



**NEGS**  
MORE THAN  
A SCHOOL

# NEGS MENU

## 2019 - Term One, Week 3



11th - 17th February

[www.negs.nsw.edu.au](http://www.negs.nsw.edu.au)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	A selection of baked beans, spaghetti, eggs, hashbrowns, tomatoes, mushrooms, chipolatas, corn and pancakes. As well as a continental breakfast.	Full continental breakfast.	A selection of baked beans, spaghetti, eggs, hashbrowns, tomatoes, mushrooms, chipolatas, corn and pancakes. As well as a continental breakfast.	Full continental breakfast.	A selection of baked beans, spaghetti, eggs, hashbrowns, tomatoes, mushrooms, chipolatas, corn and pancakes. As well as a continental breakfast.	Full continental breakfast.	Full continental breakfast.
<b>Morning Tea</b>	Chocolate cake with frosting, Saos with cheese Whole Fruit	Corn chips and salsa, mini yogurt, Whole fruit	Chocolate milk, fairy biscuit, whole fruit	White chocolate & cranberry blondie, jatz & cheese Whole fruit.	Fresh fruit platters, Anzac slice with vanilla glaze Whole fruit.	Mixed whole fruit. Raisin toast, muffins and crumpets.	Mixed whole fruit. Raisin toast, muffins and crumpets.
<b>Lunch</b>	Beef sausage rolls	Gourmet salad bar	Lamb and gravy rolls	Gourmet salad bar	Spaghetti and meatballs	Caesar salad wrap	Beef Nachos
<b>Dinner</b>	Curried sausages Rice pilaf	Beef tortellini Garden salad Garlic bread	BBQ Dinner	Father/Daughter dinner	Chicken sliders with slaw and crispy onion rings	Veal parmigiana Sweet potato fries Garden salad	Portugese style chicken potato bake Veg medley
<b>Dessert</b>	Make your own sundae	Strawberry mousse	Ice Blocks		Fresh fruit salad	Homemade apple and berry danish	Vanilla bean custard and jelly

Available daily: Full salad bar, toasted sandwich bar during every lunch service