



**NEGS**  
MORE THAN  
A SCHOOL

# NEGS MENU

## 2019 - Term One, Week 7



11th - 17th March

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	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
Morning Tea	Coconut & jam slice, Saos with cheese Whole Fruit	Mini sausage rolls Yoghurt tubs Whole fruit	Cornflake biscuits, fresh fruit platters whole fruit	Muffin with cheese & tomato, Banana smoothie Whole fruit.	Blue cake Watermelon wedges Whole fruit.	Mixed whole fruit. Raisin toast, muffins and crumpets.	Mixed whole fruit. Raisin toast, muffins and crumpets.
Lunch	Tuna mornay	Gourmet salad bar	Tandoori chicken wrap	Gourmet salad bar	Whole school BBQ	Assorted open grills	Fettucini carbonara
Dinner	Beef massamum curry Coconut rice & green beans	Creamy chicken & leek pie, pumpkin mash Veg medley	BBQ Dinner	Tortellini 2 ways, garlic bread & tossed salad	Southern fried chicken burger Slaw, beer battered wedges	Pan fried rump, hasselback potatoes, veg medley & Dianne sauce	Roast chicken with all trimmings
Dessert	Apple & mixed berry crumble, vanilla ice cream	Make your own sundae	Ice Creams	Lemon meringue pie	Black forest mousse	Jelly, fruit and custard	Butterscotch pudding

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