

LUNCH MENU



WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL BUTTER CHICKEN SERVED WITH BASMATI RICE, NAAN BREAD, TOSSED GARLIC GREEN BEANS & ROSA TOMATOES, FETA	TRADITIONAL BEEF LASAGNE, GARLIC ROLLS, ROASTED MIXED VEGETABLES	FISH CAKES SERVED WITH SAVOURY RICE, TOMATO RELISH, PEAS & CARROTS	ROAST CHICKEN SERVED WITH ROASTED POTATOES & MIXED VEGETABLES	BEEF BURGER SERVED WITH FRENCH FRIES & SALAD
VEGETABLE CURRY BASMATI RICE GARLIC GREEN BEANS & ROSA TOMATOES, FETA	BUTTERNUT, AUBERGINE & BABY MARROW LASAGNE, GARLIC ROLLS, ROASTED MIXED VEGETABLE	VEGETABLE FRITTERS SERVED WITH SAVOURY RICE, TOMATO RELISH, PEAS & CARROTS	VEGETARIAN BURGER SERVED WITH ROASTED POTATOES & MIXED VEGETABLES	VEGETARIAN SAUSAGE SERVED WITH FRENCH FRIES & SALAD
SAMBAL SALAD	SLICED SALAD	SLICED SALAD	BUTTERNUT & BEETROOT, FETA SALAD	FRUIT SALAD

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enjoy your meal

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN PASTA DISH SERVED WITH BUTTERNUT & PEAS	ROAST BEEF SERVED WITH ROASTED POTATOES, BROCCOLI & CAULIFLOWER BAKE	SWEET & SOUR CHICKEN SERVED WITH BASMATI RICE & GARLIC GREEN BEANS	HOMEMADE MEATBALLS SERVED WITH SPAGHETTI, CORN & PEAS	HAKE & CALAMARI SERVED WITH FRENCH FRIES & SALAD
BASIL PESTO & ROSA TOMATO PASTA SERVED WITH BUTTERNUT & PEAS	VEGETARIAN SCHNITZEL MUSHROOM SAUCE POTATOE MASH, BROCCOLI & CAULIFLOWER BAKE	VEGETABLE KEBABS SERVED WITH BASMATI RICE & GARLIC GREEN BEANS	VEGETABLE STEW SERVED WITH SPAGHETTI, CORN & PEAS	VEGETARIAN BURGERS SERVED WITH FRENCH FRIES & SALAD
FRENCH SALAD	ROCKET, SPINACH, BEETROOT FETA SALAD	HARVEST SALAD	CAPRESE SALAD	FRUIT SALAD

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

LUNCH MENU



WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPAGHETTI BOLOGNAISE SERVED WITH BUTTERNUT & BABY MARROWS	BBQ CHICKEN WINGS SERVED WITH ROASTED POTATO WEDGES & MIXED ROAST VEGETABLES	GRILLED FISH SERVED WITH SAVOURY RICE, PEAS & CARROTS	BEEF STEW SERVED WITH BASMATI RICE & MIXED VEGETABLES	SOUTHERN FRIED CHICKEN BURGER SERVED WITH POTATO CHIPS & SALAD
ROASTED VEGETABLE PASTA SERVED WITH BUTTERNUT & BABY MARROWS	VEGETARIAN SCHNITZEL SERVED WITH ROASTED POTATO WEDGES & ROASTED MIXED VEGETABLES	VEGETARIAN SAUSAGE SERVED WITH MASH POTATO, PEAS & CARROTS	VEGETABLE STEW SERVED WITH BASMATI RICE & MIXED VEGETABLES	VEGETARIAN HOT DOGS SERVED WITH FRENCH FRIES & SALAD
GREEK SALAD	MIXED SALAD	GARDEN SALAD	RUSTIC TOMATO & CUCUMBER SALAD	FRESH FRUIT SALAD

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WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF ENCHILADAS TOPPED WITH CHEESE SERVED WITH GLAZED CARROTS & PEA	CHA SU ROAST CHICKEN SERVED WITH ROASTED POTATOES, BROCCOLI & CAULIFLOWER	BEEF STROGANOFF SERVED WITH PASTA, MIXED VEGETABLES	TRADITIONAL BUTTER CHICKEN SERVED WITH BASMATI RICE, NAAN BREAD, TOSSED GARLIC GREEN BEANS & ROSA TOMATOES, FETA	HAKE & CALAMARI SERVED WITH FRENCH FRIES & SALAD
VEGETABLE QUESIDILAS SERVED WITH GLAZED CARROTS & PEAS	VEGETABLE COTTAGE PIE SERVED WITH BROCCOLI & CAULIFLOWER	VEGETABLE PASTA SERVED WITH MIXED VEGETABLES	VEGETABLE CURRY SERVED WITH BASMATI RICE, TOSSED GREEN BEANS	VEGETARIAN SPRING ROLLS SERVED WITH POTATO CHIPS & MELANGE OF VEGETABLES
FRENCH SALAD	GREEK SALAD	BUTTERNUT & BEETROOT SALAD	RUSTIC SAMBAL SALAD	FRESH GARDEN SALAD

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