

# Empact Kearsney College Menu Term 3 2023

**WEEK: 6**

1	Monday 21/08/2023	Tuesday 22/08/2023	Wednesday 23/08/2023	Thursday 24/08/2023	Friday 25/08/2023	Saturday 26/08/2023	Sunday 27/08/2023
	Seasonal Fruit Jungle Oats All Bran Pro Nutro  <b>Crumpets &amp; Syrup</b>  Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Maltabella Future Life Corn Flakes  <b>Fried Eggs</b>  <b>Pork Sausages</b>  Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Tasty Wheat Rice Krispies Muesli  <b>Scrambled Eggs</b>  Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Jungle Oats Pro Nutro All Bran Flakes  <b>French Toast &amp; Syrup</b>  Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Kreemy Meal Weetbix All Bran Flakes  <b>Fried Eggs</b>  <b>Grilled Tomato</b>  Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Maltabella Rice Krispies Futurelife  <b>Baked Beans &amp; Sausage</b>  Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Fresh Baked Croissants Assorted Muffins Cajun Chicken Strips Honey Mustard Cocktail Cheese Grillers Grated Cheese Grilled Baby Tomatoes
<b>SANDWICH TREAT</b>	Cheese Samosas	Chocolate Spread Chocolate Cake	Cheese Apple Cake	Hot Dogs	Chicken Mayonnaise Centenary Cookies		
<b>LUNCH</b>	<b>BBQ Grilled Beef Steak</b> Creamy Potato Bake Roasted Butternut & Feta Pepper Sauce  Egg Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	<b>KFC Chicken Pieces</b> Mashed Potato Gravy Green Peas  Coleslaw Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Water	<b>Pork Kassler Chops</b> Garlic & Herb Baked Potatoes Gem Squash Honey Mustard Sauce  Tomato & Corn Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	<b>Double Chicken Burgers</b> Potato Wedges Sliced Pineapple  Sliced Tomato & Cucumber Rainbow Slaw Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	<b>Mock Lasagne</b> Roasted Baby Marrows   Roasted Vegetable, Rocket & Feta Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	<b>Roast Chicken</b> Roast Potatoes Creamy Spinach & Roasted Butternut Gravy  Coco Pops Muesli Boiled Eggs Assorted Fruit Yoghurts Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	
<b>VEGETARIAN</b>	<b>Butternut &amp; Lentil Bake</b>	<b>Crumbed Soya Strips</b>	<b>Soya Schnitzel</b>	<b>Vegetarian Burgers</b>	<b>Vegetable Lasagne</b>	<b>Soya Schnitzel</b>	
<b>SUPPER</b>	<b>Chicken Stir Fry</b> Savoury Rice Stir Fried Vegetables  Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	<b>Spaghetti Bolognese</b> Medley of Vegetables  Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	<b>BBQ Chicken Wings</b> Chips Herb Fried Corn BBQ Relish  Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	<b>Beef Curry</b> Phutu  Beetroot Salad Sambals Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	<b>Chicken a la King</b> Rice Green Peas & Baby Carrots  Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	<b>Beef Burger Pies</b> Chips Gravy  Broccoli & Bacon Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	<b>Beef Stroganoff</b> Rice Green Beans & Onions  Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices
<b>VEGETARIAN</b>	<b>Vegetable Stir Fry</b>	<b>Vegetarian Pasta Prima Vera</b>	<b>BBQ Soya Strips</b>	<b>Vegetable Curry</b>	<b>Creamy Soya Strips</b>	<b>Vegetable Curry Pies</b>	<b>Creamy Mushroom Stroganoff</b>
<b>DESSERT</b>	White Chocolate Mousse	Jelly & Custard	Fruit Salad	Ice Cream & Chocolate Sauce	Chocolate Mousse	Malva Pudding & Custard	Peppermint Crisp Tart

SUBJECT TO CHANGE WITHOUT NOTIFICATION FOR OPERATIONAL REQUIREMENTS