

Breakfast

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Hot Breakfast	<p>Pancakes with bacon & maple syrup</p> <p>Slow roasted roma tomato</p> <p>Sauteed mushroom & kale</p> <p>Poached eggs with thick cut toast & smash peas</p>	<p>Breakfast burrito with scrambled eggs & avocado</p> <p>Chickpea & quinoa cake with slow-roasted tomato</p> <p>Belgian waffles with maple syrup</p>	<p>Sweet corn & pea fritters</p> <p>Choc-chip muffins</p> <p>Scrambled tofu with mushroom & spinach</p> <p>Egg, bacon & spinach wrap with tomato relish</p>	<p>Fried egg</p> <p>Slow roasted roma tomato</p> <p>Bacon & omelette muffin with baby spinach & vegetable relish</p> <p>Banana bread</p>	<p>Poached eggs with crispy bacon</p> <p>Banana hotcakes with blueberry maple compote & thick Greek yoghurt</p> <p>Maple croissant</p>	<p>Egg & bacon Florentine with hollandaise sauce & grilled asparagus</p> <p>Vegan shakshuka bake</p> <p>French crepes</p>	<p>Build your own brunch hotdog: Bratwurst Caramelised onion American mustard Tomato ketchup Grilled veg & tofu</p> <p>Eggs florentine with wilted spinach & hollandaise</p> <p>Chickpea fritters with spiced sweet potato, red pepper & chimichurri</p> <p>Belgian waffles with maple syrup & whipped cream</p> <p>Homemade baked beans</p> <p>Maple glazed bacon</p>

Lunch

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Standard main	Selection of soups & rolls Creamy chicken & leek soup Toasted cumin & carrot soup Garlic bread	Beef bolognese pasta bake with cheesy bechamel sauce	Chicken Caesar wraps with cos lettuce & rich egg mayonnaise	Mexican chili con carne with corn chips, guacamole, sour cream & chili cheese sauce	Tempura battered fish fillets with cajun-spiced chips, tartare sauce & lemon	Chicken vermicelli stir fry with Asian veg & fried onion	Sunday Brunch (see Breakfast menu)
Vegetarian main		Spinach & ricotta ravioli with Napoli sauce, baby spinach & mushrooms	Plant-based Caesar wraps with cos lettuce & rich egg mayonnaise	Chili beans, corn chips, guacamole & sour cream	Cheesy French onion baked broccoli & cauliflower florets on quinoa with tofu	Stir fry vermicelli noodles with Asian veg & honey-soy tofu	
Vegan main		Orecchiette pasta with roasted broccoli, vegan pesto, roasted cherry tomatoes & baby spinach	Stir-fried glass noodles with soy, ginger, shitake mushrooms & crispy fried tofu	Coconut lentil curry with seasonal veg	Roasted brassicas with lentils, quinoa & red pepper salsa	Black pepper tofu with shitake mushroom & bok choy	
Sides of Vegetables	Steamed seasonal vegetables with parsley & lemon	Green beans & peas	Steamed greens with confit garlic oil	Roasted Mediterranean veg	Honey & balsamic roasted carrot & sweet potato	Steamed broccoli & beans	
Salads	Soba noodle salad with Asian vegetables, crisp tofu & fried shallots	Tomato & cucumber chopped salad with mint dressing	Broccoli & pearl couscous salad with cherry tomatoes & herb dressing	Green lentil salad with roasted carrot, shaved cucumber & roquette	Risoni pasta salad with roasted red peppers, basil & asparagus	Mixed leaf salad with cucumber, tomato, carrot & red onion	

Dinner

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Standard mains	<p>Slow-roasted pork scotch with cream mashed potato & pan sauce</p> <p>Chicken coq au vin with creamy mashed potato</p>	<p>Seafood paella with red pepper & green peas</p> <p>Tuscan-spiced chicken thigh fillet with creamy mushroom sauce</p>	<p>Buddha Bowls: Fill your bowl with your choice of soba noodles, grilled chicken, tuna, chickpeas, sesame, spinach, quinoa, pickled veg, kimchi, edamame, baby beetroots, seeds & shoots, dressing & condiments</p>	<p>Beef lasagne with nut-free pesto</p> <p>Slow-cooked chicken marylands with caramelised onion & cream sauce</p>	<p>Pizza Night: House-made garlic & parmesan bread</p> <p>Tandoori chicken, red pepper & Spanish onion</p> <p>Meatlovers with BBQ sauce</p> <p>Veg supreme with mushrooms, artichoke & cherry tomato</p>	<p>Cottage pie with potato topping</p> <p>Paprika & thyme chicken breast with parsley-crushed potatoes</p>	<p>Moroccan-spiced chicken tagine, veg couscous with dates, red pepper & tomato sauce</p> <p>Beef Rogan Josh with roasted pumpkin</p>
Vegetarian main	<p>Braised freekeh with mushrooms, marinated tofu, grilled zucchini, red pepper & roasted onion salsa</p>	<p>Veg paella with green peas, fire-roasted pepper and black beans</p>		<p>Pumpkin & lentil lasagne with herb sauce</p>		<p>Cheesy mushroom & pea carbonara with basil sauce</p>	<p>Vegetable Irish stew with parsnip & mushroom</p>
Vegan main	<p>Thai yellow curry with brown rice & Asian veg</p>	<p>Wholemeal spaghetti with tomato, olive oil, fresh basil, toasted chickpea & lemon</p>		<p>Mixed-vegetable lasagne</p>		<p>Vegan shepherd's pie</p>	<p>White bean ragout with spinach & salsa verde</p>
Sides	<p>Steamed broccoli & cauliflower with chili & lemon</p> <p>Steamed seasonal veg</p>	<p>Green beans, zucchini & brussel sprouts with garlic oil</p> <p>Roasted Mediterranean vegetables with rosemary</p>	<p>Steamed peas & corn with herb sauce</p> <p>Steamed green vegetables with olive oil</p>	<p>Steamed beans and peas</p> <p>Garden salad</p>	<p>Roasted cauliflower with cumin, lemon & olive oil</p> <p>Roasted zucchini, peppers with chili & garlic</p>	<p>Roasted Mediterranean veg with cumin & paprika</p> <p>Roast carrot & chickpea salad with roquette & marinated capsicum</p>	<p>Roasted pumpkin, sweet potato & carrot with caramelised onion & parsley</p> <p>Rezone pasta salad with roasted red peppers, basil & asparagugs</p>

Extras

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Breakfast	<p>Cereal bar, toast & assorted condiments, fresh fruit, yoghurt</p> <p>Coffee cart every Monday-Friday until 10:30am</p>						
Lunch	<p>Salad and sandwich bar with cold meats, vegetarian/vegan options, cheese and salad staples, plus assorted condiments.</p> <p>Wraps and bread-based options available each day, including gluten free bread.</p>						
Dessert (evening)	Cookie & cream slice	Eton mess	Pineapple cake	Cookie & cream cake	Chocolate & berry mousse	Panna cotta with berry coulis	Assorted ice-creams
Snacks	<p>Fresh whole fruit, bread, condiments, cereal, tea, coffee, milo and cordial available all day from dining hall (up until 7:30pm) and student kitchen</p>						

Dietary Requirements

St Hilda's College works with our catering team, Trippas White, to ensure that our students have daily access to a fresh, balanced, nutritious and tasty diet.

Student dietary requirements are listed on our internal site, The Quad, where students are able to list dietary requirements including but not limited to:

- Allergies
- Dairy-free diets
- FODMAP friendly diets
- Gluten-free diets
- Intolerances
- Pescatarian diets
- Religious requirements
- Vegetarian diets
- Vegan diets

The catering team will use this information to inform their meal planning and preparation each week, including for college events.

Where students have university, work or personal commitments that conflict with scheduled meal times, they are able to pre-order a takeaway lunch or dinner.

As well as having access to catered meals, three times per day, seven days a week, students are also able to make use of the student kitchen at any time to prepare their own snacks, personal favourites, etc. Students also have access to, at a minimum, a shared bar fridge with one other student.

