

2022 TRINITY TERM MENU WEEK 1

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal	40g	Cornflakes	Rice Krispies	Branflakes	Cerevita	Muesli	Variety of cereal	Variety of cereal
	Milk	125ml	Milk	Milk	Milk	Milk	Yoghurt	Milk	Milk
	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
	Egg	1	Fried Egg	Pork Sausage	Scrambled Egg	Minute Steak	Fried Egg	French toast	Beef sausage
	Protein	50g	Savoury Mince	Baked Beans	Fried Liver	Mushroom/Lyonnaise	Bacon	Cheese & m syrup	Baked Beans
	Bread	3 slices	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast
	Margarine	10g	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	Preserves	20g	Jam/Marmalade	Jam/Marmalade	Jam/Marmalade	Jam/Marmalade	Jam/Marmalade	Jam/Marmalade	Jam/Marmalade
	Milk	30ml	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
	Beverage		Hot Beverage	Hot Beverage	Hot Beverage	Hot Beverage	Hot Beverage	Hot Beverage	Hot Beverage
	Vegetarian	Veg	Mushroom Omelette	Veg sausage and beans	Egg and Mushroom	Egg, cheese and lyon	Egg muffin cups		Veg sausage and beans
AM TEA	TEA		Tea Scones	Mixed Sandwiches		Sandwiches		Muffin	
	Bread	2 each		Cheese and tomato	2 x Sausage roll	Ham and Polony	2 x mini steak pies		Cheese on toast
	Filling	25g		Margarine		Toasted			
	Margarine	10g							
	Milk	30ml							
	Sugar	10g							
	Beverage	30ml							
			Cordial	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial
LUNCH	LUNCH		Beef Stew	Roast sweet chilli chicken	Beef Steaks	Glazed thighs	Fish fillet (tartar sauce)	Beef Wellington	Arundel fried chicken
	Protein	160g	Rice	Spiced fries	Fusili Pasta	Potato Wedges	Rice	Pasta salad	Chips
	Starch	100g	Mixed vegetables	Garden salad	Broccoli & apple salad	Cucumber & tomato	Garden salad with chicken	Carrot & pineapple salad	French salad
	Veg/Salad	60g	Cake & custard	Banana	Yoghurt	Chocolate cake slice	Soup with croutons	Poorman's Pudding	Fruit salad & cream
	Dessert/Starter		Cordial	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial
PM TEA	TEA		Iced Muffin	Queen Cake	Marmalade Tarts	Doughnut	Chelsea Bun	Fruit Mince Pie	Melting Moments
	Baked Item	1	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial
	Cordial	30ml	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
		Beverage							
DINNER	DINNER		Pork Chop	BBQ Sausage	Chicken Kiev	Macaroni Cheese	Pork Ribs	Grilled marinated chicken	Minute Steak
	Protein	160g	Parsley Potato with	Pasta in white sauce and	Rice	Deluxe	Chips	Saute savoury potatoes	Rice
	Starch	100g	mushroom sauce topping	cheese	Mixed vegetables	Butternut & peas	Coleslaw	Garden salad	Mixed vegetables
	Vegetable 1	30g	Coleslaw Salad	Mixed vegetables	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage
	Vegetable 2	30g	Juice/Hot Beverage	Juice/Hot Beverage	Fruit	Cake slice	Milk Tart	Mousse	Supervisor's Choice
	Cordial	30ml	Pineapple cream cake	Malva Pudding & Custard					
	Fruit								
			Ratatouille	Vegan Pop Sticks	Veg stirfry)	Veg Kebabs	Vegan Seitan Strips	Veg Meatballs	Vegetarian drumsticks
		Vegetarian lunch	(spiced mixed veg)	Vegan sausage	Vegan balls	Veg Pizza	Veg Fritters	Cheese Potato	Spiced Soya Mince
		Vegetarian dinner	Veg steak						

2022 TRINITY TERM MENU WEEK 2

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal Milk Sugar Egg Protein Bread Margarine Preserves Milk Sugar Beverage	40g 125ml 10g 1 50g 3 slices 10g 20g 30ml 10g	Branflakes Milk Sugar Poached Egg Pork sausage Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Cerevita Milk Sugar Tomato & onion omelette Chicken Strips Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Cornflakes Milk Sugar Lyonnaise and Beef meatballs Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Rice Krispies Milk Sugar Minute Steak Concasse & red onion Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Oatmeal Milk Sugar Fried Egg Bacon Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Variety of cereal Milk Sugar Baked Beans Beef sausage Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Variety of cereal Milk Sugar French toast/pancake Cheese/ m syrup Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Blueberry muffins Juice/hot beverage	Mixed Sandwiches Juice/hot beverage	Tea scones Juice/hot beverage	Toasted Sandwiches Juice/hot beverage	Mini pizza Juice/hot beverage	Muffins Juice/hot beverage	Mini pies Juice/hot beverage
LUNCH	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Macaroni cheese deluxe Cucumber & tomato salad Fruit Cordial	Grilled chicken thighs Wedges Garden salad Chocolate cupcake Cordial	Beef Curry Savoury Rice Mixed Vegetables Apple crumble & custard Cordial	Pizza Chicken, boerewors Fresh garden salad Yoghurt Cordial	Crumbed hake fillet Chips Coleslaw Eclair Cordial	Pork Chop Savoury Fusili Pasta French salad Malva Pudding Cordial	Sticky chicken Rice & fried vegies Peppersauce jelly & whipped cream Cordial
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Cream buns Cordial Tea/Coffee	Doughnuts Cordial Tea/Coffee	Cupcakes Cordial Tea/Coffee	Chelsea buns Cordial Tea/Coffee	Fudge Cordial Tea/Coffee	Fruit Mince Pie Cordial	Variety of biscuits Cordial
DINNER	DINNER Protein Starch Vegetable 1 Vegetable 2 Cordial Fruit	160g 100g 30g 30g 30ml	Chicken Stew Fried Rice Spinach Coleslaw Salad Juice/Hot Beverage Banana Custard	Pork & Chicken Kebabs Rice Green salad Juice/Hot Beverage Milk Tart	Countrystyle/Pork sausage Fusili in cheese sauce Coleslaw Juice/Hot Beverage Fruit	Grilled steak Rice Available vegetables Juice/Hot Beverage Chocolate iced cake	Spaghetti bolognese Garden salad Juice/Hot Beverage Jelly & Custard	Honey glazed chicken Savoury Rice Mixed vegetables Juice/Hot Beverage Yoghurt	Beef Steak & Chips 3 bean salad Juice/Hot Beverage Cake slice
AFTER STUDY TEA FROM 3 JUNE	Snack Beverage	Vegetarian lunch Vegetarian dinner	Macaroni veg & cheese Veg casserole	Veg half moons Veg kebabs	Mushroom stroganoff Veg lasagne	Veg Pizza Schnitzel	Veg enchilada Veg Bolognese	Bean Curry Pop Sticks	Veg springroll

2022 TRINITY TERM MENU WEEK 3

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal Milk Sugar Egg Protein Bread Margarine Preserves Milk Sugar Beverage	40g 125ml 10g 1 50g 3 slices 10g 20g 30ml 10g	Rice Krispies Milk Sugar Fried Egg Vienna sausage, tomato Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Mushroom omelette	Cornflakes Milk Sugar Baked beans Beef sausage Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Veg sausage & beans	Cerevita Milk Sugar Chicken strips Lyonnaise Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Beans & egg/ vegan balls	Branflakes Milk Sugar Savoury mince Baked beans Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Lyonnaise and egg	Muesli Yoghurt Milk Sugar Fried Egg Bacon & tomato Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg muffin cups	Variety of cereal Milk Sugar Minute steak Grilled tomato/onion rings Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Vegan burger patty	Variety of cereal Milk Sugar Fried mushrooms Pork sausage Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Mushroom & beans
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Mini pizza Juice/hot beverage	Sandwiches (cucumber, cheese, tomato) Juice/hot beverage	Tea scones Juice/hot beverage	Toasted Sandwiches Juice/hot beverage	Mini pies Juice/hot beverage	Muffins Juice/hot beverage	Cake slice Juice/hot beverage
LUNCH	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Beef Stew Savoury Rice Mixed Vegetables Cake & Custard Juice	Honey glazed chicken Chips Garden salad 2 bean salad Juice	Macaroni cheese deluxe Garden salad Yoghurt Cordial	Arundel fried chicken Roast potato Feta & tomato salad Apple crumble & custard Juice	Grilled hake Saute potato Greek salad Soup with croutons Juice	Oven roast chicken Savoury Rice Mixed vegies Jelly & whipped cream Juice	Beef steaks, mushroom & pepper sauce Roast potato Fruit instant pudding Juice
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Doughnut Cordial Tea/Coffee	Chocolate cake slice Cordial Tea/Coffee	Melting moments Cordial Tea/Coffee	Chelsea buns Cordial Tea/Coffee	Carrot cake Cordial Tea/Coffee	Cream buns Cordial	Fudge Cordial
DINNER	DINNER Protein Starch Vegetable 1 Vegetable 2 Cordial Fruit	160g 100g 30g 30g 30ml	Pork Chops Wedges Spinach Garden salad Juice/Hot Beverage Fruit	Oxtail Rice Mixed vegetables Juice/Hot Beverage Milk Tart	Pork fillet steak Parsley potato Butternut & peas Juice/Hot Beverage Cake slice	Beef stew Rice Mixed vegetables Juice/Hot Beverage Fruit	Chicken stirfry Fusili Pasta Juice/Hot Beverage Fruity yoghurt	Cottage pie Feta, cucumber & tomato salad Juice/Hot Beverage Apple strudel & cream	Chicken wraps Fries Available salad Juice/Hot Beverage Choc tart
AFTER STUDY TEA FROM 3 JUNE	Snack Beverage	Vegetarian lunch Vegetarian dinner	Veg burger Veg fritters	Veg pizza Veg curry	Veg quesadilla Veg pizza	Veg nuggets Veg sausages	Veg meatballs Cheese potatoes	Veg drumsticks Bean stew	

2022 TRINITY TERM MENU WEEK 4

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal Milk Sugar Egg Protein Bread Margarine Preserves Milk Sugar Beverage	40g 125ml 10g 1 50g 3 slices 10g 20g 30ml 10g	Cornflakes Milk Sugar Fried Egg Liver Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Mushroom omelette	Rice Krispies Milk Sugar Baked beans Pork sausage Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Veg sausage & beans	Cerevita Milk Sugar Scrambled Egg Mince Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg & mushroom	Branflakes Milk Sugar Minute Steak Mushroom & Lyonnaise Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg, cheese & Lyon	Oatmeal porridge Peanut butter Milk Sugar Continental breakfast Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg muffin cups	Variety of cereal Milk Sugar French toast Cheese & m/ syrup Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Variety of cereal Milk Sugar Chicken meatballs Baked beans Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Veg sausage & beans
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Tea scones Juice/hot beverage	Mixed Sandwiches (polony, cheese, tomato) Juice/hot beverage	Mini pies Juice/hot beverage	Fruit muffins Juice/hot beverage	Mini pizzas Juice/hot beverage	Scones Juice/hot beverage	Toasted Sandwiches Juice/hot beverage
LUNCH	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Chicken casserole Rice Mixed Vegetables Apple crumble & custard Cordial	Beef stew Fusili pasta Sweet coleslaw Yoghurt Cordial	BBQ roast chicken Savoury Rice Mixed Veg Fruit Cordial	Beef Burger Chips Lettuce & tomato Mixed fruit pie Cordial	Fish fillet (tartar sauce) Wedges Green salad Eclair Cordial	Oxtail Macaroni Mixed vegies Trifle Cordial	Arundel fried chicken Chips French salad Fruit salad & cream Cordial
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Fruit mince pie Cordial Tea/Coffee	Fudge Cordial Tea/Coffee	Chocolate muffin Cordial Tea/Coffee	Doughnuts Cordial Tea/Coffee	Iced queen cake Cordial Tea/Coffee	Biscuits Cordial	Cake slice Cordial
DINNER	DINNER Protein Starch Vegetable 1 Vegetable 2 Cordial Fruit	160g 100g 30g 30g 30ml	Pork Ribs Wedges Available salad Juice/Hot Beverage Fruit	Chicken Kiev Fried Rice Mixed vegetables Juice/Hot Beverage Malva pudding & custard	Macaroni cheese deluxe Broccoli salad Juice/Hot Beverage Fruit Cake slice	Pork fillet Rice Mixed vegetables Juice/Hot Beverage Fruit jelly	Pork sausage Chips Coleslaw Juice/Hot Beverage Milk tart	1/4 leg (chicken) Rice Butternut & peas Juice/Hot Beverage Mousse	Minute steak Fusili pasta Mixed vegetables Juice/Hot Beverage Supervisor's Choice
AFTER STUDY TEA FROM 3 JUNE	Snack Beverage	Vegetarian lunch Vegetarian dinner	Ratatouille Veg lasagna	Vegan pop sticks Vegan sausage	Veg stirfry Vegan balls	Veg kebabs Veg pizza	Vegan Seitan Strips Veg Fritters	Veg meatballs Cheese potato	Vegetarian drumsticks Seitan Strips