



WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	French Toast with Preserves and Cereals	Muesli, Fruit Salad and Yoghurt, Toast and Preserves	Scramble Egg with Grilled Tomato, Toast and Cereals	Breakfast Slider, Cereals and Toast	Scone with Cream and Jam, Cereals and Toast		
<b>Snack</b>	Fresh Fruit   Hot Cross Buns	Fresh Fruit   Assorted Muffins	Fresh Fruit   Mini Pies	Fresh Fruit   Danishes	Fresh Fruit   Sandwiches		
<b>Lunch</b>	Braised Steak with Onion Gravy, Mashed Potatoes and Roast Vegetable au Gratin	Lemon and Herb Roast Chicken with Salads	Calamari Burger with Chips and Garnish Salad	Chicken Curry and Rice served with Sambals and Coconut Chutney	Braai: Boerewors Roll with Tomato and Onion Smoor, Potato Salad and Garden Salad		
<b>Vegetarian</b>	Sweet and Sour Soya strips with Mashed Potatoes and Roast Vegetable au Gratin	Stuffed Pepper with Salads	Vegetable Burger with Chips and Garnish Salad	Lentil and Bean Curry with Banana Chutney and Sambals	Braai: Soya Sausage Roll with Tomato and Onion Smoor, Potato Salad and Garden Salad		
<b>Dessert</b>	Fresh Fruit	Chocolate Mousse	Fresh Fruit	Vanilla ice Cream with Berry Sauce	Watermelon Slices		
<b>Dinner</b>	Nicoise Salad with Health Loaf	Sweet and Sour Pork Stir Fry served on Spaghetti with Gem Squash	Chicken and Mushroom Pie with Brown Rice, Gravy and Salad	Bacon Mac and Cheese with Salads			
<b>Vegetarian</b>	Egg Salad with Health Loaf	Vegetarian Swet and Sour Stirfry served on Spaghetti with Gem Squash	<i>Spinach and Feta Pie with Brown rice, Gravy and Salad</i>	<i>Macaroni and Cheese with Salads</i>			
<b>Fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit			
<b>Snack</b>	Toast and Preserves	Nuetella and Crunchies	Toast and Preserves	Marsmallows on a Stick			
<b>PLEASE NOTE: TEA, COFFEE &amp; JUICE TO BE SERVED WITH ALL MEALS</b>							