own oat bowl yoghurt - flavored, greek & soy on request fruit - whole fresh fruit, stewed, two fruit purees, poached fruits daily breakfast pot that may include - bircher muesli, fruit salad cups, our own granola bowls, overnight oats, yoghurt & fruit breakfast trifle dried fruit - cranberries, apple, banana, coconut, sultanas, currants cheese (1 option) - havarti, cheddar, tasty, swiss shaved ham milk - full cream, low fat, soy, lactose free, oat bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options spreads - vegemite, honey, jams beverages – tea, coffee, 100% fruit juice (every thursday), water						
fruit & vegetable market	available at each meal service – fruit - whole & cut fresh fruit that may include kiwi, grapes, melons, pineapple, mango, berries, avocado, bananas, apples dips - hummus, tzatziki, eggplant, beetroot a range of vegetable stix - carrots, cucumber, peppers, broccoli, cauliflower, cherry tomatoes, mushrooms						
lunch							

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hot option	create your own banh mi baguette with shredded chicken & asian slaw from the cold cabinet - pickled vegetables, coriander, chilli & mayo	spinach & ricotta ravioli with napoli sauce & garlic baguettes from the cold cabinet – herb pangrattato & shaved parmesan	teriyaki beef or haloumi with broccolini & sushi rice from the cold cabinet - cucumber, capsicum, edamame beans, teriyaki dressing & toasted seeds	grilled lamb & rosemary sausages with wholemeal rolls & caramelised onions from the cold cabinet – big red sauce, shredded cheese & mustards	tandoori chicken strips steamed turmeric rice & pappadums from the cold cabinet – raita, mint chutney & leaf salad	spanakopita with pita bread stacks from the cold cabinet - tzatziki, chickpea salad & greek style black eyed peas	refer to brunch menu above
vegetarian	create your own banh mi baguette with shredded tofu & asian slaw from the cold cabinet - pickled vegetables, coriander, chilli & mayo			grilled plant-based sausages with wholemeal rolls & caramelised onions from the cold cabinet – big red sauce, shredded cheese & mustards	tandoori vegetable & paneer skewers with steamed turmeric rice & pappadums from the cold cabinet – raita, mint chutney & leaf salad		
vegetables/grains	vietnamese spiced roasted sweet potato wedges	roasted carrot, zucchini & eggplant medley	wok tossed asian greens with toasted seeds	steamed summer vegetable medley with lemon & olive oil	indian curried barley pilaf & whole steamed green beans	steamed summer vegetable medley	
compound salad	vietnamese rice noodle salad with fresh torn summer herbs & nuoc cham dressing	green goddess salad with avocado, cucumber, green peppers, beans, spinach, toasted pepitas & lemon & chive dressing	japanese salad with spinach, light soy dressing & shredded summer vegetables	mixed green leaf salad with avocado, red wine vinaigrette & toasted seed mix	indian chopped salad with lentils, red onion, mint, coriander & lime dressing	greek salad with roma tomatoes, lebanese cucumbers, olives & crumbled feta	
range of breads	sourdough, ciabatta, baguettes, pita pockets, multigrain, whole grain, turkish bread, gluten free options, low gi bread options						
soup	kettle of home-made soup that changes daily will be available with a range of accompaniments						
lunch salad bar	<p>ingredients that may include the following –</p> <p>2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef, lamb, tuna/salmon, hard boiled eggs</p> <p>2 options cheese – havarti, swiss, tasty, cheddar</p> <p>1 option legumes – chickpeas, black beans, white beans, kidney beans</p> <p>salad greens – spinach, rocket, iceberg, leafy greens</p> <p>seasonal herbs – coriander, basil, thyme, mint</p> <p>salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, cucumber</p> <p>dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils</p> <p>condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</p> <p>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</p> <p>dried spices – turmeric, cinnamon, dukkha</p> <p>sauces – soy, sriracha, teriyaki</p> <p>fresh lemon juice</p>						
poke bowl	please refer to attached poke bar menu						
lunch on the go	<p>lunch on the go packs that may include the following –</p> <p>selection of filled sandwiches, wraps & rolls</p> <p>vegetable stix – carrots, cucumber, capsicum, cherry tomatoes, celery</p> <p>dips – tzatziki, eggplant, capsicum</p> <p>fresh whole seasonal fruit</p>						
fruit	seasonal fresh fruit will be available throughout the day						

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week 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	roast beef with horseradish crust & pan gravy	texan grilled chicken with cowboy beans	slow cooked marmalade pork	coq au vin with steamed basmati	penne pasta with slow cooked lamb ragu from the cold cabinet – shaved parmesan	bbq dinner - home-made beef, chicken or plant-based burgers from the cold well - pineapple, beetroot, slaw & big red sauce	garlic & rosemary studded roast lamb with pan gravy
main course	pad see ew with wide rice noodles, water chestnuts, chinese broccoli, beans, egg omelette & ketjup manis	sweet chilli & lime salmon fillets	lamb shepherd’s pie with mash & parsnip chips	chargrilled steak from the cold cabinet – salsa verde	buttermilk fried chicken pieces from the cold cabinet – chartwells special sauce		gnocchi ‘mac ‘n cheese’
vegetarian		spinach & feta strata	roasted teriyaki mushrooms with soba noodles, chickpeas, broccolini, sriracha, ginger & red peppers	black bean & corn quesadillas from the cold cabinet – spiced salsa, guacamole & mozzarella	cauliflower tikka masala with edamame beans & basmati from the vegetable cabinet – pappadums		
additional vegetables served from self-service hot cabinet	balsamic roast potatoes maple dijon roasted carrots steamed broccolini & sugar snap peas	brown rice & quinoa medley steamed carrots, cauliflower lemon olive oil & poppy seeds	potato roesti’s wilted spinach with lemon & garlic sweet corn cobbettes	parmesan & chive roasted potatoes wok tossed zucchini, snow peas & cabbage	french fries steamed carrots, broccoli & peas with fresh mint	jacket potatoes from the cold cabinet – light sour cream & bacon crumb	baked polenta strips roasted vegetable medley with red onion, zucchini, pumpkin, carrots & parsnip
compound salad	chermoula spiced carrot & chickpea salad with cumin & lime dressing	roasted root vegetable salad with balsamic dressing	summer risoni salad with baby spinach, olives, onion & cider vinegar dressing	broad bean salad with spring onions, shredded carrot & extra virgin olive oil dressing	cabbage salad with chilli, mint & roasted seeds	create your own caesar salad bowl with baby cos, ciabatta croutons, poached eggs, caesar dressing & shaved parmesan	green herb salad with mixed green leaves, snow peas, pumpkin seeds & sage dressing
dinner salad bar	ingredients will include the following – 2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef or corned beef, tuna/salmon, hard boiled eggs, sliced cheddar cheese, light cheese (does this get served at dinner) 2 options cheese – havarti, swiss, tasty, cheddar legumes – chickpeas, black beans, white beans, kidney beans salad greens – spinach, rocket, iceberg, greens seasonal herbs – coriander, basil, thyme, mint salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki specialty items – marinated eggplant, capsicums, zucchini, mushrooms, olives etc bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options dried spices – turmeric, cinnamon, dukkha sauces – soy, sriracha, teriyaki citric fruit juices – lime, lemon						
the dessert station	layered summer stone fruit with mascarpone & shortbread crumb	sticky toffee pudding with toffee sauce	summer fruit salad with vanilla ice-cream cups	apple & rhubarb crumble with vanilla custard	toasted coconut panna cotta with grilled pineapple	blueberry clafouti with vanilla yoghurt	ice-cream sundaes with crushed praline & smashed summer berry sauce
special dietary requirements	all special dietary requirements will be met for each meal service						

ggs summer boarding menu 2023

week 2	mon	tue	wed	thu	fri	sat	sun
breakfast							
performer smoothie	a performer smoothie of the day will be available each morning - fruit – berries, ripe bananas, watermelon, kiwi, avocados, apple sauce, pomegranate, acai berries vegetables – kale, spinach carrots, beetroot, leafy greens protein/fat –ground chia seeds, flaxseed oil extras – dried wheat grass, barley grass, raw cacao nibs , honey, mint leaves, cinnamon, oat bran, spirulina milk – full cream, soy, water, greek yoghurt, ice, 100% juice (small quantity)						
	green power smoothie	banana, berry, honey, maca smoothie	watermelon, chia, carrot, mint smoothie	kiwi, avocado, flaxseed, green apple	cacao nibs, mint, oat bran, yogurt	mango, lime, oat smoothie	banana, blueberry maple smoothie
bircher/chia	blueberry chia pudding	cranberry cinnamon bircher muesli	apricot coconut chia pudding	blueberry cinnamon bircher muesli	chia pudding with maple syrup & apple	bircher muesli with dried fruits	blueberry chia pudding
eggs	scrambled or omelettes	over-easy or (<i>nut free</i>) dukkha eggs	baked eggs or poached	soft boiled or fried	scrambled or hard boiled	poached or over-easy	ggs big brunch – fried eggs with hash browns, grilled bacon & wilted spinach
breakfast	breakfast filo tart with roasted summer vegetables	toasted crumpets with honey	spinach, ricotta & mozzarella wholemeal scroll (no breakfast in main dining hall)	thick cut cinnamon french toast with honey	breakfast bruschetta with smashed avocado & roasted tomatoes & crumbled feta	pancake stacks with maple syrup	ricotta & honey pancakes with smashed blueberries sweet corn & zucchini fritters with avocado salsa
breakfast bar	continental breakfast that may include the following items: selection of breakfast cereals – natural muesli (no added sugar), corn flakes, sultana bran, weet bix, rice bubbles gluten free cereals – weetbix, muesli & cornflakes stone ground porridge – create your own oat bowl yoghurt – flavored, greek & soy on request fruit – whole fresh fruit, stewed, two fruit purees, poached fruits daily breakfast pot that may include – bircher muesli, fruit salad cups, our own granola bowls, overnight oats, yoghurt & fruit breakfast trifle dried fruit – cranberries, apple, banana, coconut, sultanas, currants cheese (1 option) – havarti, cheddar, tasty, swiss shaved ham milk – full cream, low fat, soy, lactose free, oat bread – high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options spreads – vegemite , honey, jams beverages – tea, coffee, 100% fruit juice (every thursday), water						
fruit & vegetable market	available at each meal service – fruit – whole & cut fresh fruit that may include kiwi, grapes, melons, pineapple, mango, berries, avocado, bananas, apples dips – hummus, tzatziki, eggplant, beetroot a range of vegetable stix – carrots, cucumber, peppers, broccoli, cauliflower, cherry tomatoes, mushrooms						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	chicken & mexican bean quesadillas from the cold cabinet – salsa, lite sour cream, guacamole & shredded cheese	pork, apple & caramelised onion sausage rolls from the cold cabinet – tomato jam, relish, bbq sauce, onion jam & sriracha	parmesan & lemon crumbed fish with oven roasted sweet potato wedges from the cold cabinet – tartare sauce, lemon cheeks & summer slaw	singapore egg noodles with ketjup manis, tofu, shredded vegetables & prawn crackers from the cold cabinet –	create your own chargrilled lamb burgers with wholemeal buns from the cold cabinet – caramelised onions, beetroot, pineapple, salad greens,	build your own baguette bar – shredded roast chicken, pulled beef brisket or mediterranean falafels	refer to brunch menu above

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				fresh chopped chilli, spring onions, sticky soy sauce, toasted seeds & fried shallots	cheddar cheese, sauces & condiments	from the cold cabinet – selection of dips summer salad ingredients selection of condiments homemade dressings	
vegetarian	mexican bean quesadillas from the cold cabinet – salsa, lite sour cream, guacamole & shredded cheese	sweet potato, chickpea & caramelised onion sausage rolls from the cold cabinet – tomato jam, relish, bbq sauce, onion jam & sriracha	parmesan & lemon crumbed eggplant with oven roasted sweet potato wedges from the cold cabinet – tartare sauce, lemon cheeks & summer slaw		chargrilled chickpea & vegetable burgers with wholemeal buns from the cold cabinet – caramelised onions, beetroot, pineapple, salad greens, cheddar cheese, sauces & condiments		
vegetables/grains	charred corn cobs with butter & cracked black pepper	pea medley with sugar, snow & green peas	oven roasted sweet potatoes & steamed broccoli	wok tossed ketjup manis bok choy & wombok	steamed summer vegetable medley	quinoa, rice & vegetable pilaf oven roasted honeyed pumpkin wedges	
compound salad	mexican bean salad with pinto beans, black beans, corn kernels, peppers & white wine vinegar dressing	fattoush salad with pita strips, cucumbers, tomatoes, summer green leaves & extra virgin olive oil dressing	summer slaw with red cabbage, carrots, chives & lime vinaigrette	asian salad with tofu, edamame beans & light soy dressing	greek salad with roma tomatoes, cucumber & crumbled feta	tabbouleh couscous salad	
soup	kettle of home-made soup that changes daily will be available with a range of accompaniments						
range of breads	sourdough, ciabatta, baguettes, pita pockets, multigrain, whole grain, turkish bread, gluten free options, low gi bread options						
lunch salad bar	<p>ingredients that may include the following –</p> <p>2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef, lamb, tuna/salmon, hard boiled eggs</p> <p>2 options cheese – havarti, swiss, tasty, cheddar</p> <p>1 option legumes – chickpeas, black beans, white beans, kidney beans</p> <p>salad greens – spinach, rocket, iceberg, leafy greens</p> <p>seasonal herbs – coriander, basil, thyme, mint</p> <p>salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, cucumber</p> <p>dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils</p> <p>condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</p> <p>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</p> <p>dried spices – turmeric, cinnamon, dukkha</p> <p>sauces – soy, sriracha, teriyaki</p> <p>fresh lemon juice</p>						
poke bowl	please refer to attached poke bar menu						
fruit	seasonal fresh fruit will be available throughout the day						
lunch on the go	<p>lunch on the go packs that may include the following –</p> <p>selection of filled sandwiches, wraps & rolls</p> <p>vegetable stix – carrots, cucumber, capsicum, cherry tomatoes, celery</p> <p>dips – tzatziki, eggplant, capsicum</p> <p>fresh whole seasonal fruit</p>						
fruit	seasonal fresh fruit will be available throughout the day						

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week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	cider braised corned silverside	grilled cajun chicken from the cold cabinet – smashed avocado salsa	beef, garlic & cumin koftas from the cold cabinet – hommus & tabbouleh	honey, soy & ginger pork skewers	crispy fish from the cold cabinet – home-made tartare sauce	pizza night - thin crust pizza with tandoori lamb & tzatziki triple cheese & ham calzone pizza pockets thin crust vegetarian pizza with charred zucchini, pumpkin & crumbled feta	traditional summer roast chicken
	chargrilled lemon & oregano greek lamb stix with flatbreads from the cold cabinet – tzatziki	wok tossed hoisin beef with asian vegetables	spanish chicken basque with roasted tomatoes, red peppers & paprika	beef & field mushroom stroganoff with rice	thai green chicken curry		teriyaki beef stir-fry with egg noodles & asian vegetables
	zucchini & chickpea meatballs with roasted tomato sugo from the cold cabinet – shaved parmesan	tofu & sweet potato coconut curry with turmeric & lime	cantonese style noodles with asian vegetables, tempeh, oyster & soy sauce	vegetarian lentil & zucchini lasagne with ricotta & greek yoghurt	zucchini, ricotta & chickpea fritters with raita & coriander chutney		cannellini & broad bean, cauliflower braise
additional vegetables served from self-service hot cabinet	seeded mustard mashed potatoes steamed cauliflower, beans & carrots	steamed jasmine rice wok tossed bok choy & choy sum with oyster sauce	mediterranean couscous steamed vegetable medley with spiced dukkha	paprika & lemon salted roast potatoes roasted tomatoes, zucchini & eggplant medley sautéed summer squash with herbs & balsamic vinegar	oven roasted potato wedges steamed jasmine rice sauteed summer vegetables	chopped garden salad with lemon vinaigrette freekah salad with torn herbs, pomegranate, tomatoes & crumbled feta	layered potato bake baked pumpkin wedges with nutmeg green bean & pea medley
	mediterranean pasta salad with rocket, sundried tomatoes & lemon dressing	grilled zucchini salad with charred corn, peppers & summer herb vinaigrette	watermelon, crumbled feta & pomegranate salad	rice salad with black beans, shallots, cucumber & avocado	super green salad with apple, avocado & cucumber		ancient grain salad with cumin yoghurt dressing
	dinner salad bar	ingredients will include the following – 2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef or corned beef, tuna/salmon, hard boiled eggs, sliced cheddar cheese, light cheese 2 options cheese – havarti, swiss, tasty, cheddar legumes – chickpeas, black beans, white beans, kidney beans salad greens – spinach, rocket, iceberg, greens seasonal herbs – coriander, basil, thyme, mint salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki specialty items – marinated eggplant, capsicums, zucchini, mushrooms, olives etc bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options dried spices – turmeric, cinnamon, dukkha sauces – soy, sriracha, teriyaki citric fruit juices – lime, lemon					
the dessert station	fresh blueberry turnovers with vanilla custard	baked raspberry & pear oat crisp	wholemeal gingerbread pancakes with poached summer apples	fresh cut summer stone fruit platters with mango yoghurt	red velvet chocolate fudge brownie	mango frozen yoghurt pots	peach melba with shortbread crumb
special dietary requirements	all special dietary requirements will be met for each meal service						

ggs summer boarding menu 2023

week 3	mon	tue	wed	thu	fri	sat	sun
breakfast							
performer smoothie	a performer smoothie of the day will be available each morning - fruit – berries, ripe bananas, watermelon, kiwi, avocados, apple sauce, pomegranate, acai berries vegetables – kale, spinach carrots, beetroot, leafy greens protein/fat –ground chia seeds, flaxseed oil extras – dried wheat grass, barley grass, raw cacao nibs, honey, mint leaves, cinnamon, oat bran, spirulina milk – full cream, soy, water, greek yoghurt, ice, 100% juice (small quantity)						
	green power smoothie	banana, berry, honey, maca smoothie	watermelon, chia, carrot, mint smoothie	kiwi, avocado, flaxseed, green apple	cacao nibs, mint, oat bran, yogurt	mango, lime, oat smoothie	banana, blueberry maple smoothie
bircher chia	cranberry cinnamon bircher muesli	apricot coconut chia pudding	blueberry cinnamon bircher muesli	chia pudding with maple syrup & apple	bircher muesli with dried fruits	blueberry chia pudding	cranberry cinnamon bircher muesli
eggs	scrambled or omelettes	over-easy or dukkha eggs	baked eggs or poached	soft boiled or fried	scrambled or hard boiled	poached or over-easy	ggs big brunch – scrambled eggs with our own spicy baked beans, grain toast & grilled breakfast sausages raspberry & white chocolate muffins brunch bruschetta pasta with pangratatto, shaved parmesan & slow roasted tomatoes
breakfast	open toasted tomato, cheddar & pesto english muffins	apple studded pikelets	breakfast quesadillas with mild salsa (no breakfast in main dining hall)	shaved ham & cheddar croissants	breakfast frittata with zucchini, corn & mushrooms	toasted waffles with pure maple syrup	
breakfast bar	continental breakfast that may include the following items: selection of breakfast cereals - natural muesli (no added sugar), corn flakes, sultana bran, weet bix, rice bubbles gluten free cereals – weetbix, muesli & cornflakes stone ground porridge – create your own oat bowl yoghurt – flavored, greek & soy on request fruit - whole fresh fruit, stewed, two fruit purees, poached fruits daily breakfast pot that may include - bircher muesli, fruit salad cups, our own granola bowls, overnight oats, yoghurt & fruit breakfast trifle dried fruit - cranberries, apple, banana, coconut, sultanas, currants cheese (1 option) - havarti, cheddar, tasty, swiss shaved ham milk - full cream, low fat, soy, lactose free, oat bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options spreads - vegemite, honey, jams beverages – tea, coffee, 100% fruit juice (every thursday), water						
fruit & vegetable market	available at each meal service – fruit - whole & cut fresh fruit that may include kiwi, grapes, melons, pineapple, mango, berries, avocado, bananas, apples dips - hummus, tzatziki, eggplant, beetroot a range of vegetable stix - carrots, cucumber, peppers, broccoli, cauliflower, cherry tomatoes, mushrooms						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	create your own pulled pork torpedo rolls from the cold cabinet – cucumber pickles, bbq sauce, salad greens, red onions & cheddar cheese	build your own caesar salad with seared chicken strips from the cold cabinet - giant croutons & light caesar dressing	italian beef meatballs with smashed potatoes from the cold cabinet – fresh torn basil, shaved parmesan & sourdough pangratatto	special fried rice with prawn crackers from the cold cabinet – fried shallots, spring onions, fresh chopped chilli & fresh torn herbs	penne pasta with pan seared chicken alfredo sauce & garlic focaccia strips from the cold cabinet – summer peas, shaved parmesan, extra virgin olive oil & fresh torn herbs	create your own minute steak burgers from the cold cabinet – mozzarella, avocado, salad, chipotle mayonnaise, fried eggs & condiment station	refer to brunch menu above

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vegetarian	create your own pulled jack fruit torpedo rolls from the cold cabinet – cucumber pickles, bbq sauce, salad greens, red onions & cheddar cheese	build your own caesar salad with chargrilled seared haloumi from the cold cabinet – giant long croutons & light caesar dressing & shaved parmesan	italian chickpea meatballs with smashed potatoes from the cold cabinet – fresh torn basil, shaved parmesan & sourdough pangratatto	special vegetarian fried rice noodle boxes with prawn crackers from the cold cabinet – fried shallots, spring onions, fresh chopped chilli & fresh torn herbs	penne pasta with roasted pumpkin alfredo sauce & garlic focaccia strips from the cold cabinet – summer peas, shaved parmesan, extra virgin olive oil & fresh torn herbs	create your own smoky cauliflower & quinoa burgers from the cold cabinet – mozzarella, avocado, salad, chipotle mayonnaise, fried eggs & condiment station	
vegetables/grains	miso roasted eggplant	roasted balsamic zucchini wedges	peas, mint & onion medley	wok tossed asian mustard greens with dark soy & ginger	steamed carrots with quinoa, squash & red peppers	oven roasted chat potatoes charred oven roasted tomatoes with couscous & parsley	
compound salad	mexican street corn salad with lime & chilli dressing	buckwheat tabbouleh with citrus dressing	mixed tomato caprese salad with nut free basil pesto	asian slaw with wombok, crispy noodles & ginger dressing	summer salad with leafy greens, radish, toasted seeds & orange & mint dressing	watermelon, feta & pomegranate salad	
soup	kettle of home-made soup that changes daily will be available with a range of accompaniments						
range of breads	sourdough, ciabatta, baguettes, pita pockets, multigrain, whole grain, turkish bread, gluten free options, low gi bread options						
lunch salad bar	<p>ingredients that may include the following –</p> <p>2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef, lamb, tuna/salmon, hard boiled eggs</p> <p>2 options cheese – havarti, swiss, tasty, cheddar</p> <p>1 option legumes – chickpeas, black beans, white beans, kidney beans</p> <p>salad greens – spinach, rocket, iceberg, leafy greens</p> <p>seasonal herbs – coriander, basil, thyme, mint</p> <p>salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, cucumber</p> <p>dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils</p> <p>condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</p> <p>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</p> <p>dried spices – turmeric, cinnamon, dukkha</p> <p>sauces – soy, sriracha, teriyaki</p> <p>fresh lemon juice</p>						
poke bowl	please refer to attached poke bar menu						
lunch on the go	<p>lunch on the go packs that may include the following –</p> <p>selection of filled sandwiches, wraps & rolls</p> <p>vegetable stix – carrots, cucumber, capsicum, cherry tomatoes, celery</p> <p>dips – tzatziki, eggplant, capsicum</p> <p>fresh whole seasonal fruit</p>						
fruit	seasonal fresh fruit will be available throughout the day						

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week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	roast lamb with rosemary & garlic	beef souvlaki with greek roasted potatoes from the cold cabinet - hummus	oven baked panko crumbed pork schnitzel from the cold cabinet – lemon cheeks	tuscan style chicken with semi dried tomatoes, olives & tarragon	beer battered fish from the cold cabinet – own sweet chilli mayo	thai dinner - thai spring rolls with nuoc cham dipping sauce	herb crusted roast beef with pan juices
	main course	grilled indian korma chicken strips from the cold cabinet – raita & fresh lime	turkish gozleme with lamb from the cold cabinet – mint & spiced yoghurt	baked filo spinach & ricotta parcels from the cold cabinet – tzatziki	chargrilled steak with mushrooms, onions & red wine jus	indonesian sticky lamb with bok choy & charred limes	pad thai chicken noodles with vegetables & egg omelette (vegetarian option available) thai yellow beef or jackfruit curry with spring onions
vegetarian		caramelised onion, mushroom & pumpkin risotto with crumbled feta & roasted pumpkin seeds	eggplant bake with tomatoes, ricotta & forbidden rice		vegetarian mexican lasagne with kidney beans, tomatoes, sweet corn, taco spice & shredded cheddar	sweet potato & tofu curry with steamed basmati rice	roti bread strips
additional vegetables served from self-service hot cabinet	steamed basmati rice wok tossed broccolini with shredded carrot & capsicum roasted vegetable medley	lemon & oregano roasted potatoes summer beans with balsamic roasted tomatoes	oven baked chips steamed summer vegetables	layered potato bake zucchini, squash & eggplant with lemon thyme	hand cut potato wedges roasted lemon asparagus garlic & ginger bok choy	steamed jasmine rice wok tossed asian vegetables	potato galettes roasted sweet potatoes seared summer vegetables
	compound salad	farro salad with zucchini, salad onion, herbs, shaved parmesan & apple cider vinegar dressing	fattoush market salad with tomato, cucumber, radish, pita bread strips & mint dressing	cannellini bean salad with snow peas, red cabbage, orange & dijon honey dressing	tomato & cucumber salad with soy dressing	green bean & caserecce pasta salad with fresh thyme & lemon dressing	indian chopped salad with curry leaves, toasted spices & seeds, lettuce, tomatoes, smashed pappadums, raita & mango chutney
dinner salad bar	ingredients will include the following – 2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef or corned beef, tuna/salmon, hard boiled eggs, sliced cheddar cheese, light cheese 2 options cheese – havarti, swiss, tasty, cheddar legumes – chickpeas, black beans, white beans, kidney beans salad greens – spinach, rocket, iceberg, greens seasonal herbs – coriander, basil, thyme, mint salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki specialty items – marinated eggplant, capsicums, zucchini, mushrooms, olives etc bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options dried spices – turmeric, cinnamon, dukkha sauces – soy, sriracha, teriyaki citric fruit juices – lime, lemon						
the dessert station	jelly slice with shortbread crumb & dollop cream	summer berries with vanilla yoghurt cinnamon donut boards! (valentine's day celebration)	carrot, sultana & allspice cake	chocolate mousse with crushed meringues & strawberries	make your own ice-cream sundae with smashed berries, passionfruit & wafers	caramelised pineapple wedges with salted caramel sauce	nectarine, lemon yoghurt & granola
special dietary requirements	all special dietary requirements will be met for each meal service						

ggs summer boarding menu 2023

week 4	mon	tue	wed	thu	fri	sat	sun
breakfast							
performer smoothie	a performer smoothie of the day will be available each morning - fruit – berries, ripe bananas, watermelon, kiwi, avocados, apple sauce, pomegranate, acai berries vegetables – kale, spinach carrots, beetroot, leafy greens protein/fat –ground chia seeds, flaxseed oil extras – dried wheat grass, barley grass, raw cacao nibs , honey, mint leaves, cinnamon, oat bran, spirulina milk – full cream, soy, water, greek yoghurt, ice, 100% juice (small quantity)						
	green power smoothie	banana, berry, honey, maca smoothie	watermelon, chia, carrot, mint smoothie	kiwi, avocado, flaxseed, green apple	cacao nibs, mint, oat bran, yogurt	mango, lime, oat smoothie	banana, blueberry maple smoothie
bircher chia	apricot coconut chia pudding	blueberry cinnamon bircher muesli	chia pudding with maple syrup & apple	bircher muesli with dried fruits	blueberry chia pudding	cranberry cinnamon bircher muesli	apricot coconut chia pudding
eggs	poached or over-easy	scrambled or omelettes	over-easy or dukkha eggs	scrambled or hard boiled	baked eggs or poached	scrambled or soft boiled or fried	ggs big brunch – egg & bacon muffins with potato bubble & squeak & charred corn cobs breakfast banana bread with mascarpone create your own panko crumbed chicken or eggplant strip baguettes with sweet chilli mayo, summer salad greens, pickled vegetables & condiment station
breakfast	vegemite & cheddar breakfast toasties	vanilla & cinnamon waffles with honey	mediterranean vegetable hash brown bake with spiced relish (no breakfast in main dining hall)	grilled breakfast burrito with potatoes, onions, peppers & salsa	oatmeal buttermilk pancakes with smashed summer berries	sweet corn fritters with greek yoghurt & chives	
breakfast bar	continental breakfast that may include the following items: selection of breakfast cereals - natural muesli (no added sugar), corn flakes, sultana bran, weet bix, rice bubbles gluten free cereals – weetbix, muesli & cornflakes stone ground porridge – create your own oat bowl yoghurt - flavored, greek & soy on request fruit - whole fresh fruit, stewed, two fruit purees, poached fruits daily breakfast pot that may include - bircher muesli, fruit salad cups, our own granola bowls, overnight oats, yoghurt & fruit breakfast trifle dried fruit - cranberries, apple, banana, coconut, sultanas, currants cheese (1 option) - havarti, cheddar, tasty, swiss shaved ham milk - full cream, low fat, soy, lactose free, oat bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options spreads - vegemite, honey, jams beverages – tea, coffee, 100% fruit juice (every thursday), water						
fruit & vegetable market	available at each meal service – fruit - whole & cut fresh fruit that may include kiwi, grapes, melons, pineapple, mango, berries, avocado, bananas, apples dips - hummus, tzatziki, eggplant, beetroot a range of vegetable stix - carrots, cucumber, peppers, broccoli, cauliflower, cherry tomatoes, mushrooms						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							

ggs summer boarding menu 2023

hot option	stir fry beef with chilli, wok tossed vegetables & coconut rice	mac 'n cheese with herb focaccia strips	indian lamb rogan josh with cardamom, fennel, turmeric rice & naan bread strips	oven baked jacket spuds with shredded chicken	pulled mexican beef soft shell tacos with spiced rice pilaf	honey & sriracha lamb stir-fry with flat rice noodles & asian vegetables & prawn crackers	refer to brunch menu above
vegetarian		from the cold cabinet – garlic & herb focaccia, pan gratatto, shaved parmesan & fresh torn herbs	indian sweet potato & quinoa rogan josh with cardamom, fennel, turmeric rice & naan bread strips	from the cold cabinet – mozzarella, corn, summer slaw & lite sour cream	from the cold cabinet – shredded vegetables, chipotle mayo, guacamole & shredded cheese	from the cold cabinet – fried shallots, spring onions & fresh chilli	
vegetables/grains	oven baked parmesan crumbed zucchini fries steamed green beans	chargrilled cheesy corn cobs	vegetable biryani	grilled vegetable medley	roasted mexican spiced vegetables with turmeric yoghurt	wok tossed broccolini, lemon zest & toasted grain crumb	
compound salad	spiced cauliflower tabbouleh	roast sweet potato & black rice salad	summer green salad with mint dressing	beetroot, orange & haloumi salad	mexican kidney bean & avocado salad	asian coconut & lemongrass salad with torn herbs, cucumber, tomatoes & red onion	
soup	kettle of home-made soup that changes daily will be available with a range of accompaniments						
range of breads	sourdough, ciabatta, baguettes, pita pockets, multigrain, whole grain, turkish bread, gluten free options, low gi bread options						
lunch salad bar	<div>ingredients that may include the following –</div> <div>2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef, lamb, tuna/salmon, hard boiled eggs</div> <div>2 options cheese – havarti, swiss, tasty, cheddar</div> <div>1 option legumes – chickpeas, black beans, white beans, kidney beans</div> <div>salad greens – spinach, rocket, iceberg, leafy greens</div> <div>seasonal herbs – coriander, basil, thyme, mint</div> <div>salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, cucumber</div> <div>dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils</div> <div>condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</div> <div>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</div> <div>dried spices – turmeric, cinnamon, dukkha</div> <div>sauces – soy, sriracha, teriyaki</div> <div>fresh lemon juice</div>						
poke bowl	please refer to attached poke bar menu						
fruit	seasonal fresh fruit will be available throughout the day						
lunch on the go	<div>lunch on the go packs that may include the following –</div> <div>selection of filled sandwiches, wraps & rolls</div> <div>vegetable stix - carrots, cucumber, capsicum, cherry tomatoes, celery</div> <div>dips - tzatziki, eggplant, capsicum</div> <div>fresh whole seasonal fruit</div>						
fruit	seasonal fresh fruit will be available throughout the day						

ggs summer boarding menu 2023

week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	roast pork belly with sticky honey, soy & ginger sauce	asian style grilled chicken fillet burgers with slaw	crumbed fish po-boy's from the cold cabinet - avocado, tomatoes, lettuce & mayo	traditional shepherd's pie	grilled lamb chops with tomato relish	italian dinner - lasagne with garlic baguettes spaghetti carbonara with shaved parmesan spinach & ricotta cannelloni garlic focaccia strips from the cold cabinet - sourdough & parmesan pangratatto	slow roasted pork shoulder with pan gravy & brown sugared apples
	gremolata chicken with parmesan	sticky bbq beef short ribs from the cold cabinet - mango & coconut salsa	chargrilled pork kebabs with plum glaze	gangnam style chicken tenderloins with honey & garlic	chicken, mozzarella & sweet corn filo parcels		chicken chow mein noodles
	spiced indian potato, cannellini beans & spinach curry with garam masala, roasted cumin, jasmine rice & natural yoghurt	cajun spiced red quinoa & zucchini burgers with smashed avocado & yoghurt dressing	lentil & eggplant dhal with turmeric, naan bread & rice pilaf	sweet potato & white bean chilli with basmati, coriander & smoked paprika	oven roasted sweet potatoes with roasted chickpeas, feta, olives, lite sour cream & sundried tomatoes		tandoori roasted cauliflower with wild rice & quinoa pilaf & raita
additional vegetables served from self-service hot cabinet	steamed beans, roasted cherry tomatoes & garlic pangratatto	hassel backed potatoes wok tossed vegetables with cauliflower, broccoli & leeks	fat chips charred sweet corn cobs roasted tomatoes, spring onions & mushrooms	fried rice zucchini provencale with cheese & grain crumb crust	steamed new potatoes braised red cabbage with apples & caramelised onions roasted baby beets	italian oven roasted potatoes chargrilled mediterranean vegetable medley	double baked loaded potatoes ricotta & summer vegetable tray bake
compound salad	summer slaw with sweet chilli, lime & ginger dressing	roasted vegetable couscous salad with lime vinaigrette	rainbow power salad with salsa verde dressing	burrito bowl salad with quinoa, sweet potato, greek yoghurt dressing, shredded cheese & coriander	asian soba noodle salad with peppers, carrots, onions & sambal oelek dressing	italian panzanella salad	spinach salad with snap peas, mozzarella & herb dressing
dinner salad bar	ingredients will include the following - 2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef or corned beef, tuna/salmon, hard boiled eggs, sliced cheddar cheese, light cheese 2 options cheese - havarti, swiss, tasty, cheddar legumes - chickpeas, black beans, white beans, kidney beans salad greens - spinach, rocket, iceberg, greens seasonal herbs - coriander, basil, thyme, mint salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber dressings - extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils condiments that may include - mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki specialty items - marinated eggplant, capsicums, zucchini, mushrooms, olives etc bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options dried spices - turmeric, cinnamon, dukkha sauces - soy, sriracha, teriyaki citric fruit juices - lime, lemon						
the dessert station	individual chocolate cheesecake pots with strawberries & white chocolate drizzle	red summer fruit salad with berries, grapes, watermelon & plums shrove tuesday pancakes with lemon & sugar	summer apple, pear & rhubarb pies with mascarpone	frozen yoghurt tubs studded with summer strawberries	vanilla ice-cream sundaes with caramel sauce & wafers	tiramisu pots	charred nectarines with spiced greek yoghurt
special dietary requirements	all special dietary requirements will be met for each meal service						