

Robert Menzies College-Spring 2011

NOTE: Asian lunch and Indian lunch happening every Friday and Saturday.
We will also modify dinners on those days by changing at least one dish, however, we will try to offer a range of options suitable for most RMC residents.

Day 1

Breakfast:	boiled eggs	grilled tomato	Danishes
Lunch:	salads & bread rolls		
Dinner main 1:	lamb chops		
Dinner main 2:	steamed fish with mushroom sce/ black beans & ginger		
Vegetable 1:	carrots vichy		
Vegetable 2:	beans		
Carb1:	jasmine rice		
Carb 2:	roasted chat potatoes		
Vegetarian:	curried bean stew		
Dessert:	apple pie and cream		

Day 2

Breakfast:	spaghetti	sausages	pancakes
Lunch:	Mexican wraps		
Dinner main 1:	chicken with mushroom sauce		
Dinner main 2:	chargrilled Korean T-bone		
Vegetable 1:	mixed greens		
Vegetable 2:	cauliflower		
Carb1:	short grain rice		
Carb 2:	curried potatoes		
Vegetarian:	zucchini and barley bake		
Dessert:	ice cream sundae		

Day 3

Breakfast:	French toasts	baked beans	bacon
Lunch:	pasta		
Dinner main 1:	beef estouffade		
Dinner main 2:	chargrilled chicken with salsa verde		
Vegetable 1:	ratatouille		
Vegetable 2:			
Carb1:	brown rice		
Carb 2:	roasted chat potatoes		
Vegetarian:	tofu (with garnish such as Chinese mushrooms, green beans with garlic, ginger and c)		
Dessert:	fruit salad		

Day 4

Breakfast:	omelette	hash browns	spaghetti
Lunch:	BBQ (vegetarian sausages for vegetarians)		
Dinner main 1:	chicken korma		
Dinner main 2:	roasted fish with coriander pesto/ Moroccan spices		
Vegetable 1:	beans		
Vegetable 2:	pumpkin		
Carb1:	basmati rice		
Carb 2:	couscous		
Vegetarian:	crepes (filled with vegetarian fillings such as beans, mushrooms,...)		
Dessert:	fruit cobbler with custard		

Day 5

Breakfast:	scrambled eggs	bacon	mushrooms
Lunch:	pizza		
Dinner main 1:	veal scaloppini		
Dinner main 2:	chicken chilli con carne		
Vegetable 1:	carrots with ginger		
Vegetable 2:	peas		
Carb1:	smashed potatoes		
Carb 2:	jasmine rice		
Vegetarian:	risotto with a vegetarian garnish		
Dessert:	pannacotta		

Day 6

Breakfast:	boiled eggs	hash browns	croissants
Lunch:	sausages and smashed potatoes		
Dinner main 1:	pasta		
Dinner main 2:	pasta		
Vegetable 1:			
Vegetable 2:			
Carb1:			
Carb 2:			
Vegetarian:	pasta		
Dessert:	brioche with chocolate sauce		

Day 7

Breakfast:	pancakes	spaghetti	mushrooms
Lunch:	kebabs (falafels for vegetarians)		
Dinner main 1:	Japanese curried pork		
Dinner main 2:	Chicken berycy		
Vegetable 1:	beans		
Vegetable 2:	pumpkin		
Carb1:	short grain rice		
Carb 2:	curried potatoes		
Vegetarian:	Dahl		
Dessert:	chocolate cake		

Day 8

Breakfast:	eggs cocotte	bacon	grilled tomato
Lunch:	chicken schnitzels and chips (veggie burgers for vegetarians)		
Dinner main 1:	pork chops with charcutiere sauce		
Dinner main 2:	chicken teriyaki		
Vegetable 1:	carrots		
Vegetable 2:	baked apples		
Carb1:	roasted chat potatoes		
Carb 2:	short grain rice		
Vegetarian:	tofu (with garnish such as Chinese mushrooms, green beans with garlic, ginger and c		
Dessert:	pineapple cake with butterscotch sauce		

Day 9

Breakfast:	egg & bacon pastries	baked beans	porridge
Lunch:	slow roast beef, roast chicken and potatoes (roasted nutmeat for vegetarians)		
Dinner main 1:	beef lasagne		
Dinner main 2:	tandoori chicken		
Vegetable 1:	peas		
Vegetable 2:	broccoli		
Carb1:	brown rice		
Carb 2:	basmati rice		
Vegetarian:	vegetarian lasagne		
Dessert:	apple crumble		

Day 10

Breakfast:	scrambled eggs	spaghetti	muffins
Lunch:	pies peas and smashed potato (spinach and ricotta rolls for vegetarians)		
Dinner main 1:	BBQed Korean pork		
Dinner main 2:	fish with curried tomato sauce		
Vegetable 1:	carrots with honey		
Vegetable 2:	mixed greens		
Carb1:	basmati rice		
Carb 2:	roasted curried potatoes		
Vegetarian:	Dahl		
Dessert:	carrot cake		

Day 11

Breakfast:	boiled eggs	French toasts	baked beans
Lunch:	BBQ (tofu steaks for vegetarians)		
Dinner main 1:	spicy grilled lamb shoulder		
Dinner main 2:	red Thai chicken curry		
Vegetable 1:	beans		
Vegetable 2:	broccoli		
Carb1:	smashed potatoes		
Carb 2:	jasmine rice		
Vegetarian:	Thai curried TVP		
Dessert:	fruit salad		

Day 12

Breakfast:	grilled fish	rice	miso soup
Lunch:	pizza (vegetarian pizzas for vegetarians)		
Dinner main 1:	chicken lasagne		
Dinner main 2:	roast lamb		
Vegetable 1:	carrots		
Vegetable 2:	corn on the cob		
Carb1:	brown rice		
Carb 2:	roasted chat potatoes		
Vegetarian:	vegetarian lasagne		
Dessert:	ice cream sundae		

Day 13

Breakfast:	eggs cocotte	bacon	grilled tomato
Lunch:	beef and chicken nachos (refried beans and bean salsa for vegetarians)		
Dinner main 1:	beef stir fry with hokkien noodles		
Dinner main 2:	roast chicken		
Vegetable 1:	mixed greens		
Vegetable 2:	eggplant		
Carb1:	jasmine rice		
Carb 2:	roasted potatoes		
Vegetarian:	gnocchi with sauce of the day		
Dessert:	strawberries Romanov		

Day 14

Breakfast:	omelette	sausages	hash browns
Lunch:	kebabs (falafels for vegetarians)		
Dinner main 1:	pork with pineapple		
Dinner main 2:	fish with white wine sauce/ capers and SD tomatoes		
Vegetable 1:	carrots with ginger and honey		
Vegetable 2:	broccoli		
Carb1:	jasmine rice		
Carb 2:	steamed potatoes		
Vegetarian:	Thai fried rice		
Dessert:	crème brulee		

Day 15

Breakfast:	scrambled eggs	baked beans	mushrooms
Lunch:	steak, fish and chips (veggie burgers for vegetarians)		
Dinner main 1:	chicken with Moroccan spices		
Dinner main 2:	slow roast beef		
Vegetable 1:	beans		
Vegetable 2:	pumpkin		
Carb1:	couscous		
Carb 2:	potato bake		
Vegetarian:	legumes with Moroccan spices		
Dessert:	home made custard and fruits		