



NEGS
MORE THAN
A SCHOOL

NEGS MENU

2019 - Term One, Week 6



4th March - 10th March

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	Orange and poppyseed cake and Sao & cheese Whole fruit	Cinnamon donut, chocolate milk Whole fruit,	Carrot cake with cream cheese frosting, watermelon wedges Whole fruit	Homemade jam drop Whole fruit Corn chips and salsa	Choc peppermint slice, Fruit platters Whole fruit	Mixed whole fruit. Raisin toast, muffins and crumpets.	Mixed whole fruit. Raisin toast, muffins and crumpets.
Lunch	Chicken burgers with seeded mustard aioli	Gourmet salad bar	Curried sausages and rice	Gourmet salad bar	Beef tacos	Chicken tortilla wraps	Ham & pineapple pizza
Dinner	Pastitso with garlic bread & Garden salad	Asian style chicken noodle stir fry	BBQ Dinner Smokey BBQ spare ribs, Idaho potato, roast corn, tossed salad	Crispy chicken breast, potato bake & veg medley Pepper sauce	Tempura fish, chips tossed salad & Tartare sauce	Portuguese chicken with homecut wedges and chipotle slaw	Chicken cacciatore, Herbed creamy mash & veg medley
Dessert	Panna cotta	Make your own sundae	Paddle pops	Berry & white chocolate crumble	Banoffee pie	Choc mud cake	Jelly, fruit and custard

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