

emmanuel catholic college term 4 menu 2026

week 1	mon	tue	wed	thu	fri
breakfast					
breakfast item	bacon and egg with spinach and tomato chutney toasted wrap	french toast with berry compote and maple syrup	bacon and egg toastie with bbq sauce	cheesy scrambled egg with spinach and tomato chutney	pancakes with maple syrup
additional breakfast items	breakfast will also include a selection of the following: fruit cups, bircher muesli, breakfast sandwiches, wraps & rolls, juices & water the bakery counter - fresh whole fruit and baked muffins				
recess					
	garlic herb butter and cheese toasties	ham and cheese pizza toasted wrap	seasoned potato wedges	ham and cheese croissant	cheesy beef quesadillas
the cold cupboard (salad will be available every day, please refer to flexi what’s available on the day.)					
lunch					
	beef and beans nachos topped with cheese and sour cream	crispy chicken wrap with sweet chilli mayo sauce	cheeseburger with pickled mustard sauce	fried rice with mixed vegetable and bacon	mac n’ cheese



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week 2	mon	tue	wed	thu	fri
breakfast					
breakfast item	bacon and egg with spinach and tomato chutney toasted wrap	french toast with berry compote and maple syrup	bacon and egg toasted sandwich with bbq sauce	cheesy scrambled egg with spinach and tomato chutney	pancakes with maple syrup
additional breakfast items	breakfast will also include a selection of the following: fruit cups, bircher muesli, breakfast sandwiches, wraps & rolls, juices & water the bakery counter - fresh whole fruit and baked muffins				
recess					
	ham and cheese toastie	bacon and egg muffin with bbq sauce	hash browns	cinnamon dusted churros	hawaiian quesadillas
the cold cupboard (salad will be available every day, please refer to flexi what's available on the day.)					
lunch					
	vegetables nachos topped with cheese, sour cream and spring onion	greek lamb wrap with yoghurt and cucumber	crispy chicken burger with sweet chilli mayo	honey soy chicken and vegetables with steamed rice	pulled beef and tomato pasta

