

KNOX GRAMMAR MENU - WEEK 6, TERM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	CEREALS, TOAST, LOW FAT MILK, JUICE, LOW FAT YOGHURT AND FRUIT						
(HOT CHOICE)	SPAGHETTI WITH MUFFINS	FRENCH TOAST WITH MAPLE SYRUP	BACON AND EGGS	PORRIDGE WITH CINNAMON	DANISH PASTRIES		
MORNING TEA	BREAD VARIETY, SPREADS, LOW FAT CHEESE, JUICE, CORDIAL, FRUIT						
	BANANA BREAD	SAUSAGE ROLLS	RASPBERRY MUFFINS	PRAWN SUSHI ROLLS	PIZZA POCKETS		
LUNCH	BBQ CHICKEN BURGERS	TUNA PASTA BAKE WITH HERB BREAD	BEEF PIES WITH MASH	HOT ROAST CHICKEN ROLLS WITH GRAVY	BBQ ASIAN PORK WITH SINGAPORE NOODLES	COLD MEAT SALAD ROLLS	SUNDAY BRUNCH BBQ
TUCKSHOP	TERIYAKI CHICKEN WITH RICE	FISH & WEDGES	SPAGHETTI BOLOGNAISE	BUTTER CHICKEN WITH RICE	SAUSAGE ROLLS		
AFTERNOON TEA	CAKE\LOW FAT CRISPS\SANDWICHES, FRUIT, FLAVOURED. MILK\JUICE						
DINNER	ROAST BEEF WITH HORSERADISH YORKIES	BBQ NIGHT CHICKEN KEBABS FLAVOURED SAUSAGES	TUSCAN PORK CUTLETS	LASAGNE TOPPED WITH CHEESE	CRUMBED CHICKEN TENDERS CORN SALSA	SCOTCH FILLET STEAK WITH ONION RINGS	LAMB CHASSUER
VEGETABLES	ROAST POTATOES BAKED PUMPKIN AND PEAS	SALADS CORN COBS	ROAST POTATO AND VEGETABLES	GARLIC BREAD ROCKET SEMI DRIED TOMATO SALAD	WEDGES SOUR CREAM TOSSED SALAD	JACKET POTATOES SOUR CREAM CAESAR SALAD	HERB POTATO BAKE ROAST VEGETABLE MEDLEY
DESSERT	ICE CREAM WITH TOPPINGS	PINEAPPLE CAKE WITH CUSTARD	STICKY DATE PUDDING WITH TOFFEE SAUCE	FRUIT PLATTERS	PADDLE POPS	FRUIT SALAD WITH CREAM	ICE CREAM
SUPPER	MILO, BREAD, SPREADS, FRUIT, BISCUITS						