



Albany Residential College

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Everyday breakfast:	Everyday breakfast:	Everyday breakfast and a cooked buffet breakfast.	Everyday breakfast:	Everyday breakfast:	Everyday breakfast:	Everyday breakfast:
LUNCH	Make your own sandwiches and or wraps See notes below	Make your own sandwiches and or wraps	Make your own sandwiches and or wraps	Make your own sandwiches and or wraps	Make your own sandwiches and or wraps	Fresh made toasties with a variety of fillings	Fresh made toasties with a variety of fillings
DINNER	Chilli Con Carne with rice, wraps, avocado, salsa, sour cream	Mango chicken with brown rice and poppadoms	Baked fish, chilli muscles and home cooked chips	Beef Mi Goreng with noodles	Mac and Cheese	BBQ with potato bake	Roast Chicken with cranberry crumb and roast veggies

EVERYDAY BREAKFAST: Toast, selection of cereals, fruit, yoghurt, freshly made smoothies, baked beans and spaghetti to be heated up.

LUNCHES: Make your own lunch selections may include ham, salami, chicken, or tuna along with salads like spinach, lettuce, tomato, grated carrot, cucumber, cheese, onion etc. Curried egg, egg salad is also on rotation.

RECESS: On rotation we have fruit, fruit cups, popcorn, house made trail mix, baked goods (muffins, slice etc), cheese and crackers, SAO biscuits with condiments, muesli bars, cruskits, tuna and cracker packs just to list a few.

DINNER NOTE: All dinners are served with a selection of different salads and could include Greek salad, pasta salad, garden salad, beetroot and fetta salad, Italian salad, potato salad, Mexican salad plus many other gourmet salads!

CHECK OUT OUR FACEBOOK PAGE FOR SOME FOODY PHOTOS