

WEEK ONE Trinity College

INDICATIVE MENU	Mon	Tue	Wed	Thu	Fri	Sat	Sun
breakfast bar every day: consisting of a variety of cereals e.g.: Weetabix, cornflakes, rice bubbles, sultana bran, nutri grain, choice of two gluten-free (gf) cereals, served with full cream, low fat, soy, almond and lactose free milk options. assorted breads for toasting, including wholegrain, sour dough and or English muffins and gf bread with spreads. Two yoghurt options available each day, flavoured, Greek, and soy available, with fruit cup, dried fruits with bananas, coconut, apple, apricot, mango and cranberries, TC signature no-added sugar muesli with choice of sliced fruit and whole fresh fruit, Juice orange and apple plus an alternative juice each homemade cookie and biscuits							
everyday yoghurt bar suggestion of yoghurt, fruit puree with our own signature muesli (no added sugar)	strawberries with greek yoghurt	caramelized banana yoghurt pots	breakfast seeds with natural yoghurt pots	TC signature birches muesli	apple compote and natural yoghurt pots	mixed berry with Greek yoghurt pots	create your own pot with our own granola, fruit compote, and berries
hot breakfast and choice of the egg over the week boiled, fried, scrambled, poached or an omelette with each day served with hash brown, gems, wedges of potatoes etc	house made baked beans, peas with chicken chipolatas and poached eggs bacon on the side	egg spinach bacon and fetta omelette	egg bacon and spinach wrap with tomato relish	boiled eggs, field mushrooms with chilli oil and beef chipolatas and bacon	big breakfast, fried eggs bacon, hash browns grilled tomatoes and chipolatas	chargrilled mushroom with thyme and oven baked bacon with beef chipolata and scramble eggs	Sunday brunch included, eggs, bacon, grilled tomato spinach, and greens vegetables. avocado on toast, whipped chilli fetta warm pastries French toast with caramel sauce and walnuts green smoothie with spinach and green apple pineapple and lime water
stone ground porridge available during autumn winter	winter bar set up with a selection of brown sugar, maple syrup, local honey, cinnamon sugar and cinnamon, roasted chop nuts, berry compotes, poached pears, toasted seeds with honey, spiced apple oat breakfast crunch						
smoothie of the day	mixed berries local honey and almond milk	papaya smoothie	banana, frozen bananas, milk coconut water, yoghurt, and local honey	breakfast smoothie muesli (gf) frozen banana, honey, and almond milk	strawberries with milk yoghurt, cocoa powder, and honey	carrot banana, cinnamon, and coconut milk	
hydration water (all day)	cucumber and basil	berry and mint	ginger	lemon grass and lemon	berries	apple and blue berry	
lunch	sticky lemon chicken drumsticks with couscous and Asian vegetables	burritos with spicy beef mince and red kidney beans	chicken Caesar wraps with cos lettuce rich egg mayonnaise	beef burger with beetroot minted yoghurt dressing	polenta battered fish and hand cuts chips with tartare sauce lemons	chicken skewers served in noodle box with fried vegetable fried rice	
soup bar with warm bread rolls. (lunch and dinner during winter)	pumpkin soup with chives sour cream and croutons	barley and vegetable soup with flat parsley	prawn and corn soup with crunchy noodles	tomato and basil soup with garlic croutons	herb dumpling with vegetable soup		
vegetarian vegan option Lunch	roast vegetable frittata with tasty cheese	lentil burgers with hummus and bush tomato relish	eggplant rolls stuffed with feta cheese and sautéed vegetable in lemon oil	grilled field mushroom burger sour cream	pea corn fritters with beetroot relish and haloumi	taco with beans and all the trimmings	cauliflower and lentil tomato shepherd's pie
vegetables starch	couscous and steamed asian green vegetables	whole corn cob chargrilled charred broccoli	sautéed vegetable and lemon olive oil	smashed roasted baby potato and zucchini	steamed green vegetable with peas	all trimming for taco	roasted carrot and wedges of sweet potato
salad	fattoush with fetta and olive oil and fresh flat parsley	sweet potato and raisin rice with roasted coconut	steamed broccoli and oven baked bacon and fresh lemon dressing and steamed rice	quinoa tossed with roast veg with local rocket	grilled zucchini with spinach and fresh herbs and light yoghurt dressing brown rice	steamed potato, shallots with spec and fresh herb mayonnaise dressing	spiced pumpkin, steamed chat baby red onion, and spinach salad
mains entree	rogan josh, jasmine rice and naan bread with cucumber yoghurt	entrée mini fetta and rocket beetroot tart	Italian night choice of spaghetti, penne, and ravioli traditional bolognese no nut chicken pesto and vegetable ratatouille with garlic herb baguette wedge and shaved parmesan cheese	entrée bruschetta on garlic olive bread drizzle with balsamic vinegar	lamb sausages with mash potato and onion gravy	beef tortellini with rich tomato sauce and parmesan cheese	roast lamb with all the trimmings and onion jus
mains	rich tomato meat pasta	chicken breast with basil pesto with whole baby potato		beef stroganoff butter noodles with steam whole beans.	chicken with hokkein with Asian green vegetables	chicken maryland roasted with a pepper plum sauce	macaroni and cheese bake with parsley crust topping
vegetarian dish vegan option	bean and spiced enchiladas with sour cream and tasty cheese	vegetarian mince bolognaises with spaghetti	thai style egg fried rice with toasted sesame seeds	pan-fried tofu with hokkein with asian green vegetables	spring vegetable curry with jasmine rice and pappadums	vegetarian daal with spiced oil and naan bread	falafel and chickpea moroccan tagine
salad vegetables starch	jasmine rice and steamed greens tomato cucumber salad	whole baby roast potatoes and panache vegetable mix garden salad	italian spiced tomato salad or green tossed salad with broccoli and bean	sweetcorn cob and broccoli steam whole beans with brown rice	mash potato, sweetcorn, and broccoli. cos lettuce lemon dressing salad	steamed rice with green steamed potato salad	roast potatoes, pumpkin, and cauliflower cold pea mint salad
dessert	chocolate and date brownies	apple and blackberry crumble	ice cream with topping and toffee crunch	mixed berry and meringue with whipped cream and coulis	chunky fruit salad	warm chocolate pudding	bread butter pudding with pears

WEEK TWO Trinity College

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breakfast bar every day: consisting of a variety of cereals e.g.: Weetabix, cornflakes, rice bubbles, sultana bran, nutri grain, choice of two gluten-free (gf) cereals, served with full cream, low fat, soy, almond and lactose free milk options. assorted breads for toasting, including wholegrain, sour dough and or English muffins and gf bread with spreads. Two yoghurt options available each day, flavoured, Greek, and soy available, with fruit cup, dried fruits with bananas, coconut, apple, apricot, mango and cranberries, TC signature no-added sugar muesli with choice of sliced fruit and whole fresh fruit, Juice orange and apple plus an alternative juice each homemade cookie and biscuits							
everyday yoghurt bar suggestion of yoghurt, fruit puree with our own signature muesli (no added sugar)	blueberry compote with Greek yoghurt	caramelized pineapple yoghurt pots	kiwi fruit with Greek yoghurt pots and toasted muesli	create your own pot with our own granola, fruit compote, and berries	fruit compote and Greek yoghurt pots	mango with Greek yoghurt pots	signature birches muesli
hot breakfast and choice of the egg over the week boiled, fried, scrambled, poached or an omelette with each day served with hash brown, gems, wedges of potatoes etc	scrambled egg roasted tomato or mushrooms with bacon and beef chipolatas	pancakes with bacon and maple syrup poached eggs	eggs in a nest - thick piece of bread oven baked egg in the middle with bacon	grilled mushroom with scramble eggs chicken chipolatas and bacon	big breakfast, eggs, bacon, hash browns grilled tomatoes and chargrilled mushroom	jumbo door stopper egg bacon and cheese toasty roll	Sunday Brunch included, scrambled eggs, bacon, grilled tomato chipolatas greens vegetables. avocado on toast, whipped lemon ricotta, warm Pastries banana fritters with cinnamon syrup apple banana smoothie berry water
stone ground porridge available during autumn winter	winter bar set up with a selection of brown sugar, maple syrup, local honey, cinnamon sugar and cinnamon, roasted chop nuts, berry compotes, poached pears, toasted seeds with honey, spiced apple oat breakfast crunch						
suggested smoothie of the day	sunrise smoothie	super green machine spinach, kale coconut water, and celery	banana, cinnamon, and coconut milk	breakfast smoothie muesli (gf) frozen banana, honey, and almond milk	strawberries with milk yoghurt and manuka honey	green energy - spinach kiwi pineapple banana avocado chai seeds	
hydration water (all day)	watermelon	strawberry and mint	lemon & lime	cucumber	orange	mint and cucumber	
lunch	lamb kofta with tabouli hummus and warm pita bread.	BBQ beef ribs with sticky sauce and browns rice.	pork fennel sausage with onion jam garlic mash and sweet potato	baked ham with marmalade crust on crusty bread roll with mustard and apple slaw	beef hot pot with puff pastry top mash potato and roast zucchini	citrus and garlic roast chicken with all the trimmings	
soup bar with warm bread rolls. (lunch and dinner during winter)	Moroccan and spiced chickpea soup with vegetables and mint yoghurt	roast tomato and basil soup with herb croutons	lamb and barley vegetable soup with fresh herbs	spinach and kale soup with yoghurt drizzle	potato and leek soup with light sour cream		
vegetarian vegan option lunch	spinach, feta, and broad bean pie in a flaky filo pastry	Singapore noodles, vegetables and tofu with sesame seeds and coriander	vegetable samosa, yoghurt raita pickle vegetables, and wilted spinach	four cheese pasta bake with cottage cheese and garlic baguette	creamy mushroom fettucine with garlic bread	spinach and ricotta tart with pea mash and shredded carrot	quinoa vegetable patties and salsa with garden salad
vegetables starch	mixed green vegetable with brussels sprouts	potato and steam green vegetables	mash and sweet potato	roasted carrots sweet potato and peas	roast zucchini and Tuscan kale	roasted vegetables pumpkin carrot potato	boc choy cum a shredded carrot
salad	cannellini bean with lemon, garlic, and fennel	vermicelli noodle with carrot, beans, and satay sauce	quinoa with cauliflower, currants, and tahini dressing	cous cous with grilled eggplant, tomato, and feta	cucumber, tomato, basil, and olive salad with local spinach	potato salad with capers chives and eggs	quinoa with zucchini, walnuts, and parmesan
mains entree	beef lentil, mushroom, and kale stew with mash pumpkin	mini chicken leek pie with flaky pastry	mild Mongolian lamb with fluffy rice	mini spiced meat balls with sugo and parm cheese	lamb and cashew biryani with steam jasmine rice	beef sausages with onion garlic gravy	roast turkey with cranberry and apricot stuffing
mains	mains middle eastern lamb chops with minted yoghurt	herb crusted baked salmon with honey and balsamic sauce	roast pork with crackling and all the trimmings and apple sauce	oven baked chicken schnitzel with lemon wedges	lamb curry with brown rice and pappadums	native chicken burger with bush tomato yoghurt cucumber damper roll	char grilled steak with stuffed tomatoes and pine with zucchini grilled
vegetarian dish	vegetable cacciatore with olives	pesto tossed spaghetti with red peppers and ricotta ragout	zucchini and vegetable moussaka	lentil, vegetable tomato cheese calzone	white bean and cherry tomato cassoulet	spinach ricotta cheese cannelloni	creamy five bean stroganoff with brown rice
salad vegetables starch	mash pumpkin and whole steam beans. garden salad	mash potato and minty peas. tomato salad and brown rice	broccoli, green beans, and chat potato roasted salad	creamy potato, carrots, and peas green salad	steamed whole green beans vegetables and rice. pesto past salad	mash pumpkin and potato and paprika grilled corn cob. garden salad	with minted peas roast pumpkin and potato steam chili rice
dessert	avocado dark chocolate muffin	fruit trifle	berry and pear jelly and yoghurt	tiramisu topped with shaved chocolate	fruit salad with yoghurt	salted caramel self-saucing pudding	build your own ice-cream sundae bar

WEEK THREE Trinity College

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breakfast bar every day: consisting of a variety of cereals e.g.: Weetabix, cornflakes, rice bubbles, sultana bran, nutri grain, choice of two gluten-free (gf) cereals, served with full cream, low fat, soy, almond and lactose free milk options. assorted breads for toasting, including wholegrain, sour dough and or English muffins and gf bread with spreads. Two yoghurt options available each day, flavoured, Greek, and soy available, with fruit cup, dried fruits with bananas, coconut, apple, apricot, mango and cranberries, TC signature no-added sugar muesli with choice of sliced fruit and whole fresh fruit, Juice orange and apple plus an alternative juice each homemade cookie and biscuits							
everyday yoghurt bar suggestion of yoghurt, fruit puree with our own signature muesli (no added sugar)	stone fruit compote with Greek yoghurt	create your own pot with our own granola, fruit compote, and berries	apple and cinnamon Greek yoghurt pots	yoghurt pots with berry puree and light toasted muesli	passionfruit with Greek yoghurt pots	apple and berry with natural yoghurt pots	signature birches muesli
hot breakfast and choice of the egg over the week boiled, fried, scrambled, poached or an omelette with each day served with hash brown, gems, wedges of potatoes etc	toasted waffles with maple syrup and poached eggs and bacon	scrambles with think cut grain toast and oven roasted tomatoes, chipolatas	pea, bacon, and spinach pikelets with poached eggs	bacon, spinach, and cheese breakfast scroll with hash browns and chipolatas	big breakfast, eggs, bacon, hash browns mushroom mini beef sausage and tomato relish	boiled eggs soldiers and wilted spinach and bacon	Sunday Brunch included, fried eggs bacon, grilled tomato chipolatas tossed herb greens vegetables. avocado on toast, warm pastries waffles with the trimmings maple syrup oatmeal and berry smoothie berry and nutmeg water
stone ground porridge available during autumn winter	winter bar set up with a selection of brown sugar, maple syrup, local honey, cinnamon sugar and cinnamon, roasted chop nuts, berry compotes, poached pears, toasted seeds with honey, spiced apple oat breakfast crunch						
suggested smoothie of the day	tropical lime smoothie	green chai	breakfast smoothie muesli (gf) frozen banana, honey, and milk	sunrise smoothie	strawberries with milk yoghurt and manuka honey	banana, cinnamon, and coconut milk	
hydration water (all day)	ginger and apple	lemon grass and lemon	berries and watermelon	apple and blue berry	cucumber and mint	orange apple	
lunch	fettuccine with roasted sweet potato feta and shaved parmesans	hokkein noodles with Chinese BBQ pork bok choy chum soy dark soy	tomato spinach and shredded chicken risotto	Thai chicken homemade sausage rolls with sweet chili dipping sauce and coriander	chargrilled fish and hand cut chips with tartare sauce and grilled lemon	Mexican meatballs rich tomato onion on bed of bean mash	
soup bar with warm bread rolls. (lunch and dinner during winter)	split pea and vegetable soup with herb croutons	roasted corn chowder toast baguette	minestrone soup with roasted tomato	potato and spinach soup with crispy tucan kale chips	cream of mushroom soup with pepper croutons		
vegetarian vegan option lunch	roasted spring vegetable lasagne	nacho with white bean shredded cheese guacamole, salad, and light sour cream	mediterranean vegetables wrap with olives sundried tomato and rocket	paprika grilled corn cob with warm cous cous and roasted chickpea spinach salad	herb garlic roasted field mushrooms with shaved parmesan cheese crumbs	roasted cauliflower pie with feta cheese	refried beans tortilla wraps with guacamole tomato salsa
vegetables starch	sautéed green vegetable spinach kale cabbage	bok choy, bell peppers and shallots	snow peas and peas and broccoli steamed	white string beans and leek stir-fried	smashed potato with sweet potato	bean mash and roasted cauliflower	tortilla chips and sour cream tomato salsa
salad	lentil, almond, mint, and cherry tomato	green beans, fresh corn, soybean, and garlic dressing	couscous with pumpkin, sultanas and ras-el-hanout dressing	barley, cherry, tomato, and mint	quinoa, corn, almonds, coconut, and coriander	roast kumara, carrot, and pumpkin with a tahini dressing	shredded carrot and red cabbage coleslaw with creamy mustard dressing
mains entree	braised beef ribs with hoisin and steamed brown rice	fish cakes and chilli sauce and lettuce cups	baked pork chop with roast tomato, basil, and garlic mash	samosa brown tamarind chutney	open greek lamb burgers with tzatziki dressing	roasted beef with root vegetable and mustard dressing	chicken casserole with tomato and kalamata olives
mains	chilli chicken and red beans with steamed jasmine rice	fish laksa with vermicelli noodles, fresh coriander leaves, and bean sprouts	irish stew with herb dumplings and steamed green vegetables.	12-hour Indian spiced lamb shoulder with pilaf rice	fettucine with chicken and mushrooms	beef stir-fry with Singapore noodles and cashews	roast lamb with garlic mash and gravy
vegetarian dish	cumin and three bean enchiladas	roast vegetable and feta tart	tofu stir-fry with cashews	vegetable roulade with spinach and parmesan	lentils bolognaise with basil and fettucine	vegetarian chili with coriander and sour cream	vegetarian lasagne with béchamel and basil
salad vegetables starch	rosemary roast potatoes, buttered cabbage, and silver beet cos salad lemon oil	steamed cauli and broccoli with honey glazed carrots butter lettuce lemon oil	buttered green beans and maple roasted pumpkin salad	new potato with sour cream and chives, carrots with dill and green salad	roasted garlic potato with zucchini and roasted carrot spiced rice salad	cheesy potato bakes with steamed cauli and silver beet – tomato salad	baked cauliflower sautéed greens with bacon and chopped parsley herb salad
dessert	salted caramel slice	strawberry jelly with vanilla bean ice cream	dark chocolate self-saucing pudding	eton mess with passionfruit coulis	pineapple upside-down cake	raspberry and yoghurt whip	fruit sorbet

WEEK FOUR Trinity College

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breakfast bar every day: consisting of a variety of cereals e.g.: Weetabix, cornflakes, rice bubbles, sultana bran, nutri grain, choice of two gluten-free (gf) cereals, served with full cream, low fat, soy, almond and lactose free milk options. assorted breads for toasting, including wholegrain, sour dough and or English muffins and gf bread with spreads. Two yoghurt options available each day, flavoured, Greek, and soy available, with fruit cup, dried fruits with bananas, coconut, apple, apricot, mango and cranberries, TC signature no-added sugar muesli with choice of sliced fruit and whole fresh fruit, Juice orange and apple plus an alternative juice each homemade cookie and biscuits							
everyday yoghurt bar suggestion of yoghurt, fruit puree with our own signature muesli (no added sugar)	create your own pot with our own granola, fruit compote, and berries	fruit compote and greek yoghurt pots	breakfast seeds with greek yoghurt pots	gg signature bircher muesli	fruit salad and greek yoghurt pots	greek yoghurt pots with muesli and chopped dried fruits	fruit salad and mint yoghurt
hot breakfast and choice of the egg over the week boiled, fried, scrambled, poached or an omelette with each day served with hash brown, gems, wedges of potatoes etc	egg bacon tarts with spinach	scramble egg with thick toast and bake beans with beef chipolatas	chargrilled mushroom and thyme and the fried egg side of bacon	breakfast pizza with bacon and sausages	big breakfast, eggs, bacon, hash browns grilled tomatoes and chipolatas	cheesy spaghetti and toast and poached eggs with bacon	Sunday Brunch included, scramble eggs bacon, grilled tomato chipolatas tossed herb greens spinach. warm pastries egg-soaked toast with avocado and tomato salsa. berry smoothie lemon ginger water
stone ground porridge available during autumn winter	winter bar set up with a selection of brown sugar, maple syrup, local honey, cinnamon sugar and cinnamon, roasted chop nuts, berry compotes, poached pears, toasted seeds with honey, spiced apple oat breakfast crunch						
suggested smoothie of the day	mixed berries local honey and roasted coconut	mango cheeks with vanilla coconut water and chai seeds	berry mint smoothie	breakfast smoothie muesli (gf) frozen banana, honey, and milk	strawberries withmilk yoghurt and manuka honey	mango frozen, milk, yoghurt, and local honey	
hydration water (all day)	mango water	ginger tea water	water mint	cucumber and basil	lemon and ginger	grape	
lunch	sweet sour pork and pineapple with steam rice	beef burger with beetroot lettuce tasty cheese	tandoori chicken skewers with raita and nana bread grilled	salt Szechuan pepper chargrilled calamari with white bean mash	grilled fish with roasted hand cut potato chips	chicken breast with herb Napoli sauce	
soup bar with warm bread rolls. (lunch and dinner during winter)	roasted cauliflower soup with blue cheese	lentil and pumpkin soup	leek, kale, and soup with herb croutons	bacon and pea soup with lemon olive oil	spiced Asian vegetable soup with crunchy noodles		
vegetarian vegan option lunch	classic bake macaroni and four cheeses	sage and olive oil gnocchi with cherry tomatoes	spiced sweet potato chickpea burger with salsa verdi and lettuce	roasted vegetable and ricotta frittata and tomato chutney	pea corn fritters with herb sour cream dressing	lemon herb vegetable primavera penne pasta	Italian spiced napoleon sauce with spiral pasta
vegetables starch	steamed mixed green vegetables with celery shallots	roasted tomato and mushrooms	nana bread with celery salad	kale and white bean	hand cut pumpkin chips and sweet potato	paprika potato and spinach	zucchini roasted with egg plant
salad	orzo pasta with feta, and beetroot	lentil, eggplant and mixed leaves mustard dressing	coleslaw with shredded apple and parmesan	caesar salad with soft boiled egg	green beans, soybeans, sesame with a miso dressing	greek salad with feta and fried oregano	slaw with barley, coriander, and tahini dressing
mains entree	rosemary and lemon baked chicken	lamb with north african spices, lemon pastry tarts	dukkha crusted pork with red cabbage and apple	mini smoked salmon and dill mayo with baguettes wedge	harissa chicken drumsticks	lamb rogan josh with jasmine rice	roast beef with horseradish
mains	traditional lasagne with béchamel and basil	crusted spiced fish chargrilled with lemongrass steamed rice	spaghetti meatballs with tomato sago	cumin and paprika roast lamb	grilled steak with chimichurri	apple pumpkin pork meat balls	dijon glazed ham with roasted balsamic onions
vegetarian dish	pumpkin, chickpea, and spinach korma with steamed rice	spinach, feta, and dill filo parcels	charred capsicum and eggplant frittata	margherita pizza with basil and olives	baked potato with creamy mushroom	tofu stir-fry with black bean sauce and cashews	vegetarian lasagne with eggplant and béchamel
salad vegetables starch	charred capsicum, green and butter beans Italian salad	mashed potato and stir-fry vegetables with garlic lemon oil lettuce	buttered broccoli and carrots, with roast potatoes cos lettuce wedges	charred corn with peas and capsicum potato salad	sautéed red and green cabbage and hand cut chips, green salad	chinese greens with soy, honey carrots, and sesame. green Asian green salad	cabbage with apple, roast parsnip, potato, and carrot. rice bean salad
dessert	chocolate mousse and chocolate shavings	banana cake with banana chips philly cream cheese icing	spiced apple shortcake	fruit salad and berry yoghurt	vanilla bean ice cream	panna cotta with compote	lemon self-saucing pudding

