

INTERNATIONAL HOUSE – SEMESTER 1, 2021



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Bircher, Muesli, Cereals, toast, Stewed Fruit, Yoghurt and Chia Pudding	Fried Eggs, French Toast, Bacon, Hash Browns, Mushroom and Spinach and Vegetarian Fried Rice.	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt and Fruit Salad.	Poached Eggs, Blueberry Pancakes, Chicken Sausages, Baked Beans, Roasted Potatoes and Roasted Tomato.	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt and Porridge with banana and Cinnamon.	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt Capsicum, cheese and Onion Eggs, Bacon, Chickpeas and Spinach, Vegetarian Rice, Hash Browns & Waffles
Lunch Salads	Two Types of Salads On line orders.	Two Types of Salads On line Orders	Two Types of Salads On Line Orders	Two Types of Salads On Line Orders	Two Types of Salads On Line Orders	Two Types of Salads On Line Orders	
Lunch	Lemon grass Beef Bah Mi with Asian Slaw and Chips.	NA	Nasi Campur with Chicken Skewers ,Rice, Crackers, Spiced Beans, Egg, Dried anchovies ,cucumber and Chilli.	NA	Seafood Basket. Fish Gijon ,Potato cakes, Calamari ,potato Cakes and Chips.	Spaghetti Beef Bolognaise	Capsicum, cheese and Onion Eggs, Bacon, Chickpeas and Spinach, Vegetarian Rice, Hash Browns & Waffles Selection of Hot Foods, Pastries & Fresh Fruit Salad. Online Orders Two Types of Salads.
Veggie Choice Lunch	Lemongrass ,Eggplant and Chickpea Meatball Bah Mi.	NA	Nasi Champure with Tofu.	NA	Marinated Tofu Steak and Eggplant Parmigiana.	Vegetarian Spaghetti Bolognaise	NA
Entrée	Nacho Cups	Greek Salad	Cream of Pumpkin Soup	Caesar Salad	Vegetarian Laksa	Samosas with Raita	Spinach and Cheese Filo.
Dinner Meal 1	Salsa Chicken .	Moroccan Lamb Stew.	Beef Lasagne	Chicken Schnitzel with Creamy Mustard Sauce	Lemon Chicken	Butter Chicken.	Roast Chicken and Gravy.
Dinner Meal 2	Black Bean and Potato Enchiladas.	Chicken Tikka Marsala	Red Thai Seafood Curry	Lamb Ragu with Orecchiette.	Teriyaki Tofu and Vegetable stir Fry.	Penne Carbonara.	Slow Cooked Char Sui Pork.
Dinner Vegetarian	Mediterranean Vegetable and Plant based Sauce with Rigatoni .	Paneer , Chickpea and Vegetable Tikka marsala.	Vegetable, Lentils, Mushroom and Spinach lasagne.	Meatless Schnitzel with white Bean Sauce.	Middle Eastern Style Chickpea and Vegetable bake.	Dhal Makhani	Quinoa and Vegetable Steak with a Tomato and White Bean Sauce.
Carbs	Mexican Rice	Brown Rice/Roti	Coconut Rice/Dinner Rolls	Scallop Potatoes/Dinner Rolls.	Steamed Rice .	Saffron Rice/Garlic Bread	Roast Potatoes
Vegetables & Salad	Green Beans. Corn Cobbs.	Melange Vegetables and Sweet and Spicy Pumpkin.	Broccoli and Cauliflower. Garden Salad.	Steamed Carrots. Peas and Coleslaw.	Sesame Beans. Steamed cauliflower.	Melange Vegetables. Steamed Broccoli.	Roasted Carrots. Peas.
Dessert	Yoghurt, Blueberry ,Mango and Mint Trifle	Asian Fruit in Jelly.	Classic Coffee Cake.	Apple Strudel with Cinnamon Cream.	Caramel Slice	Chocolate Cake	Fruit Salad and Yoghurt.

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Bircher Muesli, Cereals, Toast, Stewed Fruit Yoghurts and Pear and Cinnamon Porridge.	Scrambled Eggs, French toast with Maple, Beef Sausages ,Home Made Beans, Baked Tomatoes , and Fried Vegetarian Noodles.	Bircher Muesli, Cereals, Toast, Stewed Fruit, Yoghurt . Banana and Chia Smoothie	Boiled Eggs , Pancakes with maple, Bacon, Mushroom and Spinach, Hash Browns and Salsa Chickpeas .	Bircher Muesli, Cereals, Toast, Stewed Fruit, Yoghurt and Chia and Berry Pudding.	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt. Spanish Omelette, Chicken Sausages, Fried Vegetarian Rice and Waffles. Hash Browns, Roasted Tomatoes
Lunch Salads	Two Types of Salads. Online Orders.	Two Types of Salads. Online Orders.	Two Types of Salads. Online Orders.	Two Types of Salads. Online Orders.	Two Types of Salads. Online Orders.	Two Types of Salads. Online Orders.	Spanish Omelette, Chicken Sausages, Fried Vegetarian Rice and Waffles. Hash Browns, Roasted Tomatoes. Sweet and Savoury Pastries and Hot Foods and Fresh Fruit salad. Two Types of Salads. Online Orders.
Lunch	Chilli Con Carine with Corn chips, Mexican Rice , Salsa and Sour Cream.	NA	Tandoori Wraps with Garden Salad and Cucumber Yoghurt. Vegetable Biryani.	NA	Chicken Parmigiana with Chips and Garden salad..	Assorted Pizzas.	Spanish Omelette, Chicken Sausages, Fried Vegetarian Rice and Waffles. Hash Browns, Roasted Tomatoes. Sweet and Savoury Pastries and Hot Foods and Fresh Fruit salad. Two Types of Salads. Online Orders.
Veggie Choice Lunch	Chilli con Carine with Beans.	NA	Tandoori Chickpea Wraps.	NA	Vegan Parmigiana	Vegetarian Pizzas.	
Entrée	Sundried Tomato ,Cheese and Basil Quiche.	Spring Rolls with Sweet Chilli and Soy.	Pesto and Cheese Pizza	Parmesan and Zucchini Tots with Tomato Relish.	Vegetarian Dim sims	Spiced Potato Wedges with Sweet Chilli and Sour Cream.	Spinach and Tomato Risoni Soup..
Dinner Meal 1	Creamy Tomato Pasta Bake with Chicken	Chicken Thai Green curry	Baked Fish with Lemon Cream Sauce.	Slow Cooked Brisket with Onion Gravy.	Honey and Sesame Chicken .	Tandoori Fish Curry.	Peri Peri Chicken
Dinner Meal 2	Creamy Tomato, Pasta Bake with Lentils and Vegetables.	Hoisin Pork Rissoles.	Lamb and spinach.	Spicy Szechuan Chicken	Malai Kofta	Mongolian Beef.	Braised 4 Quarter Chops with Gravy.
Dinner Vegetarian	Chickpea and Eggplant Curry.	Tofu and Vegetable Green Curry.	Lentil and Spinach Curry	Zucchini Lasagne	Tofu and Vegetable Noodles.	Black eye Bean Stew with Salsa Verde.	Vegetable and Chick Pea bake.
Carbs	Garlic Bread/Brown Rice	.Coconut Rice	Green Rice	Potato mash/ Vegetarian Fried Rice.	Steamed Rice.	Steamed Rice	Roasted Chats
Vegetables & Salad	Vegetable Ratatouille. Steamed Beans.	Asian Vegetables. Asian slaw	Peas. Roasted Carrots.	Cauliflower and Broccoli Gratin. Roquette Salad	Spiced Pumpkin. Beans.	Stir Fried Mixed Vegetables. Spicy Cucumber Salad with coconut.	Corn Cobbs. Spiced Roasted Cauliflower.
Dessert	Pine Apple and Coconut Crumble.	Tropical Fruit Trifle	Sticky Date Pudding with Caramel Sauce.	New York Cheese cake.	Jam Tart.	Banana Splits	Fruit Jelly with Cream.

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt and Banana Bread.	Omelettes ,Bacon, French Toast with maple ,Vegetarian Quesada's and Mushroom and Spinach and Vegetarian noodles.	Bircher Muesli, Cereals, Toast, Stewed Fruit, Yoghurt and Mango and Coconut Smoothie	Fried Eggs, Beef Sausages , Pancakes with Apple and Cinnamon Compote, Chick Pea and spinach, Hash Browns and Grilled Tomatoes.	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt and Fresh Fruit salad.	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt Scrambled Eggs, Bacon, Baked Beans, Bread and Butter Pudding, Vegetarian Fried Rice and Hash Browns
Lunch Salads	Two Types of Salads. On Line Orders.	Two Types of Salads. On Line Orders.	Two Types of Salads. On Line Orders.	Two Types of Salads. On Line Orders.	Two Types of Salads. On Line Orders.	Two Types of Salads. On Line Orders.	
Lunch	Crispy Chicken Tacos with Coleslaw and Chipotle Mayo.	NA	Korean Beef Bowl .	NA	Chicken Schnitzel Burger with Coleslaw, Mayo. And Chips	Beef and Vegetable Noodles.	Hot Breakfast. Pastries, Sweet Pastries, Hot Foods and Fresh Fruit Salad. Two Types of Salads. Online Orders.
Vegie Choice Lunch	Crispy Cauliflower and Tofu Tacos.	NA	Korean Tofu and Vegetable Bowl.	NA	Mushroom and Halloumi Burger with Smashed Chickpeas..	Vegetarian Noodles with Tofu and Mushrooms..	NA
Entrée	Maccaroni and Cheese.	Layered Mediterranean Dip with Corn Chips.	Lentil Rissoles with Broad bean Hummus	Scallion Pancakes.	Panzanella Salad.	Vegetable Pakoras with chutney.	Vegetarian Rice Noodle Salad
Dinner Meal 1	Lamb Moussaka.	Moroccan Chicken Tagine	Mexican Chicken lasagne.	Grilled Fish with Sweet Chilli, and Lime Butter Sauce	Spaghetti with Lamb Meatballs in a Rich tomato Sauce.	Coconut Fish Curry.	Chicken Rissoles with Onion Gravy
Dinner Meal 2	Vegetarian Moussaka.	Seafood laksa.	Sweet and Sour Pork.	Roast Chicken with Peperonata.	Black Bean Enchilada Casserole..	Lamb Sausages with, onion, potatoes and Peppers.	Roast Pork with Plum Sauce.
Dinner Vegetarian	Red Kidney bean and Spinach Curry	Moroccan Vegetable and Chickpea Tagine.	Mexican Bean and Vegetable Lasagne.	Grilled Tofu with Sweet Chilli and a Lime Butter Sauce.	Vegan Meatballs with BBQ ,Tomato Sauce.	Kidney Bean and Sweet Potato Stew.	Vegetarian Rissoles with Onion Gravy.
Carbs	Middle Eastern Roasted Vegetable Rice.	Vegetable and Mint Cous cous .	Garlic Bread/Brown Rice.	Mushroom Rice.	Garlic Bread	Coconut Rice	Potato mash/Steamed Rice.
Vegetables & Salad	Carrot slaw. Spring Vegetables	Spiced Roasted Pumpkin. Peas.	Beans. Roasted Carrots.	Steamed Broccoli and Cauliflower. Crunchy Asian Salad.	Roasted Vegetables. Corn Cobbs.	Melange Vegetables. Steamed Carrots.	Beans and Roasted Pumpkin.
Dessert	Nutella and Chocolate Mousse	Fruit Salad and Ginger Lime Syrup. .	Bon Bon Cake	Strawberry Cream Cake.	Jam Donuts.	Peaches and Cream.	Choc ripple Cake.

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Bircher Muesli, Cereals, Toast, Stewed Fruit Yoghurt. Pear and Cinnamon Porridge.	Fried Eggs , Chicken Sausages , French Toast, Bean Shashuka with Fetta ,Roasted Potatoes and Corn and Mushroom and Spinach..	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt. Vegetarian Congee.	Capsicum, Cheese and Onion Eggs Eggs , Pancakes with Maple Bacon, Vegetarian Noodles, Hash Brown and Grilled Tomato.	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt. Fresh Fruit Salad.	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt	Bircher Muesli, Cereals, Toast, Stewed Fruit and Yoghurt Boiled Eggs, Bacon, House made beans, Vegetarian Rice. Hash Browns and Waffles
Lunch Salads	Two Types of Salads. Online Orders.	Two Types of Salads Online Orders.	Two Types of Salads Online Orders.	Two Types of Salads. Online Orders.	Two Types of Salads. Online Orders.	Two Types of Salads. Online Orders.	
Lunch	Ground Beef Rice Casserole with Corn Chips and Sour Cream.	NA	Bento Box with Soy and Honey and Soy Chicken Skewers ,Rice ,Sesame Soy Broccoli ,Asian Slaw and Okonomiyaki.	NA	Hot Dogs with Caramelised Onion ,Chips and Condiments..	5 Spice Chicken Wings with Asian Style Corn Rice and Crunchy Asian Salad.	Boiled Eggs, Bacon, House made beans, Vegetarian Rice. Hash Browns and Waffles Sweet Pastries, Hot Foods and Fresh Fruit Online Orders. 2 Types of salads.
Veggie Choice Lunch	Black Bean Taco casserole.	NA	Vegetarian Bento Box with Tofu.	NA	Vegetarian Hot Dogs .	5 Spice Tofu, Vegetables and Mushroom Stir Fry.	NA
Entrée	Vegetarian Mezze Platter	Roasted Vegetables and Chickpea Bowl with Hummus Dressing.	Cheese swirls.	Pumpkin and Cheese Arancini.	Mixed Vegetable Frittata	Cheese Kachori with Tomato Chutney.	Vegetarian Sausage Rolls with Tomato Relish.
Dinner Meal 1	Katsu Chicken	Creamy Pesto Chicken Pasta	Chutney Chicken	Roasted Chicken Rice with Chilli Sauce ,Ginger Garlic Sauce and Soy Dipping Sauce.	Beef Ravioli with Bolognese Sauce.	Fish Manchurian	Roast Chicken with Gravy.
Dinner Meal 2	Cabbage Kofta with red Lentil Sauce.	Seafood mee goreng	Lamb Biryani with Raita.	Pork and Ginger stir Fry.	Spinach and Cheese ravioli with a Chickpea Ratatouille Sauce.	Lamb Korma	Beef Schnitzel with Mushroom Sauce.
Dinner Vegetarian	Katsu Tofu.	Orecchiette Pasta with Tomato ,Kidney Beans ,Eggplant and Roasted Pumpkin ,Drizzled with Pesto and Sour Cream	Vegetarian Biryani with Lentils.	Marinated Tofu	Potato, Spinach and Cheese Croquettes in a Tomato and Lentil Sauce	Black Dhal with Vegetables.	Eggplant Parmigian with White Bean and Tomato sauce.
Carbs	Steamed Rice.	Dinner Rolls	Roast Potatoes.	Hainese Rice/Steamed Rice.	Garlic Bread	Brown Rice	Potato mash.
Vegetables & Salad	Steamed Broccoli. Peas. Asian Salad with Sesame Ginger Vinaigrette.	Steamed Cauliflower. Peas.	Spiced Vegetables and Spinach. Roasted Corn.	Stir Fried Asian Greens. Roasted Carrot Batons. Sliced Cucumber Salad.	Roasted Vegetables. Melange Vegetables.	Steamed Carrots. Beans.	Broccoli and Cauliflower gratin.
Dessert	Chocolate Mousse	. Fruit Salad with Honey and Yoghurt.	Portuguese Tarts.	Tim Tam Cheese Cake	Coconut and Raspberry slice.	Hummingbird cake.	Peach, Coconut and Mango Sago.