

MENU EFFECTIVE FROM 01 September 2019

Menu choices are repeated in a two week cycle. The menu choices for each of the two weeks are given here.

WEEK ONE

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	FRUIT JUICE OR FRUIT CEREAL	FRUIT JUICE OR FRUIT CEREAL	FRUIT JUICE OR FRUIT CEREAL	FRUIT JUICE OR FRUIT CEREAL	FRUIT JUICE OR FRUIT CEREAL	FRUIT JUICE OR FRUIT CEREAL	FRUIT JUICE OR FRUIT Cooked oats
DEFAULT & VEGETARIAN	Cooked oats ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA EGG AND TOMATO	Mealie Pap ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA YOGHURT	Maltabela Porridge ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA EGG AND TOMATO	Mealie Pap ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA YOGHURT	Cooked oats ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA EGG AND TOMATO	Mealie Pap ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA YOGHURT	ASSORTED CEREALS BACON FRIED EGG, GRILLED TOMATO BREAD / TOAST/ BOVRIL/MARMITE MARMALADE/JAM/PEANUT BUTTER/SYRUP COFFEE/TEA/ROOIBOS TEA VEG - SOYA BURGER BAKED BEANS EGG, GRILLED TOMATO
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
LUNCH DEFAULT	FRUIT JUICE HOMEMADE MEATLOAF CAMELISED ONION GRAVY MASHED POTATO VEGETABLES SALADS	FRUIT JUICE BATTERED HAKE FILLETS WITH CHIPS TARTAR SAUCE VEGETABLES SALADS	FRUIT JUICE SOUTHERN FRIED CHICKEN SAUTE' POTATOES GRAVY VEGETABLES SALADS	FRUIT JUICE BALTI MUTTON CURRY RICE VEGETABLES SALADS	FRUIT JUICE CRUMBED CHICKEN STEAKS HERBED SAUCE SAVOURY RICE VEGETABLES SALADS	FRUIT JUICE BOEREWORS ROLL FOOTLONG ROLL CHAKALAKA, CHIPS VEGETABLES SALADS	FRUIT JUICE TRADITIONAL ROAST CHICKEN WITH HERBS STUFFING ROAST POTATOES BROWN GRAVY VEGETABLES SALADS
LUNCH VEGETARIAN / VEGANS	2 x WRAPS FILLED WITH ROASTED PEPPERS MUSHROOM AND SPINACH & FETA CHEESE VEGETABLES SALADS	CHICKPEAS & BUTTERNUT TAGINE WHOLE WHEAT PITA BREAD VEGETABLES SALADS	VEGETABLE STROGONOFF (Spagetti & Country mix veg) VEGETABLES SALADS	VEGETARIAN COTTAGE PIE (Grated Carrot; B/Lentils; Fresh Mushro VEGETABLES SALADS	(grated carrot) SPICY LENTIL AND CARROT LASAGNE WITH MOZERELLA (OP TOPPING VEGETABLES SALADS	SOYA SAUSAGE CURRIED BAKED BEANS CHAKALAKA, CHIPS 2 X HOTDOGS VEGETABLES SALADS	POTATO AND PEA CURRY ROTI X 2 VEGETABLES SALADS
LUNCH HINDU / HALAAL	KOFTA CURRY AND SPAGETTI VEGETABLES SALADS	FISH AND CHIPS VEGETABLES SALADS	BEEF BURGER SAUTE POTATOES VEGETABLES SALADS	FISH CURRY WITH RICE VEGETABLES SALADS	ROGAN GOSH RICE VEGETABLES SALADS	CHICKEN AND MUSHROOM PIES CHIPS VEGETABLES SALADS	BUTTERED HARISSA CHICKEN WITH ROAST POTATOES VEGETABLES SALADS
LUNCH AFRICAN	WORS-ONIONS MASH AND GRAVY VEGETABLES SALADS	MIXED GRILL (90g WORS 90g MINUTE STEAK, EGG GRAVY, VEGETABLES CHIPS	MUTTON CASSEROLE (Chops) WITH RICE AND VEGETABLES SALADS	CHICKEN AND BAKED BEANS CASSEROLE RICE VEGETABLES SALADS	BEEF & VEG STEW (CARROT & PEAS) RICE VEGETABLES SALADS	BRAISED BEEF WITH DUMPLINGS VEGETABLES SALADS	SPICY MUTTON SHANKS, BEANS & SAMP CASSEROLE VEGETABLES SALADS
LUNCH HEALTH	SPAGHETTI ROSTI WITH TUNA	GRILLED VENISON STEAK WITH PEPPER SAUCE	FIVE SPICE CHICKEN WRAPS	LEAN MEAT BALLS SERVED IN A TOMATO GRAVY	CHICKEN AND PEPPER WRAPS LETTUCE & TOMATO	LEAN BEEF BURGERS W/WHEAT ROLL	VENISON, MUSHROOM STROGANOFF (LOW FAT)

		BROWN RICE		SPAGHETTI		LOW FAT MAYONNAISE PARSLEY & GARLIC POTATO	BROWN RICE
	VEGETABLES SALADS	SALAD BAR VEGETABLES	SALAD BAR VEGETABLES	VEGETABLES SALADS	VEGETABLES SALADS	LETTUCE, ONION, TOMATO, CUCUMBER, VEGETABLES	VEGETABLES SALADS
FAST FOOD DEFAULT VEGETARIAN HALAAL	ROAST CHICKEN PIES - GRAVY VEG CURRY PIES - GRAVY ROAST CHICKEN PIES - GRAVY CHIPS VEGETABLES SALADS	HAM, TOMATO, PINE PIZZA MUSHROOM PIZZA MUSHROOM & PEPPER PIZZA CHIPS VEGETABLES SALADS	HAM & CHEESE ROLLS CURRIED LENTIL AND MUSHROOM CHICKEN & MAYO ROLL SAUTE POTATOES AND SALAD SALADS	BEEF BURGERS & CHIPS SOYA BURGERS & CHIPS CHICKEN BURGER & CHIPS VEGETABLES SALADS	BEEF SAUSAGE ROLLS & CHIPS SPINACH & FETA PIES WITH CHIPS BEEF SAUSAGE ROLLS & CHIPS VEGETABLES SALADS		
LUNCH STARCH		CHIPS	SAUTE' POTATOES		SAVOURY RICE	CHIPS	ROAST POTATOES
LUNCH VEGETABLES	ROAST VEGES (FRESH)	JULLIENE CARROTS CREAMED SPINACH (FRESH)	DICED MIX VEGETABLES (FRESH)	BUTTERNUT (FRESH) BRAISED CABBAGE (FRESH)	GEM SQUASH PEAS	CREAMED SPINACH & (FRESH) CORN (FROZEN)	BROCCOLI AU GRATIN (FRESH) GLAZED BABY CARROTS (FRESH)
LUNCH ACCOMPANY- MENTS DESSERT	FRENCH SALAD CURRIED BEAN SALAD CONDIMENTS AND SAUCES FRUIT	FRENCH SALAD NOODLE SALAD WITH MAYO DRESSING CONDIMENTS AND SAUCES FRUIT	FRENCH SALAD BEETROOT SALAD CONDIMENTS AND SAUCES FRUIT	FRENCH SALAD COLESLAW CONDIMENTS AND SAUCES FRUIT	FRENCH SALAD TUSCAN BEAN AND CHIVE SALAD CONDIMENTS & SAUCES FRUIT	FRENCH SALAD CARROT & PINEAPPLE CONDIMENTS & SAUCES FRUIT	FRENCH SALAD BEETROOT SALAD CONDIMENTS & SAUCES ICE CREAM AND BERRY SAUCE
	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DINNER DEFAULT	FRUIT JUICE TENDER SWEET & SOUR PORK CHOPS AND CHEWMEIN (Chinese Noodle& Stir fry veg) VEGETABLES SALADS	FRUIT JUICE SPICED BEEF MINCE PILAF (Dried Apricot) VEGETABLES SALADS	FRUIT JUICE BEEF AND KUMARA CURRY RICE (Sweet Potatoes) VEGETABLES SALADS	FRUIT JUICE LEMON, CINNAMON AND ROSEMARY CHICKEN LEG QUARTER PARSLEY POTATOES VEGETABLES SALADS	FRUIT JUICE BRAISED CLUB STEAK MUSHROOMS, GREEN PEPPERS ONION AND GARLIC VEGETABLES,SAUTE POTATOES SALADS	FRUIT JUICE TOMATO BREDIE SAVOURY RICE VEGETABLES GREEN SALAD	FRUIT JUICE SPAGHETTI BOLOGNAISE CHEDDAR & MOZZERELLA CHEESE VEGETABLES GREEN SALAD
DINNER VEGETARIAN / VEGANS	GRAM DHALL AND SOYA MINCE CURRY WITH RICE VEGETABLES SALADS	STUFFED GEMS (Rice & Mixed veg) VEGETABLES SALADS	SWEET POTATO LAYERED WITH GREEN PEPPERS, CHILLI TOMATO AND ONION (BAKED) GRILLED SOYA SAUSAGE VEGETABLES SALADS	VEGETABLE WELLINGTON VEGETABLES SALADS	CHEESY STUFFED BUTTERNUT (Brown Rice & Grated Carrots) VEGETABLES SALADS	RED LENTIL , MIX VEG CURRY WITH RICE VEGETABLES AND SALAD	2 X MEXICAN ENCHILADAS (wraps)WITH SPICY BUTTER BEANS AND CHEESE AND SALSA VEGETABLES GREEN SALAD
DINNER HINDU/HALAAL	SUGAR BEANS CURRY ROTI X 2 VEGETABLES SALADS	CHICKEN STIR FRY PITA BREAD VEGETABLES SALADS	MUTTON AND POTATO CURRY RICE VEGETABLES SALADS	CHICKEN STEW WITH VEGGIES(Baby pota SERVED WITH ROTIS VEGETABLES SALADS	CHICKEN BURGERS SAUTE' POTATOES VEGETABLES SALAD BAR	MUTTON PALAAU CARROT SALAD VEGETABLES SALADS	MUTTON MINCE KEBAB CURRY 2 X ROTIS VEGETABLE SALADS
DINNER AFRICAN	CHICKEN CASSEROLE DUMPLINGS VEGETABLES SALADS	AFRICAN CHICKEN MILD CURRY RICE VEGETABLES SALADS	CURRIED MINCE WITH VETKOEK VEGETABLES SALADS	BRAISED MUTTON & CABBAGE WITH SAMP AND BEANS VEGETABLES SALADS	ROMAN CHICKEN QUARTERS AND PAP VEGETABLES SALADS		
		MINCE , MACARONI AND CORN BAKE					

DINNER HEALTH	BEEF STIR FRY (stir fry veg) BROWN RICE VEGETABLES SALADS	(USE MOZZERELLA & CHEDDAR) VEGETABLES SALADS	2 x GRILLED CHICKEN SOSATIES SATE' SAUCE (Peanut and Spices) BROWN RICE VEGETABLES SALADS	SPANISH CHICKEN WITH POTATO ROAST BROWN RICE VEGETABLES SALADS	EASY CHICKEN TAGINE BROWN RICE (Julliene Carrots) SALADS	PORK STIRFRY WITH PINEAPPLE CHINESE NOODLES VEGETABLES SALADS	BAKED TILAPIA (HAKE) WITH DILL SAUCE SALADS
DINNER STARCH			RICE		SAUTE POTATOES	RICE	SPAGHETTI
DINNER VEGETABLES	PUMPKIN (FRESH) PEAS	SEASONAL ROASTED VEGES VEGETABLES (FRESH)	CAULIFLOWER FRESH (FRESH) PEAS (FROZEN)	BROCCOLI & ONION (FRESH) CARROTS JULIENNE (FRESH)	GREEN BEANS (FROZEN) CAULIFLOWER (FRESH)	CHUNKY MIX VEGETABLES (FRESH)	STEAMED DICED VEGETABLES (FROZEN)
DINNER ACCOMPANY-MENTS DESSERT	GREEK SALAD CONDIMENTS AND SAUCES SPONGE CAKE & CUSTARD	GREEK SALAD CONDIMENTS AND SAUCES FRUIT	GREEK SALAD CONDIMENTS AND SAUCES FRIDGE TART	GREEK SALAD CONDIMENTS AND SAUCES FRUIT	GREEK SALAD CONDIMENTS & SAUCES CHOCOLATE MOUSSE	GREEK SALAD CONDIMENTS & SAUCES FRUIT	GREEK SALAD FRUIT

WEEK TWO

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST DEFAULT & VEGETARIAN	FRUIT JUICE OR FRUIT CEREAL Mealie Pap ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA EGG AND TOMATO	FRUIT JUICE OR FRUIT CEREAL Cooked oats ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA YOGHURT	FRUIT JUICE OR FRUIT CEREAL Maltabela Porridge ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA EGG AND TOMATO	FRUIT JUICE OR FRUIT CEREAL Cooked oats ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA YOGHURT	FRUIT JUICE OR FRUIT CEREAL Mealie Pap ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA EGG AND TOMATO	FRUIT JUICE OR FRUIT CEREAL Cooked oats ASSORTED CEREALS BREAD /TOAST JAM /MARMALADE PEANUT BUTTER & SYRUP BOVRIL /MARMITE COFFEE/TEA/ROOIBOS TEA YOGHURT	FRUIT JUICE OR FRUIT Cooked oats ASSORTED CEREALS BACON FRIED EGG, GRILLED TOMATO BREAD / TOAST/ BOVRIL/MARMITE MARMALADE/JAM/PEANUT BUTTER/SYRUP COFFEE/TEA/ROOIBOS TEA <u>VEG</u> - SOYA BURGER BAKED BEANS EGG, GRILLED TOMATO
LUNCH DEFAULT	FRUIT JUICE HAWAAIN PIZZA , MUSHROOM, HAM & PINEAPPLE VEGETABLE S SALADS	FRUIT JUICE HAKE IN BATTER WITH LEMON SLICE CHIPS VEGETABLE S SALADS	FRUIT JUICE CRUMBED PORK CHOPS ROSEMARY SAUCE STARCH VEGETABLE S SALADS	FRUIT JUICE PEPPER STEAK PIES PARSLEY POTATOES GRAVY VEGETABLE S SALADS	FRUIT JUICE CAPE MALY STYLE MINCE CURRY AND RICE VEGETABLE S SALADS	FRUIT JUICE GRILLED BEEF BURGERS WITH PINEAPPLE RINGS CARAMELISED ONION CHIPS,ROLL VEGETABLE S SALADS	FRUIT JUICE CHICKEN KIEV CAULIFLOWER AU GRATIN ROAST POTATOES PEAS SALADS
LUNCH VEGETARIAN	VEGETARIAN QUICHE VEGETABLES SALADS	SPICY LENTIL CURRY LAYERED WITH SLICED STEAMED BUTTERNUT AND BAKED WITH FETA TOPPING VEGETABLES SALADS	VEGETABLE RATATOUILLE WITH WHITE RICE VEGETABLES SALADS	POTATO AND BUTTER BEAN CURRY YELLOW RICE VEGETABLES SALADS	GARBANZO (BABY MARROW; MUSHROOM & CHIC AND RICE	SOYA BURGERS PINEAPPLE RINGS TOMATO AND ONION , ROLL CHIPS, SALAD	CREOLE STYLE VEGETARIAN JAMBALAYA SALAD
LUNCH HINDU/HALAAL	CHICKEN DHALL RICE VEGETABLES SALADS	BATTERED FISH CHIPS VEGETABLES SALADS	SPICY TUNA AND GREEN PEPPER PIZZA VEGETABLES SALADS	MUTTON MINCE, PEAS AND POTATOES CURRY RICE VEGETABLES SALADS	CHICKEN KORMA & RICE VEGETABLES SALADS	MUTTON BURGERS, ROLL CHIPS, TOMATO AND ONION CONCASSE, CHIPS SALADS	CHICKEN TANGINE JUMBO ROLL VEGETABLES SALADS

LUNCH AFRICAN	PANFRIED AFRICAN FISH WITH RELISH SADZA (PAP) VEGETALBES SALADS	VET KOEK WITH MINCE CURRY VEGETABLES SALADS	BRAISED MUTTON CHOPS WHITE SAMP VEGETABLES SALADS	BEEF SAUSAGES SERVED WITH TOMATO & ONION GRAVY AND AFRICAN SALAD VEGETABLES SALADS	PORTUGESE ROAST CHICKEN CHIPS GRAVY VEGETABLES SALADS	BEEF LIVER AND ONION SERVED WITH PAP. VEGETABLES SALADS	BRAISED MUTTON CHOPS WITH PEPPERS, ONION & GARLIC ROAST POTATOES SALADS
LUNCH HEALTH	MOROCCAN RED CHICKEN BROWN RICE VEGETABLES SALADS	OSTRICH STEAK BAKED SWEET POTATO SALAD APPLE AND GARLI SAUCE VEGETABLES SALADS	LEMON CHICKEN PICCATA WITH SPAGETTI VEGETABLES SALADS	PENNE WITH CHICKEN & ASPARAGUS VEGETABLES SALADS	PROVENCAL STEAK WITH JACKET POTATO VEGETABLES SALADS	STIR FRIED CHICKEN STRIPS IN PITA BREAD WITH LOW OIL MAYONNAISE VEGETABLES SALADS	GRILLED VENISON STEAK PARSLEY POTATOES GRAVY SALADS
FAST FOOD DEFAULT VEGETARIAN HALAAL	PEPPER PIES SPINACH AND FETA PIES CHICKEN PIES CHIPS VEGETABLES SALADS	CHEESE & MUSHROOM PIZZA CHEESE & MUSHROOM PIZZA SPICY CHICKEN, PEPPER PIZZA CHIPS VEGETABLES SALADS	CHICKEN AND MAYO ROLL CHEESE & MUSHROOM ROLLS CHICKEN & CHEESE ROLL CHIPS VEGETABLES SALADS	CHICKEN HOT DOGS (2) VEG HOT DOGS CHICKEN HOT DOGS (2) CHIPS VEGETABLES SALADS	CHICKEN BURGERS SOYA / CHEESE BURGERS FISH BURGER CHIPS, MAYO ROLL VEGETABLES SALADS		
LUNCH STARCH	SAUTE' POTATOES	CHIPS	PARSLEY POTATO			CHIPS	ROAST POTATOES
LUNCH VEGETABLES	JULIENNE CARROTS GREEN BEANS WITH ONION (FROZEN)	GRILLED CHUNKY MIXED VEG (FRESH)	STEAMED CAULIFLOWER GEMS (FRESH)	STEAMED BROCCOLI CARROTS ROUNDALS (FRESH)	CHUNKY MIX VEG (FRESH)	TOMATO AND ONION CONCASSE	PEAS CAULIFLOWER AU GRATIN (FROZEN)
LUNCH ACCOMPANY- MENTS DESSERT	FRENCH SALAD COLE SLAW CONDIMENTS AND SAUCES FRUIT	FRENCH SALAD GRATED CARROT AND PINEAPPLE SALAD CONDIMENTS AND SAUCES FRUIT	FRENCH SALAD CURRIED NOODLE SALAD CONDIMENTS AND SAUCES FRUIT	FRENCH SALAD BEETROOT SALAD CONDIMENTS AND SAUCES FRUIT	FRENCH SALAD POTATO SALAD CONDIMENTS & SAUCES FRUIT	LETTUCE TOM ONION RINGS CONDIMENTS & SAUCES FRUIT	FRENCH SALAD THREE BEAN SALAD CONDIMENTS & SAUCES ICE CREAM & CHOCOLATE SAUCE
	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
DINNER DEFAULT	FRUIT JUICE BEEF STROGONOFF RICE VEGETABLES SALADS	FRUIT JUICE GRILLED LEMON AND HERB CHICKEN ROAST POTATOES VEGETABLES SALADS	FRUIT JUICE CLASSIC ITALIAN MUTTON STEW AND RICE VEGETABLES SALADS	FRUIT JUICE OVEN BAKED BBQ CHICKEN (Chicken leg quarter) RICE VEGETABLES SALADS	FRUIT JUICE HONG KONG CHICKEN WITH CHOWMEIN (spagetti & Stir fry veg) VEGETABLES SALADS	FRUIT JUICE MORROCAN BEEF TAGINE RICE VEGETABLES SALADS	FRUIT JUICE BOEREWORS X 2 (90G) TOMATO & ONION GRAVY PARSLED RICE VEGETABLES SALADS
DINNER VEGETARIAN	MATAR AUR BAIGAN SAKH (Braised Brinjal, green beans, peas curry) ROTI X 2 VEGETABLES SALADS	WRAPS X 2 FILLED WITH MEXICAN BEANS SIDE DISH OF TOMATO SALSA and COTTAGE CHEESE VEGETABLES AND SALAD	SPICY BROWN RICE, PEAS, CORN, AND LENTIL PILAF VEGETABLES SALADS	MOROCCAN VEGETABLE COUSCOUS VEGETABLES AND SALAD	MUSHROOM, TOMATO GREEN PEPPER, ONION VEG PIZZA, SOYA POLONY VEGETABLES & CHIPS SALADS	SOYA SCHNITZEL CREAMY SAUCE SAVOURY RICE VEGETABLES SALADS	GRILLED SOYA VIENNAS X2 CHEESEY BAKED SLICED SWEET POTATO AND CREAMED SPINACH VEGETABLES SALADS
DINNER HINDU/HALAAL	POTATO PEA CURRY & DHALL RICE VEGETABLES	MUTTON MINCE BOLOGNAISE AND SPAGETTI VEGETABLES	MUTTON KHALYA WITH JUMBO ROLL VEGETABLES	STEAK SHWARMA PITA BREAD VEGETABLES	MAGHERRITTA PIZZA & CHIPS VEGETABLES	CHICKEN SCHNITZEL SAVOURY RICE VEGETABLES	CHICKEN AKNEE YOGHURT SALAD VEGETABLES

	SALAD	GREEK SALAD	SALADS	SALADS	SALADS	SALADS	SALADS
DINNER AFRICAN	GRILLED BRISKET WITH BROWN ONION GRAVY RICE VEGETABLES SALADS	CLASSIC BEEF STEW WITH SAMP & BEANS VEGETABLES SALADS	CHICKEN CASSEROLE AND DUMPLINGS VEGETABLES SALADS	BRAISED TENDERISED STEAK WITH ONION PARSLEY POTATO VEGETABLES SALADS	BRAISED MUTTON (SHANKS) BREDIE, PAP VEGETABLES SALADS		
DINNER HEALTH	ORANGE AND SOYA MARINATED CHICKEN 2 WRAPS VEGETABLES SALADS	GRILLED THAI SPICED CHICKEN BREAST THAI TOMATO & ONION SAMBAL POTATOES VEGETABLES SALADS	LEAN ROAST BEEF SIRLOIN WHOLE BAKED POTATO STEAMED VEGETABLES SALADS	GRILLED STRIPS OF CHICKEN SERVED WITH LOW FAT MUSHROOM SAUCE, PITA BREAD SALAD	PORK & VEGETABLE STIR FRY SERVED WITH BROWN RICE VEGETABLES SALADS	SLICED POTATO BAKED , MUSHROOMS SAVOURY MINCE & MOZZARELLA CHEESE VEGETABLES SALADS	WRAPS X2 WITH SAVOURY MOROCCAN SPICED TUNA FILLING TOMATO SALSA MOZZARELLA CHEESE VEGETABLES SALADS
DINNER STARCH	SAVOURY RICE	ROAST POTATO	RICE	PARSELY POTATOES	SAVOURY RICE	SAVOURY RICE	MASHED POTATOES
DINNER VEGETABLES	BRAISED CABBAGE (FRESH) DICED MIX VEG (FRESH)	PEAS (FRESH) BUTTERNUT (FRESH)	GREEN BEANS (FROZEN) DICED CARROTS (FRESH)	BRAISED CABBAGE(FRESH) PUMPKIN BAKED	VEGETABLE AU GRATIN (FRESH)	GRILLED CHUNKY MIXED VEGETABLES (FRESH)	GREENBEANS AND FRIED ONIONS JULLIENNE CARROTS (FRESH)
DINNER SALAD	GREEK SALAD	GREEK SALAD	GREEK SALAD	GREEK SALAD	GREEK SALAD	GREEK SALAD	GREEK SALAD
ACCOMPANY- MENTS	CONDIMENTS AND SAUCES	CONDIMENTS AND SAUCES	CONDIMENTS AND SAUCES	CONDIMENTS AND SAUCES	CONDIMENTS & SAUCES	CONDIMENTS & SAUCES	CONDIMENTS & SAUCES
DESSERT	CARROT CAKE	FRUIT	CHEESECAKE	FRUIT	FRIUT COCKTAIL CREAM	FRUIT	SEASONAL FRUIT