



WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Boiled Egg with Tomato Slices, Cereals and Toast	Cheese Croissant, Cereals, Toast and Preserves	French Toast with Syrup, Cereals and Toast	Fruitsalad, Muesli and Yoghurt, Cereals and Toast	Scramble Egg with Saute Mushrooms, Cereals and Toast	Fried Egg and Bacon, Toast and Cereals	Scones with Cream and Jam, Cereal and Toast
Snack	Fresh Fruit Muffin	Fresh Fruit Sandwiches	Fresh Fruit Mini Pies	Fresh Fruit Mini Quiches	Fresh Fruit Mini Doughnuts		
Lunch	Chutney Chicken served with Roast Butternut and Brown Rice	Cornish Pie with Sweet Potato Wedges and creamy Spinach	Grilled Pork Chop with Savoury Rice and Vegetable Au Gratin	Grilled Chicken Burger with Potato Wedges and Salad	Fried Fish Strips and Chips with tartar sauce, Lemons and Pea Salad	Hawaiian Chicken Wrap with Pasta Salad	Roast Sirloin with Mushroom sauce, Roast Potatoes, Roast Butternut and Creamy Spinach
Vegetarian	Vegetable and Chickpea au Gratin with Brown Rice	Vegetable Pie with Sweet Potato Wedges and Creamed Spinach	Grilled Aubergine with Savoury Rice and Vegetable au Gratin	Vegetarian Burger served with Potato Wedges and Salad	Stuffed Pancake with Chips and Pea Salad	Vegetable Wrap with Pasta Salad	Special Request
Dessert	Fresh Fruit	Bread and Butter Pudding with Custard	Fresh Fruit	Berry Fridge Tart	Fresh Fruit	Fresh Fruit	Ice Cream Cone
Dinner	Fish Cakes with Savoury Cous Cous and Tomato Salsa Salad	Built you own Nachos: Grilled Chicken, Salsa, Guacamole and Crème Freche	Vetkoek with Curry Mince, Greek Salad and Carrot & Pineapple Salad	Boerewors Roll with Tomato Smoor and Salads	Assorted Pies with Gravy, Mashed Potatoes and Greek Salad	Fish Finger Bake with Gem Squash and Salad	Pasta Alfredo with Garlic roll and Salad
Vegetarian	Lentil and Mushroom cakes with Savoury Cous Cous and Tomato Salsa Salad	Three Bean and Corn Nachos with Salsa, Guacamole and Crème Freche	Vetkoek with Soya Mince, Greek Salad and Carrot & Pineapple Salad	Soya Sausage Roll with Tomato Smoor and Salads	Vegetable Pie with Gravy, Mashed Potatoes and Greek Salad	Special Request	Mushroom Alfredo with Garlic Roll and Salad
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Marshmallows and Hot Chocolate
Snack	Toast and Preserves	Cookies and Nutella	Toast and Preserves	Assorted Danishes			
PLEASE NOTE: TEA, COFFEE & JUICE TO BE SERVED WITH ALL MEALS							



