

LDS Church College Breakfast Menu

Served Daily			
Alternating menu throughout competition			
Beverages	September 3rd	September 8th	September 13th
Hot: Milk, Koko Samoa Cold: Fruit Juice, Water Assorted Milk NO Tea & Coffee service	Fried Eggs (hot) Bacon, Sausage Patties (cold) Smoked Chicken, Roast Beef	Frittata (Hot) Meatballs/gravy & Sausage patties (cold) Turkey, pork	Scrambled Eggs (Hot) Sausage Links, Ham (Cold) Turkey, Pork Spaghetti
Cereal	Baked Beans	Fried Tomatoes	
Assortment of cold cereal or instant porridge	September 4th	September 9th	
	Scrambled Eggs (Hot) Sausage links, Ham (Cold) Smoked Turkey, Pork Spaghetti	Fried Eggs (Hot) Bacon, Sausage Patties (cold) Smoked Chicken, Ham Baked Beans	
Fruit			
Assortment of available overseas & local fruits including: Papaya, popo banana, mango, pineapple, vi, star fruit, orange, apple, watermelon, cantaloupe, etc.	September 5th	September 10th	
	Frittata (hot) Bacon, Sausage Patties (cold) Smoked chicken, Ham Fried Tomatoes	Scrambled Eggs (Hot) Sausage Links, Ham (cold) Turkey, pork Spaghetti	
Bread			
Selection of locally made white & whole meal bread; toasted or served plain	September 6th	September 11th	
	Fried Eggs (hot) Bacon, Sausage Patties (Cold) Smoked Turkey, Pork Baked Beans	Frittata, Baked beans (Hot) Meatballs/gravy & Sausage patties (Cold) Ham, Smoked chicken	
Spreads & Condiments			
Spreads: butter, margarine, honey, jams, peanut butter, & marmite Condiments: Tomato sauce/ Ketchup, mustard, mayonnaise	September 7th	September 12th	
	Scrambled Eggs (Hot) Sausage links, Ham (Cold) Roast beef, chicken Spaghetti	Fried Eggs (Hot) Bacon, Sausage Patties (Cold) Chicken, Roast Beef Baked Beans	
*Boiled & Poached eggs – served daily			

