

# Guildford Grammar School **MENU** Week THREE 2020 Term 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 – 8.10	<b>BREAKFAST</b>						
<b>BREAKFAST</b>	<b>Daily Continental Breakfast:</b> 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	<b>MORNING TEA (Whole fresh fruit platter or fruit salad)</b>						
<b>MORNING TEA</b>	Cheese and ham puffs	Doughnuts	Soup of the day	Pizza scroll and O/C	Banana bread and choc milk		
12.15pm – 13.15	<b>LUNCH</b>						
Main	Spicy Korean beef noodles	Coconut yoghurt chicken and garlic coriander rice	MYO Sandwich lunch	Teriyaki chicken, bok choy and fried rice	Beef and chorizo burger on flat bread with grilled peppers and minted yoghurt	Teriyaki chicken, vegetable spring rolls and fried rise	Spicy beef tacos with all the trimmings
Vegetarian	Sundried tomato and mushroom fettuccine	Jacket potatoes with various fillings	Lebanese spinach pie	Spinach and ricotta cannelloni	Lentil burger with accompaniments	Vegetable samosas	Vegetable tacos
<b>Salad Bar</b>	<b>Tossed garden salad daily - selection of whole and cut fresh fruit in season -- Sandwich Bar:</b> Selection of breads, including white, whole meal, multigrain and pitta. Served with a choice of fresh and continental meats, chicken, cheese and salad accompaniments.						
	<b>AFTERNOON TEA &amp; SUPPER (Supplied to Boarding Houses)</b>						
17.30 – 18.15	<b>DINNER</b>						
MAIN	Chicken parmi	Beef bourguignonne with scalloped potatoes and roasted carrots	Roast pork belly with roast potatoes, cauliflower bake and honey carrots	Thai style pork meatballs with sesame rice and soy ginger dipping sauce	Spicy creole chicken and sausage	One pot Vietnamese beef stew with roasted squash	Roast pork with apple sauce, roast potatoes and broccoli bake
2 <sup>nd</sup> Choice	Butcher style sausages with onion gravy and mashed potato	Crumbed fillet of fish with garlic butter	Porterhouse steak with creamy peppercorn sauce	Chicken alfredo bake	Beef ravioli	Chicken and sweetcorn pie with mashed potato	Grilled fish with creamy dill sauce
Vegetarian	Pumpkin paella	Pasta and sauce	Stuffed mushroom	Beetroot and feta Wellington	Vegetable chili and cauliflower rice and kale	Arancini	Cauliflower steaks with spinach and feta
	<b>DAILY - Selection of fresh salads, whole and cut fruits and fresh bread selection</b>						
<b>DESSERT</b>	Lemon pudding dessert	Chocolate mousse	Orange ricotta cake roll	Chocolate pear cake	Banoffee pie	Ice Cream	Mississippi mud pie