



WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Assorted Muffins, Cereals and Toast with Preserves	Scramble Eggs and Saute Mushrooms; Toast and Assorted Cereals	Muesli, Yoghurt and fruit Salad, Cereals and Toasts	Flapjacks Served with Syrup, Toast and Assorted Cereals	Breakfast Bagels with Assorted Cereals and Toast	Assorted Cereals; Fried Egg with Bacon and Toast	Breakfast Omlette served with Toast and Preserves
Snack	Fresh Fruit Sandwich	Fresh Fruit Muffin	Fresh Fruit Hot Cross Buns	Fresh Fruit Quiches	Fresh Fruit Muffin		
Lunch	Beef Curry Bunny Chow, Tomato and Coriander sambals and Coconut Banana Chutney	BBQ Roast Chicken with Savoury Rice, Sweet Carrots and Peas	Creamy Beef Stoganoff, Penne Pasta, Country Mix Vegetables	Moroccan Meatballs with Apricot Sauce and Cous Cous served with ratatouille vegetables	Pork Schnitzel with Mushroom Sauce, Chips and Roast Vegetables	Crispy Chicken Strips served in a Wrap with Salad	Roast Beef with Rosemary Jus, Roast Potatoes, Pumpkin Tart and Greenbeans
Vegetarian	Butterbean Curry served with Parsley Rice Tomato sambals and Coconut Chutney	Baby Marrow Spaghetti with Mediteranean vegetables	Soya Strip Stroganoff with Penne Pasta, Country Mix Vegetables	Vegetarian Sausage with Apricot sauce, Cous Cous and Vegetables	Vegetarian Burger with Chips and Roast Vegetables	Roast Vegetable and Hummus wrap with Salad	Special Request
Dessert	Fresh Fruit	Cinnamon Buns	Fresh Fruit	Waffle with Ice Cream	Fresh Fruit	Fresh Fruit	Peppermint Crisp Tart
Dinner	Bacon, Feta and Caramelised onion Quiche with Salads	Banger and Mashed potatoes with Onion Gravy, Roast Butternut and Saute Green beans	Baked Hake with Lemon sauce, Saute Broccoli and Corn Tart	Coronation Chicken Salad served in a Pita Pocket	Cheese Griller Hotdog served with Potato Salad and Fruity Coleslaw Salad	Built Your Own Pizza	Macaroni and Cheese with Ham Served with Salads
Vegetarian	Butternut and Feta Quiche with Salads	Soya Sausage, Mashed Potatoes and Vegetables	<i>Crumbed Vegetables with Lemon Sauce, Saute Broccoli and Corn Tart</i>	Egge and Bean Salad	Vegetarian Hot Dog with Salads	Special Request	Macaroni and Cheese with Salads
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Marshmallows	Fresh Fruit
Snack	Snack	Dougnuts	Snack	Mini Sweet Puff pastries			

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