



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Muffin with Preserves Toast and Cereals	Scramble Egg with Toast, Cereals and Preserves	Muesli, Fruit Salad and Yoghurt	Boiled egg with Beef Chippos, Cereal and Toast	Breakfast Frittata, Cereal, Toast and Preserves	Fried Egg & Bacon	Flapjacks with Syrup and Cheese, Cereals and Toast
Snack	Fresh Fruit Sandwich	Fresh Fruit Mini Pies	Fresh Fruit Assorted Muffins	Fresh Fruit Mini Quiches	Fresh Fruit Hot Cross Bun		
Lunch	Chutney Chicken with Chips and Salad	Spaghetti Bolognaise with Cheese and Stuffed Gem Squash	Chicken a la King with White Rice and Honey Roast Butternut	Thai Fish cakes with Dill Sauce, Mashed Potatoes and Salad	Braai: Beef Burger with Chips and Side Salad	Fish Finger Bake with Glazed sweet Potatoes and Peas	Roast Gammon with Grilled Pineapple served with Roast Potatoes, Julienne Carrots and Broccoli
Vegetarian	Soya schnitzel with Chips and Salad	Vegetarian Bolognaise with Cheese and Stuffed Gem Squash	Mushroom a la King with White Rice and Honey Roast Butternut	Lentil Cakes with Tomato Chutney, Mashed Potatoes and Salad	Vegetarian Burger with Chips and Side Slaad	Special Request	Special request
Dessert	Fresh Fruit	Crème Caramel	Fresh Fruit	Apple Crumble with Cream	Fresh Fruit	Fresh Fruit	Milktart
Dinner	Bangers and Pap/ Mash with Onion Gravy and Salad	Fried Fish with Savoury Rice, Lemon Wedges and Pea Salad	Beef curry Bunny Chow with Sambals and Banana Chutney	Chicken Wrap with Salsa Salad and Chips	Bacon Cabonara Pasta with Garlic Bread and Salad	Built your Own Pizza's	Hawaiian Chicken Kebabs with Corn on the Cob and Salad
Vegetarian	Vegetarian Sausage, Vegetable Kebab, Corn on the Cob and salads	Vegetarian Pizza	Bean and Lentil Curry with Sambals and banan Chutney	Butternut and Feta Wrap with Salsa Salad and Chips	Special Request	Special Request	Special Request
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Hot Chocolate and Marshmallows
Snack	Toast and Preserves	Nuetella and Crunchies	Toast and Preserves	Caramel Popcorn			

PLEASE NOTE: TEA, COFFEE & JUICE TO BE SERVED WITH ALL MEALS