

Guildford Grammar School **MENU** Week TWO 2020 Term 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 – 8.10	BREAKFAST						
BREAKFAST	Daily Continental Breakfast: Selection of cereals, fresh fruit, fruit compotes, fruit juice, toast, muffins, crumpets, breads, spreads and hot beverages						
	Scrambled egg, bacon, baked beans or waffles and pikelets	Fried egg, sausage, hash brown or pikelets and waffles	Scrambled egg, bacon, baked beans or waffles and pikelets	Fried egg, sausage, hash brown or pikelets and waffles	Scrambled egg, bacon, baked beans or waffles and pikelets	Egg and bacon roll or breakfast wrap	Full breakfast or waffles
11.10 - 11.30	MORNING TEA (Whole fresh fruit platter or fruit salad)						
MORNING TEA	Chocolate chip muffin	Ham and cheese toastie	Soup of the day	Sandwich selection	Sausage roll		
12.15pm – 13.15	LUNCH						
Main	Tuscan chicken and potato bake	Tempura pork or sweet and sour prawns with special fried rice and prawn crackers	Lebanese meat pie with spicy potatoes	Beef lasagna, garlic bread and green salad	Crumbed chicken breast fillet burger and chips or plant based vegan burger	Malaysian chicken curry with sticky rice	Meatball sub with assorted toppings
Vegetarian	Jacket potatoes with various fillings	Falafels with a choice of fillings	Lebanese spinach pie	Aubergine parmigiana	Roasted red onion pasta bake topped with mozzarella	Cheese and tomato pizza sticks	Pasta with Arribiata sauce
Salad Bar	Tossed garden salad daily - selection of whole and cut fresh fruit in season -- Sandwich Bar: Selection of breads, including white, whole meal, multigrain and pitta. Served with a choice of fresh and continental meats, chicken, cheese and salad accompaniments.						
	AFTERNOON TEA & SUPPER (Supplied to Boarding Houses)						
17.30 – 18.15	DINNER						
MAIN	Pork sausage and white bean casserole, mashed potato and roasted cauliflower	Green style lamb kofta with flat breads and minted Greek yoghurt	Roast chicken breast, bravas potatoes, carrots and green beans	Cheddar melt veal schnitzel, mushroom sauce, herby buttered new potatoes, roast beetroot and carrots	Lamb chop and thick pork sausage, grilled tomato herby diced potatoes and onion rings	BBQ marinated chicken or honey soy pork steak	Roast topside with roast potatoes, pumpkin, sautéed cabbage and Yorkshire pudding
2 nd Choice	Spinach and ricotta tortellini and garlic bread	Lebanese chicken kebab, lemon dressed cabbage and chili sauce	Grilled fish fillet with lemon sauce	One pan Greek lemon and chicken rice	Mac and cheese with corn	Assorted salads and dressings	Lemon thyme whole chicken
Vegetarian	Stuffed Mediterranean eggplant	Haloumi kebab	Vegetable meat loaf	Creamy mushroom pasta	Twice baked potato skins	Pasta and sauce	Cauliflower steak
	DAILY - Selection of fresh salads, whole and cut fruits and fresh bread selection						
DESSERT	Hot doughnut balls with butterscotch sauce	Lemon tart	Apple pie and ice cream	Strawberry gateaux	Blueberry cheesecake	Shortbread	Apple and sultana strudel