



Four-Week Dinner Plan Semester 1, 20XX

Week 1

Monday	Butter chicken with rice, raita and papadums
Tuesday	Roasted leg of pork with a medley of vegetables, roasted chat potatoes and red wine gravy
Wednesday	Spaghetti bolognese with shaved parmesan and freshly baked bread rolls
Thursday	Moroccan style half roasted chicken with potato wedges and cumin gravy
Friday	Spinach and ricotta ravioli with sundried tomato cream and freshly baked bread rolls

Week 2

Monday	Beef Thai massaman curry with jasmine rice and prawn crackers
Tuesday	Beef lasagne with rocket parmesan salad
Wednesday	Tandoori chicken with biryani rice, kachumber salad and raita
Thursday	Chicken caesar salad with croutons, bacon bits, boiled egg, and shaved parmesan
Friday	Penne pasta with cream of mushroom sauce, wild rocket, parmesan, and garlic bread

Week 3

Monday	Thai chicken green curry with jasmine rice and prawn crackers
Tuesday	Beef and red wine pie with mushy peas, gravy, and garden greens salad
Wednesday	Chicken tortellini with napolitana sauce, parmesan cheese and sourdough baguette
Thursday	Chili con carne with nachos, guacamole, sour cream, and salsa
Friday	Wild mushroom risotto with shaved parmesan, wild rocket, and freshly baked bread rolls

Week 4

Monday	Chicken parmigiana with seasonal vegetables
Tuesday	Sweet and sour pork with pineapple, peppers, and jasmine rice
Wednesday	Beef tortellini with sundried tomato pesto cream and freshly baked sourdough
Thursday	Portuguese style half roasted chicken with steamed broccoli
Friday	Roasted butternut pumpkin soup with cheesy garlic bread

Please Note: The college can meet majority of the dietary requirements of any student with an allergy. Gluten free and lactose free meal options are available to students with these dietary requirements.