

ELIZABETH COLLEGE JUNIOR SCHOOL



Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soup, and Fruit Juices	Fruit Juice	Homemade Soup	Fruit Juice	Homemade Soup	Fruit Juice
Main Course <i>Choice 1</i>	Pasta Bolognaise and Garlic Bread	Jacket Potato with Choice of Toppings	Roast Pork, New Potatoes, Apple Sauce and Gravy	Sausage and Mash with Gravy	Beef Burger with Salad and Chips
Main Course <i>Choice 2</i>	Vegetable and Egg Fried Rice	Vegetable Stir Fry with Noodles	Twice Baked Jacket Potato with Cheese and Bacon	Sweet Potato Korma with Rice and Naan Bread	Veggie Spring Rolls with Teriyaki Dip
Vegetable	Garden Peas	Steamed Broccoli	Roasted Carrots	Garden Peas	Baked Beans
Daily Special	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
Fresh Fruit and Salad Bar	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens
Puddings and Fruit	Homemade Fruit Yoghurt Ice cream	Homemade Fruit Yoghurt Marble Cake	Homemade Fruit Yoghurt Strawberry Jelly	Homemade Fruit Yoghurt Rice Krispy Square	Homemade Fruit Yoghurt Chocolate Mousse

Homemade Bread served daily

Gluten Free and dairy free options will be available daily

*Fresh Fish Subject to Availability

ELIZABETH COLLEGE JUNIOR SCHOOL



Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soups and Fruit Juices	Fruit Juice	Homemade Soup	Fruit Juice	Homemade Soup	Fruit Juice
Main Course <i>Choice 1</i>	Tuna Pasta Bake with Garlic Bread	Fish and Chips with Tartare Sauce	Roast Beef, Yorkshire Pudding, Roast Potatoes and Gravy	Homemade Sausage Rolls with New Potatoes	All Day Breakfast
Main Course <i>Choice 2</i>	Cheese and Chive Omelette with Garlic Bread	Veggie Burger with Salad and Chips	Pasta with a Choice of Tomato or Cheese Sauce	Winter Vegetable Risotto with Garlic Bread	Quesadilla with Salsa, Guacamole, Sour Cream and Rice
Vegetables	Steamed Broccoli	Garden Peas	Steamed Broccoli	Garden Peas	Baked Beans
Daily Special	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
Fresh Fruit and Salad Bar	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens
Puddings and Fruit	Homemade Fruit Yoghurt Ice Cream	Homemade Fruit Yoghurt Shortbread Biscuit	Homemade Fruit Yoghurt Raspberry Jelly	Homemade Fruit Yoghurt Lemon Drizzle Cake	Homemade Fruit Yoghurt Chocolate Rice Krispy Square

*Fresh Fish Subject to Availability

Homemade Bread served daily
Gluten Free and dairy free options will be available daily