

LUNCH MENU



WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Bolognese Grated Cheese Garlic Rolls Sweet Carrots & Green Beans	Chicken Schnitzel Mushroom sauce Creamy Mashed Potato Broccoli & Cauliflower Bake	Slow Roasted Sirloin served with Gravy Crispy Roast Potatoes Roasted Seasonal Vegetables	Traditional Butter Chicken served with Basmati Rice Tossed Garlic Green Beans & Rosa Tomatoes & Feta	Crumbed Hake & Calamari Combo served with Tartar Sauce French Fries & Minted Peas
Creamy Tomato & Spinach Pasta Grated Cheese & Garlic Bread Sweet Carrots & Green Beans	Vegetarian Schnitzel Mushroom Sauce Creamy Mashed Potato Broccoli & Cauliflower Bake	Zucchini, Carrot & Parmesan Fritters served with Gravy Crispy Roast Potatoes Roasted Seasonal Vegetables	Vegetables Curry served with Basmati Rice Tossed Garlic Green Beans & Rosa Tomatoes & Feta	Butternut Stuffed with Lemon Zest Couscous, Feta & Pepper served with Minted Peas & French Fries
Greek Salad	French Salad	Butternut, Beetroot & Feta Salad	Sambal Salad	Fresh Garden Salad

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WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Stir-fry served with Egg Noodles & Buttered Corn on the Cob	Savoury Mince topped with Grated Cheese, Taco Shell Glazed Baby Julienne Carrots & Baby Marrow	Thyme & Lemon Roasted Chicken served with Crispy Roast Potatoes Broccoli & Cauliflower	Pineapple & Pepper Chicken Kebabs with a Sweet & Sour Sauce served with Basmati Rice & Roasted Butternut & Baby Marrow	Traditional South African Boerewors Rolls served with Potato Chips & Coleslaw
Vegetarian Stir-fry Egg Noodles Corn on the Cob	Grilled Vegetables with a Tomato Relish, Grated Cheese, Taco Shell, Glazed Baby Julienne Carrots & Baby Marrow	Sweet Potato & Butternut Fritters Crispy Roasted Potatoes Broccoli & Cauliflower	Vegetable Kebabs coated in a Sweet & Sour Sauce served with Basmati Rice & Roasted Butternut & Baby Marrow	Vegetarian Sausage Roll Potato Chips & Coleslaw
Potato Salad	Tomato & Coriander Salsa	Baby Spinach, Egg & Crouton Salad	Harvest Salad	Fresh Fruit Salad

Green indicates the Vegetarian Option served with the same starch, vegetables & salad

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WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Meatballs with Tomato & Onion Relish Garlic Rolls, Tagliatelle Pasta Mixed Veg	Country Chicken & Leek Pie Creamy Mashed Potato Roasted Pumpkin & Green Beans	Garlic & Rosemary Lamb Pitas Garlic Herbed Roasted Baby Potatoes Grilled Vegetables	Traditional Butter Chicken served with Basmati Rice Herbed Julienne Carrots & Julienne Baby Marrows	Crumbed Hake served with Tartar Sauce Chips & Minted Peas
Vegetable Corn Fritters with Tomato Relish, Garlic Rolls Roasted Mixed Vegetables	Homemade Vegetable Pie Creamy Mashed Potato Roasted Pumpkin & Green Beans	Vegetarian Burgers Garlic Herbed Roasted Baby Potatoes Grilled Vegetables	Country Vegetable Hot Pot Basmati rice Herbed Julienne Carrots & Julienne baby Marrows	Jumbo Spring Rolls & Samosas Combo served with Sweet & Sour Sauce Chips & Minted Peas
Caprese Salad	Sliced Salad	Sambals & Tzatziki, Shredded Lettuces, Diced Tomato & Red Onion	Butternut, Beetroot & Feta Salad	Caesar Salad

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WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Coconut Chicken Curry Basmati Rice Naan Bread Garlic Green Beans	Beef Pot Pie Creamy Potato Mash with Gravy Gem Squash stuffed with Corn & Cheese	Juicy Honey, Soya & Sesame Chicken Strips served with Egg Noodles Stir-fry Vegetables	Traditional Beef Lasagne served with Herbed Garlic Rolls & Roasted Mixed Vegetables	Southern Fried Chicken Burgers served with French Fries Melange of Mixed Vegetables
Coconut Vegetable Curry Basmati Rice Naan Bread Garlic Green Beans	Vegeable Pot Pie Potato Mash with Gravy Gem Squash stuffed with Corn & Cheese	Juicy Honey, Soya & Sesame Vegetable Kebabs served with Egg Noodles Stir-fry Vegetables	Butternut, Aubergine & Baby Marrow Lasagne Garlic Rolls Roasted Mixed Vegetable	Vegetarian Burgers served with French Fries Melange of Mixed Vegetables
Harvest Salad	Greek Salad	Baby Spinach, Crouton & Egg Salad	Sliced Salad	Fresh Fruit Sliced

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