

| August  | Monday 1<br>12.00-1.00                                 | Tuesday 2<br>12.00-1.00                                                                                                                                                    | Wednesday 3<br>12.00-1.00 <i>Pulse Lunch</i>                                                                                                        | Thursday 4<br>12.00-1.00                                                                                                                                                                                 | Friday 5<br>12.00-1.00                                                                                                                                                                                     | Saturday 6<br>12.30-1.30                                                                                                  | Sunday 7<br>11.00-12.00                                                                                                                                        |
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| Lunch   | <i>Pizza truck &amp; gelato</i><br><br><i>Hot dogs</i> | <i>Empanadas</i><br><i>Corn tomato rice</i><br><i>Steamed vegetable</i><br><i>Potato wedges w' sweet chilli &amp; sour cream</i>                                           | <i>Vegetable curry &amp; steam rice</i><br><br><i>Naan breads</i><br><br><i>Spring rolls</i><br><br><i>Asian greens</i>                             | <i>Spanakopita w' parmesan cream</i><br><br><i>Baby potatoes w' parsley garlic</i><br><br><i>Steamed vegetables</i><br><br><i>Pea's</i>                                                                  | <i>Thai Coconut pumpkin &amp; cashew Curry w' steamed Jasmin rice &amp; brown rice</i><br><i>Spring rolls</i><br><i>Steamed Wom Bok &amp; Bok Choy</i>                                                     | <i>Gluten steaks w' rich gravy</i><br><br><i>creamy mashed potatoes seasonal greens roast carrot</i>                      | <i>Brunch</i><br><br><i>Eggs fried or scrambled hash browns</i><br><i>Baked beans &amp; spaghetti</i><br><i>Croissants &amp; Danish</i><br><i>banana bread</i> |
|         |                                                        | <i>Garden salad</i>                                                                                                                                                        | <i>Wombok noodle salad</i>                                                                                                                          | <i>Carrot &amp; coconut salad garden salad</i>                                                                                                                                                           | <i>Seasonal garden salad</i>                                                                                                                                                                               | <i>Seasonal garden salad / herbed cabbage slaw</i>                                                                        |                                                                                                                                                                |
|         |                                                        | <i>Churros &amp; chocolate sauce</i>                                                                                                                                       | <i>Anzac Biscuit</i>                                                                                                                                | <i>Carrot cake &amp; caramel sauce w' custard</i>                                                                                                                                                        | <i>Mango parfait</i>                                                                                                                                                                                       | <i>Apple cinnamon cobblers &amp; custard w' ice cream tubs</i>                                                            | <i>Cereals &amp; milks &amp; Fruit juice</i>                                                                                                                   |
| The Caf | Monday<br>5.30-6.00                                    | <b>Tuesday</b><br><b>5.30-6.00</b>                                                                                                                                         | Wednesday<br>5.30-6.00                                                                                                                              | Thursday<br>5.30-6.00                                                                                                                                                                                    | <b>Friday</b><br><b>5.30-6.00</b>                                                                                                                                                                          | Saturday<br>5.30-6.00                                                                                                     | Sunday<br>5.30-6.00                                                                                                                                            |
| Dinner  | <i>Hamburgers &amp; Chips</i>                          | <i>Spaghetti napolitana</i><br><br><i>Triple cheese pasta bake</i><br><br><i>Spinach &amp; mushroom penne</i><br><br><i>Turkish cheese melt</i><br><br><i>Pumpkin soup</i> | <i>Arancini</i><br><br><i>Roast vegetable press stack</i><br><br><i>Steam greens</i><br><br><i>Potato &amp; leek soup</i><br><br><i>Bread rolls</i> | <i>Pizza night</i><br><br><i>Napoli</i><br><br><i>bbq not chicken</i><br><br><i>Vego supreme</i><br><br><i>Cheesy tomato</i><br><br><i>Chips</i><br><br><i>Vegetable soup</i><br><br><i>Garlic bread</i> | <i>Hokkien Noodle with honey soy not chicken steamed Jasmin rice &amp; brown rice</i><br><br><i>Thai green curry puffs</i><br><br><i>Steamed Wom Bok &amp; bok Choy</i><br><br><br><br><i>Tom yum soup</i> | <i>Quiche</i><br><i>Steamed vegetables</i><br><i>Roast potatoes</i><br><br><br><i>Pumpkin soup</i><br><i>Garlic bread</i> | <i>Lasagna w'</i><br><br><i>crispy chips &amp; gravy</i><br><i>steamed vegetables</i><br><br><br><i>Soup of the day</i>                                        |
|         | <i>Ice creams</i>                                      | <i>garden salad</i><br><br><i>Whole fruit</i>                                                                                                                              | <i>Garden salad</i><br><br><i>Whole fruit</i>                                                                                                       | <i>Garden salad</i><br><br><i>Whole fruit</i>                                                                                                                                                            | <i>Garden salad</i>                                                                                                                                                                                        | <i>Garden salad</i>                                                                                                       | <i>seasonal garden salad</i>                                                                                                                                   |
|         |                                                        | <i>Chocolate cake</i>                                                                                                                                                      | <i>Muffins berry &amp; white chocolate</i>                                                                                                          | <i>Orange almond cake &amp; custard</i>                                                                                                                                                                  | <i>Chocolate chip cookies</i>                                                                                                                                                                              | <i>Chocolate Smarty cookies</i>                                                                                           | <i>Cheese cake w' berry coulis</i>                                                                                                                             |

| August | Monday 8<br>12.00-1.00                                                                         | Tuesday 9<br>12.00-1.00                                                                                                                                           | Wednesday 10<br>12.00-1.00                                                                  | Thursday 11<br>12.00-1.00                                                                                | Friday 12<br>12.00-1.00                                                                                                                                         | Saturday 13<br>12.30-1.30                                                                                                   | Sunday 14<br>11.00-12.00                                                                                 |
|--------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| Lunch  | <i>Carrot Nutmeat rolls<br/>Garlic cream gravy<br/>Creamed potatoes<br/>Steamed vegetables</i> | <i>Black bean tomato cheese quesadilla<br/>or<br/>Cheese &amp; spicey tomato quesadilla<br/><br/>Potato jems</i>                                                  | <i>Haystacks</i>                                                                            | <i>Build your own<br/>hamburgers<br/>Potato scallops<br/>Eggs beetroot<br/>Pineapple</i>                 | <i>Sate curry Pumpkin<br/>pumpkin &amp; toasted<br/>cashew steamed Jasmin<br/>rice &amp; brown rice<br/>Spring rolls<br/>Steamed wom Bok &amp;<br/>bok Choy</i> | <i>Gluten steaks w' rich<br/>gravy<br/><br/>creamy mashed<br/>potatoes seasonal<br/>greens roast carrot</i>                 | <i>Brunch<br/>A variety of<br/>traditional<br/>goodies</i>                                               |
|        | <i>1000 Island pasta salad<br/>garden salad</i>                                                | <i>Garden salad</i>                                                                                                                                               |                                                                                             | <i>Garden salad</i>                                                                                      | <i>Cabbage &amp; noodle<br/>salad</i>                                                                                                                           | <i>Seasonal garden salad /<br/>herbed cabbage slaw</i>                                                                      |                                                                                                          |
|        | <i>Warm Berry Friands<br/>&amp; ice cream</i>                                                  | <i>Mango parfait</i>                                                                                                                                              | <i>Cinnamon doughnuts<br/>Poppers</i>                                                       | <i>Muffins</i>                                                                                           | <i>Dragon fruit sago</i>                                                                                                                                        | <i>Apple crumble &amp;<br/>custard</i>                                                                                      |                                                                                                          |
| Dinner | <i>Monday<br/>5.30-6.00</i>                                                                    | <i>Tuesday<br/>5.30-6.00</i>                                                                                                                                      | <i>Wednesday<br/>5.30-6.00</i>                                                              | <i>Thursday<br/>5.30-6.00</i>                                                                            | <i>Friday 13<br/>5.30-6.00</i>                                                                                                                                  | <i>Saturday<br/>5.30-6.00</i>                                                                                               | <i>Sunday<br/>5.30-6.00</i>                                                                              |
|        | <i>Empinadas<br/><br/>Corn tomato rice<br/><br/>Steamed vegetable<br/><br/>Soup &amp; buns</i> | <i>Spinach &amp; feta ravioli in pumpkin<br/>cream sauce<br/><br/>Cheesy potato bake<br/><br/>Spaghetti Napoli<br/><br/>Garlic bread<br/><br/>Soup &amp; buns</i> | <i>Nutmeat pies w' gravy<br/><br/>Hot chips<br/><br/>Steamed Greens Soup &amp;<br/>buns</i> | <i>Pizza night<br/><br/>Napoli<br/><br/>bbq not chicken<br/><br/>Vego supreme<br/><br/>Cheesy tomato</i> | <i>Spinach &amp; feta pastie<br/>Mushroom stroganoff<br/>&amp; rice<br/>Souvlaki bread<br/>Steamd vegetable<br/>Soup &amp; buns</i>                             | <i>Soup &amp; buns<br/><br/>Spinach tomato quiche<br/><br/>Steamed vegetable<br/><br/>Garlic buttered baby<br/>potatoes</i> | <i>Soup &amp; buns<br/><br/>Not chicken<br/>schnitzel<br/>parmigiana<br/><br/>Steamed<br/>vegetables</i> |
|        | <i>Balsamic walnut apple salad<br/><br/>Garden salad</i>                                       | <i>Greek salad &amp; seasonal garden salad</i>                                                                                                                    | <i>garden salad</i>                                                                         | <i>seasonal garden salad<br/>Caesar salad</i>                                                            | <i>Garden salad</i>                                                                                                                                             | <i>Garden salad</i>                                                                                                         | <i>Garden salad</i>                                                                                      |
|        |                                                                                                |                                                                                                                                                                   |                                                                                             |                                                                                                          |                                                                                                                                                                 |                                                                                                                             |                                                                                                          |

| August | Monday 15<br>12.00-1.00                                                                                                        | Tuesday 16<br>12.00-1.00                                                               | Wednesday 17<br>12.00-1.00 | Thursday 18<br>12.00-1.00                                                                                                  | Friday 19<br>12.00-1.00                                                          | Saturday 20<br>12.30-1.30                                                                          | Sunday 21<br>11.00-12.00                                              |
|--------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| Lunch  | Carrot Nutmeat rolls<br>Garlic cream gravy<br>Creamed potatoes<br>Steamed vegetables                                           | Lentil Curry Dahl<br>Potato / sweet potato green<br>curry<br>Jasmin rice<br>Naan bread | US Grilled hot dogs        | Felafel & Mini patties<br><br>Lebanese bread<br><br>Mini roast vegetable medley<br><br>Hommus + Beetroot dip<br><br>taziki | Corn friitas / aroncinin<br><br>Steamed Greens                                   | Gluten steaks<br><br>creamy mashed<br>potatoes seasonal<br>greens<br><br>roast carrot<br><br>gravy | Brunch<br>A variety of<br>traditional goodies                         |
|        | Garden salad<br>Homey mustard Potato salad                                                                                     | Garden salad                                                                           | herbed cabbage slaw        | Tomato<br><br>lettuce Cucumber<br><br>Beetroot                                                                             | Garden salad                                                                     | Garden salad                                                                                       |                                                                       |
|        | Warm Berry Friands<br>& ice cream                                                                                              | Mango raspberry parfait<br>cream cups                                                  | Cinnamon Doughnuts         | Dragon fruit parfait                                                                                                       | Anzac biscuits                                                                   | Apple crumble &<br>custard                                                                         |                                                                       |
| Dinner | Monday<br>5.30-6.00                                                                                                            | Tuesday<br>5.30-6.00                                                                   | Wednesday<br>5.30-6.00     | Thursday<br>5.30-6.00                                                                                                      | Friday<br>5.30-6.00                                                              | Saturday<br>5.30-6.00                                                                              | Sunday<br>5.30-6.00                                                   |
|        | Spinach ravioli in pumpkin sauce<br>w' snow peas<br><br>Spaghetti bolognaise w' Garlic<br>bread<br><br>Cauliflower cashew soup | Build your own hamburgers<br>Potato scallops<br>Eggs beetroot<br>Pineapple             | Nachoes                    | Sausage rolls<br><br>Fried baby potaoes potatoes<br><br>Sweet potatoes<br><br>Carrots & greens                             | Jumbo spring rolls &<br><br>Samosa<br><br>fried rice<br><br>steamed Asian greens | Pizza<br><br>Napoli<br><br>bbq not chicken<br><br>Vego supreme<br><br>Cheesy tomato                | Lasagne'<br><br>Garlic potatoes<br><br>Steamed seasonal<br>vegetables |
|        | Grilled vegetable green salad                                                                                                  | Garden salad                                                                           | garden salad               | garden salad                                                                                                               | Wombok noodle salad                                                              | Garden salad                                                                                       | Garden salad                                                          |
|        | Churros & chocolate sauce                                                                                                      | Muffins berry & white<br>chocolate                                                     | Chocolate cake             | smarties cookies                                                                                                           | Mud cakes & chocolate<br>sauce                                                   | Gelato                                                                                             | Sticky date<br>puddings, caramel<br>sauce & ice cream                 |

| August | Monday 22<br>12.00-1.00                                                                       | Tuesday 23<br>12.00-1.00                                                          | Wednesday 24<br>12.00-1.00                                                              | Thursday 25<br>12.00-1.00                                                                    | Friday 26<br>12.00-1.00                                                        | Saturday 27<br>12.30-1.30                                                    | Sunday 28<br>11.00-12.00                                                                     |
|--------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Lunch  | Empanadas<br>Steamed vegetables<br>Mexican rice<br>Brown rice                                 | Crispy Noodle Sate<br>Samosa<br>Fried rice<br>Honey soy Asian greens              | Haystacks<br><br>Corn chips<br><br>Mexican beans<br><br>Tomato & Cucumber<br><br>Cheese | Souvlaki bread<br><br>Mini sliders<br><br>Mini rice balls<br><br>Falafel<br><br>Hummus       | Carrot & nutmeat rolls<br>w' Diane sauce<br><br>Roast potato & carrots<br>peas | Gluten steaks creamy<br>mashed potatoes<br>seasonal greens roast<br>carrot   | Brunch<br>Brunch Eggs fried<br>or scrambled<br>hash browns<br><br>Baked beans &<br>spaghetti |
|        | Herbed slaw<br><br>Garden salad                                                               | Garden salad                                                                      | Zooper doopers<br><br>Apple & popper                                                    | Lettuce tomato<br>cucumber Beetroot<br>carrot alfalfa<br><br>snow pea shots                  | Garden salad                                                                   | Seasonal garden salad /<br>herbed cabbage slaw                               | Croissants &<br>Danish banana<br>bread                                                       |
|        | Sticky date pudding<br><br>Caramel sauce & ice cream                                          | Battered Pineapple<br>ring in cinnamon sugar                                      | Cinnamon Doughnuts                                                                      | Mud cake                                                                                     | Sones jam & cream                                                              | Apple cinnamon<br>cobblers & custard w'<br>ice cream tubs                    | Fruit salad<br>Assorted Cereals &<br>milks & Fruit juice                                     |
| Dinner | Monday<br>5.30-6.00                                                                           | Tuesday<br>5.30-6.00                                                              | Wednesday<br>5.30-6.00                                                                  | Thursday<br>5.30-6.00                                                                        | Friday<br>5.30-6.00                                                            | Saturday<br>5.30-6.00                                                        | Sunday<br>5.30-6.00                                                                          |
|        | Toasties & X tracks<br><br>Sour cream & guacamole<br><br>sweet chili sauce<br><br>soup & buns | Sausage rolls<br><br>Crème potatoes<br><br>Sweet potatoes<br><br>Carrots & greens | Curry & rice<br><br>Dahl<br><br>W' nana bread                                           | Creamy Mushroom &<br>spinach penne ravioli<br><br>Spaghetti bolognese<br><br>Garlic focaccia | Hamburgers<br><br>Eggs & pineapple<br><br>Potato scallops<br><br>Bbq onions    | Roasted vegetable<br>lasagne'<br><br>baby potatoes<br><br>steamed vegetables | Pizza night<br><br>Napoli<br><br>bbq not chicken<br><br>Vego supreme                         |
|        | Garden salad                                                                                  | garden salad                                                                      | Garden salad                                                                            | seasonal garden salad<br>Caesar salad                                                        | Lettuce tomato<br>beetroot carrot<br>cucumber                                  | Garden salad                                                                 | seasonal garden<br>salad                                                                     |
|        | Orange Almond cake & sauce<br>anglaise                                                        | smarties cookies                                                                  | Passionfruit Cheese cake                                                                | Chocolate Muffin                                                                             | Florentine biscuits                                                            | Berry cake                                                                   | Anzac cookies                                                                                |

The Caf breakfast menu semester Two 2022

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|                                                                                                    | Monday<br>7.30-9.30 | Tuesday<br>7.30-9.30 | Wednesday<br>7.30-9.30 | Thursday<br>7.30-9.30 | Friday<br>7.30-9.30 | Saturday<br>n/a | Sunday<br>n/a |
|----------------------------------------------------------------------------------------------------|---------------------|----------------------|------------------------|-----------------------|---------------------|-----------------|---------------|
| Assorted cereals & milks<br>Yoghurt<br>Fruit juice<br>Seasonal fruits<br>Assorted breads & spreads |                     |                      |                        |                       |                     |                 |               |