



RMC
ROBERT MENZIES COLLEGE

Sample Menu

Day	Breakfast	Lunch	Dinner
Monday	Scrambled Eggs Hash Brown	Mediterranean Wraps and condiments	Chicken Cacciatore Mustard Pork Broccoli Mashed Potato Pasta Thai Green Veg Chocolate Cake
Tuesday	Fried Eggs Pancakes	Butter Chicken with rice	Beef Bourguignon Tandoori Chicken Brussel Sprouts Pumpkin Cumin Rice Vegetable Tofu Stir Fry Bread and Butter Pudding
Wednesday	Omelette Porridge	RMC pasta lunch	Lamb Shanks Korean Chicken Bok Choy Potato Gratin Jasmine Rice Cauliflower Tikka Masala Churros
Thursday	Poached Eggs Parantha & Chutney	Three soups options and crusty bread	Chicken Rendang Chorizo Pasta Bake Green Beans Sweet Potato Coconut Rice Spinach and Cheese Ravioli Berry Chia Pudding
Friday	Boiled Eggs Bacon	Mexican drummettes + Garlic Rice + Crispy Tofu	Moroccan Chicken Tagine Beef Lasagna Broccoli Roast Carrots Cous Cous Vegetarian Lasagna Orange Polenta Cake
Saturday	Poached Egg Spaghetti Grilled Tomato Sausage	Fish and chips with tartare and lemon	Lamb Chops Crumbed Fish Broccoli Rosemary Potatoes Brown Rice Sweet And Sour Tofu Fresh Fruit and custard
Sunday	<u>Big Breakfast</u> Fried eggs Bacon Sausages Hasbrowns or Rosti Tomatoes & cheese Baked beans Mushrooms	Meat pie + mashed potato + peas	Chicken Parmigiana Beef chilli con carne Brussel Sprouts Mashed Potato Tomato Rice Rustic Tagine Ice-cream