



# ST. DOMINIC'S GRAMMAR SCHOOL

## GIRLS AND BOYS 4 - 18

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	Juice Cereals Hot Bap of the Day Toast Beans Scrambled Egg Fresh Fruit	Juice Cereals Hot Bap of the Day Toast Beans Scrambled Egg Fresh Fruit	Juice Cereals Hot Bap of the Day Toast Beans Scrambled Egg Fresh Fruit	Juice Cereals Hot Bap of the Day Toast Beans Scrambled Egg Fresh Fruit	Juice Cereals Hot Bap of the Day Toast Beans Scrambled Egg Fresh Fruit
<b>LUNCH</b>	Sausages Curly Fries Seasonal Vegetables Or Mild Vegetable Curry Steamed Sultana Sponge And custard Or Chocolate chip cookies	Roast Chicken Roast Potatoes Boiled Potatoes Seasonal Vegetables Stuffing and gravy Or Sticky Noodles Fruit Pie Or Gingerbread Men	Lasagne Garlic Bread Wedges Or Vegetable Pizza Jam Tart Or Carrot Cake	Roast Gammon Roast Potatoes Mashed Potatoes Seasonal Vegetables Gravy Or Vegetable Lattice Chocolate Sponge and Chocolate Sauce Or Cheesecake	Fish of the Day Served with chips Peas or Beans Or Vegetable Pasta Bake Fruit Crumble Or Iapjacks