

RED BEND CATHOLIC COLLEGE

Menu | Term 2 - week 1 (subject to change due to availability)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Tea	muffins and soup	bacon & egg rolls	spring rolls	bacon & egg fritatta, soup	piadinas		
museli bars, fresh fruit, yogurt, vegemite sandwiches, biscuits, cordial and fruit juice provided all week at recess							
Lunch	pies	burritos and bowls	grab & go	hot dogs and salad packs	salt & pepper squid and chips	chicken burgers	brunch
lunch each day also includes fresh sandwiches and rolls, salads, yogurt and in-season fruit							
Afternoon Tea	chicken nuggets	banana cake	watermelon	biscuits & dip	scones		
Dinner	chicken schnitzel/ parmigiana	scotch fillet, battered fish, pasta bake	spaghetti bolognaise, pork sausages	apricot chicken, hoisin lamb, chicken fried rice	pizza (cheese, Hawaiian, meatlovers)	steak Diane, battered fish	chicken thigh cutlets, roast lamb
Sides	roast potatoes, seasonal vegetables	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads
Desserts	apple crumble	chocolate cake	ice-cream	jelly	Maxibon/ student's choice	chocolate self-saucing pudding	ice-cream

RED BEND CATHOLIC COLLEGE

Menu | Term 2 - week 2 (subject to change due to availability)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Tea	sausage rolls	quiche and soup	meatballs and pasta	casseroles	croissants		
museli bars, fresh fruit, yogurt, vegemite sandwiches, biscuits, cordial and fruit juice provided all week at recess							
Lunch	chicken burger	beef stir-fry	grab & go	sweet chilli wraps	sweet & sour pork and fried rice	pies, chips and salad	brunch
lunch each day also includes fresh sandwiches and rolls, salads, yogurt and in-season fruit							
Afternoon Tea	homemade biscuits	nachos	chocolate biscuits	chocolate slice	party pies, sausage rolls		
Dinner	mixed grill - sausages, bacon, steak, chicken	pork chops, beef casserole, pasta bake	butter chicken	lasagne, lemon & parsley crusted snapper	nachos	hoisin braised lamb, chicken & bacon fried rice	beef sausages, chicken sausages
Sides	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads
Desserts	sticky date pudding	waffles	ice-cream	pannacottas	Milo cups/ student's choice	mousse	ice-cream

RED BEND CATHOLIC COLLEGE

Menu | Term 2 - week 3 (subject to change due to availability)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Tea	chicken sticks	hot dogs and pizza	stuffed potatoes and soup	piadinas	muffins and soup		
museli bars, fresh fruit, yogurt, vegemite sandwiches, biscuits, cordial and fruit juice provided all week at recess							
Lunch	pies	tandoori chicken wraps	grab & go	chicken teriyaki and rice	Moroccan beef wraps	pulled pork & slaw, sweet potato wedges	brunch
lunch each day also includes fresh sandwiches and rolls, salads, yogurt and in-season fruit							
Afternoon Tea	biscuits & dip	nachos	scones	banana cake	potato gems		
Dinner	lamb shanks, fish cocktails	bolognaise pasta, honey mustard chicken	chicken schnitzel	cottage pie, chicken drumsticks, fish	chicken, chips and salad	chicken schnitzel/ parmigana	pork suasages, fried rice with chicken
Sides	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads
Desserts	apple crumble	chocolate cake	ice-cream	jelly	Maxibons/ student's choice	chocolate self-saucing pudding	ice-cream

RED BEND CATHOLIC COLLEGE

Menu | Term 2 - week 4 (subject to change due to availability)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Tea	croissants	bacon & egg rolls	nachos	casseroles	sausage rolls		
museli bars, fresh fruit, yogurt, vegemite sandwiches, biscuits, cordial and fruit juice provided all week at recess							
Lunch	sweet chilli wraps	chicken fingers, fried rice	grab & go	beef/lamb & gravy roll	loaded mac & cheese	finger food	brunch
lunch each day also includes fresh sandwiches and rolls, salads, yogurt and in-season fruit							
Afternoon Tea	homemade biscuits	party pies and sausage rolls	watermelon	chocolate slice	potato gems		
Dinner	mixed grill	rissoles, chicken cacciatore, pasta bake	pork steak, battered flathead	lasagne, chicken kiev	chicken wings	beef rissoles, battered fish	chicken kiev, pepperoni pizza
Sides	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads
Desserts	pavlova	waffles	ice-cream	pannacottas	Milo cups/ student's choice	mousse	ice-cream

RED BEND CATHOLIC COLLEGE

Weekend Menu | Term 2



	SATURDAY May 4	SUNDAY May 5	SATURDAY May 11	SUNDAY May 12	SATURDAY May 18	SUNDAY May 19
Lunch	chicken burger	brunch	pies, chips and salad	brunch	pulled pork & slaw, sweet potato wedges	brunch
lunch each day also includes fresh sandwiches and rolls, salads, yogurt and in-season fruit						
Dinner	steak Diane, crumbed fish	roast lamb, chicken thigh cutlets	hoisin braised lamb, crumbed chicken legs	beef sausages, chicken sausages	chicken schnitzel/parmigiana	pork sausages, fried rice with chicken
Sides	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads
Dessert	chocolate self-saucing pudding	ice-cream	mousse	ice-cream	pavlova	ice-cream

Salad Bar (every night): garden salad (no dressing), beetroot, pineapple rings, cold meat platter, potato salad, Greek salad, pasta salad, Caesar salad, wombok salad, coleslaw. Vegetables: carrot, peas, corn kernels or cobs, zucchini, green beans, beans with bacon + honey mustard, pumpkin, pumpkin + carrot + sweet potato mash, mashed potato, roast potato, potato bake, sweet potato chips/wedges, mixed vegetables, braised cabbage

RED BEND CATHOLIC COLLEGE

Weekend Menu | Term 2



	SATURDAY May 25	SUNDAY May 26	SATURDAY June 1	SUNDAY June 2	SATURDAY June 8	SUNDAY June 9
Lunch			finger food	brunch	sweet chilli wraps	brunch
lunch each day also includes fresh sandwiches and rolls, salads, yogurt and in-season fruit						
Dinner	EXEAT WEEKEND		beef rissoles, battered fish	chicken kiev, pepperoni pizza	mixed grill - steak, bacon, chicken tenderloins	roast pork, calamari rings
Sides			seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads
Dessert			chocolate cake	ice-cream	waffles	ice-cream

Salad Bar (every night): garden salad (no dressing), beetroot, pineapple rings, cold meat platter, potato salad, Greek salad, pasta salad, Caesar salad, wombok salad, coleslaw. Vegetables: carrot, peas, corn kernels or cobs, zucchini, green beans, beans with bacon + honey mustard, pumpkin, pumpkin + carrot + sweet potato mash, mashed potato, roast potato, potato bake, sweet potato chips/wedges, mixed vegetables, braised cabbage

RED BEND CATHOLIC COLLEGE

Weekend Menu | Term 2



	SATURDAY June 16	SUNDAY June 17	SATURDAY June 22	SUNDAY June 23	SATURDAY June 29	SUNDAY June 30
Lunch	dino nuggets, french fries and salad	brunch	honey chicken and fried rice	brunch	spaghetti & meatballs	brunch
lunch each day also includes fresh sandwiches and rolls, salads, yogurt and in-season fruit						
Dinner	pork sausages, fried rice with chicken	pork ribs, lamb shanks	sweet & sour pork, lemon chicken, rice	lamb chops, baked snapper	chicken schnitzel	roast lamb, chicken drumsticks
Sides	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads	seasonal vegetables and salads
Dessert	sticky date pudding	ice-cream	jelly cups	ice-cream	apple crumble	ice-cream

Salad Bar (every night): garden salad (no dressing), beetroot, pineapple rings, cold meat platter, potato salad, Greek salad, pasta salad, Caesar salad, wombok salad, coleslaw. Vegetables: carrot, peas, corn kernels or cobs, zucchini, green beans, beans with bacon + honey mustard, pumpkin, pumpkin + carrot + sweet potato mash, mashed potato, roast potato, potato bake, sweet potato chips/wedges, mixed vegetables, braised cabbage