

KING EDWARD VII SCHOOL WEEK ONE MENU

26 MAY 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Vienna stew served with scrambled eggs	Bran muffins served with sliced cheese and boiled eggs	Beef sausages served with sauté potatoes	Savory scrambled eggs	Crispy bacon served with curried baked beans	Savory Mince Grilled Tomato	Grilled bacon, tomato and Eggs
	Creamy meal –	Matabele -	Jungle Oats –	Mielie meal –	Malta Bella -	Jungle oats -	Tasty wheat -
	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
	Granadilla Yoghurt or Plain Fruit Yoghurt	Mixed berry Yoghurt or Mixed berry Yoghurt	Granadilla Yoghurt or Granadilla Yoghurt	Country mix Yoghurt or Plain Fruit Yoghurt	Wild fruit Yoghurt or Plain Fruit Yoghurt	Mix Fruit Yoghurt or Plain Fruit Yoghurt	Mixed Fruit yoghurt or Plain Fruit Yoghurt
	Buttered Toast Apricot Jam and Peanut Butter	Buttered Toast Apricot Jam and Peanut Butter	Plain Fruit Yoghurt Strawberry Jam and Peanut Butter	Buttered Toast Peach Jam and Peanut Butter	Buttered Toast Mixed Jam and Peanut Butter	Buttered Toast Apricot Jam and Peanut Butter	Buttered Toast Strawberry Jam and Peanut Butter
	Tea/ Coffee Milk Apple juice Water	Tea/ Coffee Milk Peach juice Water	Tea/ Coffee Milk Apple juice Water	Tea/ Coffee Milk Pineapple Juice Water	Tea/ Coffee Milk Strawberry juice Water	Tea/ Coffee Milk Grapefruit juice Water	Tea/ Coffee Milk Wild Fruit juice Water
Tomato Sauce and Mustard Mayonnaise Salt and Pepper	Tomato Sauce and Mustard Mayonnaise Salt and Pepper	Tomato Sauce and Mustard Mayonnaise Salt and Pepper	Tomato Sauce and Mustard Mayonnaise Salt and Pepper	Tomato Sauce and Mustard Mayonnaise Salt and Pepper	Tomato Sauce and Mustard Mayonnaise Salt and Pepper	Tomato Sauce and Mustard Mayonnaise Salt and Pepper	



AM TEA	Oat Crunchies Tea/Coffee Orange Juice	Cheese Sandwich Tea/Coffee Apple Juice	Bran Muffin Tea/Coffee Guava Juice	Cold meat roll Tea/Coffee Orange Juice	Cheese scones Tea/Coffee Mixed fruit Juice	No tea	No Tea
L U N C H	Chicken and Mushroom pies served with roast potatoes	Footlong Russian rolls served with fries	Lemon and Herb Schnitzel served with garlic parsley potatoes	Boerewors Rolls served with fries	Bacon Alfredo (red sauce) Served with whole wheat rolls	Toasted Chicken mayo sandwiches served with potato salad	Roast Chutney Chicken served with Roast Potatoes and Sweet baked pumpkin Soup of the day
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Green Salad	Assorted Salads	Assorted Salads	Mixed green salad	Green salad	Assorted Salads	Ice cream topped with chocolate sauce
	Fruit in season	Fruit in season	Fruit in season	Fruits in season	Fruit in season	Fruit in season	Flavored Water
	Water Fresh mixed Juice	Water/Sports drink	Water/Pineapple juice	Water/Flavored water	Water/Sports drink Fried Corn with Peppers	flavored Water / Mixed Juice	Homemade juice
	Fruit Chutney and Tomato sauce	Tomato Sauce and Mustard	Tomato Sauce and Mustard	Tomatoes Sauce and Mustard	Tomato Sauce and Mustard	Tomato Sauce and Mustard	Tomato Sauce and Mustard
Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	
D I N N E R	Italian Beef Lasagna Mixed vegetables or Butternut & sweet potato curry Low GI Bread Roll Salt and Pepper	Grilled Pork ribs served with French fries Greek salad Orange Juice Salt and Pepper	Hong Kong Chicken served on Fettuccini pasta French salad Carrots and Peas Gravy Salt and Pepper	Braised Brisket served on Stiff pap smothered with fried onions Green Salad Sweet oven baked sweet potatoes Salt and Pepper	Buttered Chicken Curry served on Basmati Rice Salsa Salad and sambals Mixed green Salad Gravy Salt and Pepper	Pork Chops or Roast Chicken Pap or Mash Potato Parsley Potatoes Green Salad Beetroot Gravy Salt and Pepper	BBQ Chicken Parsley Potato Pap Green Salad Pumpkin Fritters Gravy Salt and Pepper



Tomato Sauce and Mustard Mayonnaise	Tomato Sauce and Mustard Mayonnaise	Tomatoes Sauce and Mustard Mayonnaise	Tomatoes Sauce and Mustard Mayonnaise	Tomatoes Sauce and Mustard Mayonnaise	Tomatoes Sauce and Mustard Mayonnaise	Tomatoes Sauce and Sweet& sour Mayonnaise
Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll
Strawberry Juice Water/Tea/Coffee, Milo	Water, Orange Juice Tea, Coffee, Milo	Granadilla fruit Juice Tea, Coffee, Coffee	Water, Mixed fruit Juice Tea, Coffee, Hot Choc	Water, Strawberry Juice Tea, Coffee, Hot Choc	Water, Lime Slash puppy Tea, Coffee	Homemade Juice Tea, Coffee, Toffee mix
Chocolate Cake and Cream	Oranges	Peach & Custard	Banana	Mixed Jellies	Pears	Fruit Trifle

PM SNACK	Egg mayo roll 100% Fruit Juice	Mixed dry fruit 100% Fruit Juice	Cheese roll 100% Fruit Juice	Low fat Chips 100% Fruit Juice	Mixed dry fruit 100% Fruit Juice	Pop Corn 100% Fruit Juice	Dry Fruit Mix 100% Fruit Juice
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KING EDWARD VII SCHOOL

WEEK TWO MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Oven baked Croissants served with scrambled eggs Jungle Oats or Assorted Cereals	Crispy Bacon served with Sauté potatoes Miele Meal or Assorted Cereals	Oven Baked fish cakes served with a cheddar melt sauce Jungle Oats or Assorted Cereals	Savory Scrambled eggs and fried mushrooms Matabele Or Assorted Cereals	Pork Rasher and Boiled Eggs Tomato relish Creamy Meal Assorted Cereals	Fried eggs Fish Fingers Jungle Oats or Assorted Cereals	Grilled bacon Eggs & Tomato Tasty wheat or Assorted Cereal
	Banana Yoghurt or Plain Fruit Yoghurt	Mixed berry Yoghurt or Plain Fruit Yoghurt	Granadilla Yoghurt or Plain Fruit Yoghurt	Country mix Yoghurt or Plain Fruit Yoghurt	Wild fruit Yoghurt or Plain Fruit Yoghurt	Granadilla Yoghurt or Plain Fruit Yoghurt	Mixed Fruit yoghurt or Plain Fruit Yoghurt
	Buttered Toast Apricot Jam and Peanut Butter	Buttered Toast Apricot Jam and Peanut Butter	Buttered Toast Strawberry Jam and Peanut Butter	Buttered Toast Peach Jam and Peanut Butter	Buttered Toast Mixed Jam and Peanut Butter	Buttered Toast Apricot Jam and Peanut Butter	Buttered Toast Strawberry Jam and Peanut Butter
	Granny Smith / Banana	Pears / Oranges	Nartjie / Granny Smith	Guava / Banana	Grapes / Oranges	Red Apple / Banana	Oranges / Mixed Apples
	Tea/ Coffee Milk Fruit juice Water	Tea/ Coffee Milk Apricot juice Water	Tea/ Coffee Milk Apple juice flavored Water	Tea/ Coffee Milk Apple Juice Water	Tea/ Coffee Milk Strawberry juice flavored Water	Tea/ Coffee Milk Grapefruit juice Water	Tea/ Coffee Milk Cranberry Fruit juice Water
	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper



AM TEA	Sausage rolls Tea/Coffee Orange Juice	Cheese Sandwich Tea/Coffee Grape Juice	Homemade whole wheat Scones Tea/Hot Choc	Mixed ass sandwiches Tea/Hot coffee Orange Juice	Bran muffin Tea/Hot chocolate Mixed fruit Juice	No tea	No Tea
L U N C H	Chinese Chicken stir-fry served on egg noodles	Russians served with Cheesy Potato Bake	Chicken Curry Bunnies	Beef or pork Bangers served on creamy garlic mash potatoes and garden peas	Portuguese's Chicken and slap chips Gem Squash	Chicken Shawarma Onions Potato Wedges	Beef or Chicken Lasagna Peas
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day		
	Green Salad	Assorted Salads	Assorted Salads	Assorted Salads	Assorted Salads	Carrot & Pineapple salad Fruit is season	Assorted Salads Fruits in season
	Fruit in season	Fruit in season	Fruits in season	Fruits in season	Fruit is season		
	Cinnamon Butternut	Baked Beans bake		Peas and carrots Mix			
	Fruit Chutney and Tomatoes sauce	Tomatoes Sauce and Mustard	Tomatoes Sauce and Mustard	Tomatoes Sauce and Mustard	Tomatoes Sauce and Mustard	Tomatoes Sauce and Mustard	Tomatoes Sauce and Mustard
	Fresh mixed Juice / water	Water / Sport Drink	Water / Mixed fruit Juice	Water / Apple Juice	Water / Sport Drink	Water / Mixed Juice	Water / Homemade juice
Low GI Bread	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	
D I N N E R	Braised Short Ribs Sauté Potatoes Samp	Grilled T-bone steak or Roast Chicken Jacket butter potatoes	Grilled Chicken Fillets Served with Sauté Potatoes Tomato & onion relish Creamed Spinach Coleslaw salad Gravy	Beef Goulash served with pap or rice Baked sweet potatoes Gravy	Mustard and ginger Pork chops or Chicken Served with Masala potatoes	Jnr T-bone Steak Pap Tart Rice	Roast Beef Roast Potato Pap
	Wild green salad Braised Mixed cabbage Gravy	Pumpkin Green Salad Gravy			Whole wheat rolls Coleslaw Mixed green Salad Gravy	Green Salad Braised cabbage Gravy	Potato Salad Pumpkin Gravy
	Water	Water				Water	Water
	Salt and Pepper	Salt and Pepper	Salt and Pepper	Salt and Pepper Tomatoes Sauce and Mustard	Salt and Pepper Tomatoes Sauce and Mustard	Salt and Pepper	Salt and Pepper



Tomatoes Sauce and Mustard Mayonnaise	Tomatoes Sauce and Mustard Mayonnaise	Tomatoes Sauce and Mustard Chutney	Mayonnaise Low GI Bread Roll	Mayonnaise Low GI Bread Roll	Tomatoes Sauce and Mustard Mayonnaise	Tomatoes Sauce and Mustard Mayonnaise
Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Water / Mixed fruit Juice	Water / Strawberry Juice	Low GI Bread Roll	Low GI Bread Roll
Apple Juice	Orange Juice	Granadilla fruit Juice	Tea, Coffee, Hot Choc	Tea, Coffee, Hot Choc	Lime Slash puppy Tea, Coffee	Homemade Juice
Tea, Coffee, Hot Choc	Tea, Coffee, Milo	Tea, Coffee, Coffee	Villa sponge cake			Tea, Coffee, Toffee mix
Chocolate brownie	Fruits Salad	Peach & Custard		Jelly & custard	Chocolate Cake	Ice cream

PM SNACK	Cheese roll	Mixed dry fruit	Ham sandwich	Low fat Chips	Egg mayo roll	Bran muffin	Mixed dry fruit
	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice



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KING EDWARD VII SCHOOL

WEEK THREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Grilled Cheese griller and Boiled Eggs	Baked Scones served with Salami and cheese	Grilled Bacon and creamy sweetcorn	Crepes Suzette pancakes	Beef burger served with fried mushrooms	Breakfast Wrap (eggs/mush/tom)	Cheese Omelette Mix cold meats/onions/tomato
	Mielie meal Or	Jungle Oats Or	Matabele or	Mielie meal Or	Jungle Oats or	Matabele or	Tasty wheat or
	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted cereals	Assorted Cereals	Assorted Cereals
	Orange flavored Yoghurt or Plain Fruit Yoghurt	Wild berry Yoghurt or Plain Fruit Yoghurt	Strawberry Yoghurt or Plain Fruit Yoghurt	Vanilla Yoghurt or Plain Fruit Yoghurt	Wild fruit Yoghurt or Plain Fruit Yoghurt	Granadilla Yoghurt or Plain Fruit Yoghurt	Mixed Fruit yoghurt or Plain Fruit Yoghurt
	Buttered Toast Apricot Jam and Peanut Butter	Buttered Toast Apricot Jam and Peanut Butter	Buttered Toast Strawberry Jam and Peanut Butter	Buttered Toast Peach Jam and Peanut Butter	Buttered Toast Mixed Jam and Peanut Butter	Buttered Toast Apricot Jam and Peanut Butter	Buttered Toast Strawberry Jam and Peanut Butter
	Granny Smith Banana	Orange fruit Red Apple	Naartjie Pear	Melon Mixed fruits Banana	Grapes Oranges	Red Apple Banana	Oranges Mixed Apples
	Tea/ Coffee Milk Fruit juice Water	Tea/ Coffee Milk Apricot juice Water	Tea/ Coffee Milk Apple juice Flavoured Water	Tea/ Coffee Milk Fruit cocktail juice Water	Tea/ Coffee Milk Oranges juice Flavoured Water	Tea/ Coffee Milk Grapefruit juice Water	Tea/ Coffee Milk Cranberry Fruit juice Water
	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper



AM TEA	Savory Mince Sandwiches Tea/Coffee Orange Juice	Cheese Sandwich Tea/Coffee Grape Juice	Bran Muffin Tea/Hot Milo Mixed fruit Juice	Jam and Peanut butter Tea/Hot coffee Orange Juice	Cheese Scones with Jam Tea/Hot chocolate Mixed fruit Juice	No tea	No Tea
L U N C H	Fetta Mince pasta bake Serves with whole wheat rolls	Roast Lemon & Herb Chicken Sauté Potatoes Pap	Assorted Pizza and served with Masala potato wedges	Homemade Beef Mince pie Served with peas and corn	Crumbed Chicken Cheesy spiced Potatoes Savory Rice	Foot Long wors Onions Whole wheat rolls	Beef Lasagne
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Fruits in season	Fruits in season	Fruits in season	Fruits in season	Fruits in season	Fruits in season	Fruits in season
	Salads in season	Salads in season	Salads in season	Salads in season	Salads in season	Salads in season	Salads in season
	Grapefruits Orange Flavoured Water	Grapefruit Flavoured Water	flavored Water	Water	Gem Squash	Braised Carrots	Peas
	Cinnamon Butternut Fruit Chutney and	Braised Cabbage	Creamy Spinach	Baby Marrow	Tomatoes Sauce and Mustard Sport Drink	Tomatoes Sauce and Mustard Mixed Juice	Tomatoes Sauce and Mustard Home made juice
	Tomatoes sauce Fresh mixed cape Juice	Tomatoes Sauce and Mustard Sport Drink	Tomatoes Sauce and Mustard Mixed fruit Juice	Tomatoes Sauce and Mustard Apple Juice	Tomatoes Sauce and Mustard Sport Drink	Tomatoes Sauce and Mustard Mixed Juice	Tomatoes Sauce and Mustard Home made juice
	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll



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<p>Fries Fish served with Tartare sauce Baked Jacket potatoes</p> <p>Wild green salad</p> <p>Baked Sweet Potato Gravy</p> <p>Water</p> <p>Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise</p> <p>Low GI Bread Roll</p> <p>Water / Apple Juice Tea, Coffee, Hot Choc</p> <p>Jam Doug-nut</p>	<p>African Chicken Hot Pot Samp and Beans</p> <p>Dutch Cabbage</p> <p>Water</p> <p>Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise</p> <p>Low GI Bread Roll</p> <p>Water / Orange Juice Tea, Coffee, Milo</p> <p>Fruits Trifle</p>	<p>Portuguese Chicken Savory Rice Dutch green beans</p> <p>Water</p> <p>Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise</p> <p>Low GI Bread Roll</p> <p>Water / Grapefruit Juice Tea, Coffee, Coffee</p> <p>Jelly & Custard</p>	<p>Spaghetti Bolognaise Grated Cheese</p> <p>Green Salad</p> <p>Water</p> <p>Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise</p> <p>Low GI Bread Roll</p> <p>Water / Mixed fruit Juice Tea, Coffee, Hot Choc</p> <p>Bakes Peanut butter and Banana cake</p>	<p>Beef or Chicken Burgers Baked Chips Whole wheat rolls Prego Sauce Pineapple rings</p> <p>Coleslaw</p> <p>Water</p> <p>Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise</p> <p>Low GI Bread Roll</p> <p>Water / Strawberry Juice Tea, Coffee, Hot Choc</p>	<p>Pizza Meat/Vegetable Baked Chips</p> <p>Tailored made salad Green salad Gravy</p> <p>Water</p> <p>Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise</p> <p>Low GI Bread Roll</p> <p>Water / Orange Tea, Coffee</p> <p>Banana Loaf with custard</p>	<p>Roast Chicken Parsley Potatoes Pap</p> <p>Beetroot Mixed peppers stew Gravy</p> <p>Water</p> <p>Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise</p> <p>Low GI Bread Roll</p> <p>Home made Juice Tea, Coffee, Toffee mix</p> <p>Ice Cream</p>
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<p>PM SNACK</p> <p>Bran muffin 100% Fruit Juice</p>	<p>Mixed dry fruit 100% Fruit Juice</p>	<p>Savory Mince sandwich 100% Fruit Juice</p>	<p>Low fat Chips 100% Fruit Juice</p>	<p>Egg mayo roll 100% Fruit Juice</p>	<p>Bran muffin 100% Fruit Juice</p>	<p>Mixed dry fruit 100% Fruit Juice</p>
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KING EDWARD VII SCHOOL

WEEK FOUR MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Breakfast Wrap (eggs/mush/tom)	Vanilla and cinnamon French toast	Chicken Vienna served with Baked beans	Hash Brown Bacon with Cheese Sauce	Waffles served with Bacon and syrup	Chicken Burger served with sauté potatoes	Cheese Omelette Ham/onions/tomato
	Kreemy Meal or Assorted Cereals	Jungle Oats Or Assorted Cereals	Matabele or Assorted Cereals	Jungle Oats or Assorted Cereals	Creamy Meal or Assorted Cereals	Jungle Oats or Assorted Salads	Tasty wheat or Assorted Cereals
	Mixed Fruit Yoghurt or Plain Fruit Yoghurt	Banana flavoured Yoghurt or Plain Fruit Yoghurt	Strawberry Yoghurt or Plain Fruit Yoghurt	Vanilla Yoghurt or Plain Fruit Yoghurt	Wild fruit Yoghurt or Plain Fruit Yoghurt	Granadilla Yoghurt or Plain Fruit Yoghurt	Mixed Fruit yoghurt or Plain Fruit Yoghurt
	Buttered Toast Apricot Jam and Peanut Butter	Buttered Toast Apricot Jam and Peanut Butter	Buttered Toast Strawberry Jam and Peanut Butter	Buttered Toast Peach Jam and Peanut Butter	Buttered Toast Mixed Jam and Peanut Butter	Buttered Toast Apricot Jam and Peanut Butter	Buttered Toast Strawberry Jam and Peanut Butter
	Grapefruit Banana	Orange fruit Greeny Smith Apple	Naartjie Pear	Melon Mixed fruits Banana	Pear Oranges	Red Apple Banana	Melon with Strawberry Mix Banana
	Tea/ Coffee Milk Mixed Fruit juice Water	Tea/ Coffee Milk Apricot juice	Tea/ Coffee Milk Grapefruit juice Water	Tea/ Coffee Milk Fruit cocktail juice Water	Tea/ Coffee Milk Oranges juice Water	Tea/ Coffee Milk Grapefruit juice Water	Tea/ Coffee Milk Mixed Fruit juice



	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Water Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Chutney Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper	Water Tomatoes Sauce and Mustard Mayonnaise Salt and Pepper
AM TEA	Home made Scones Tea/Hot chocolate Apple Juice	Cheese Sandwich Tea/Coffee Grape Juice	Bran Muffin Tea/Hot Milo Mixed fruit Juice	Chelsea Buns Tea/Hot coffee Orange Juice	Assorted Muffins Tea/Hot chocolate Mixed fruit Juice	No tea	No Tea
LUNCH	African Style Bobotie Coconut Yellow rice Sambals	Sticky Roasted Chicken Wings Crispy Potato Wedges	American styled Hot dogs served with Sauté potatoes	Chicken Stroganoff Served on white rice Sweet Hubbard squash	Southern Fried Chicken served with slap chips	Beef Mince Staffed Vetkoek whole wheat rolls	Green Thai Chicken Roast Potatoes Rice
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Assorted Salads	Assorted Salads	Assorted Salads	Assorted Salads	Assorted Salads	Assorted Salads	Assorted Salads
	Fruits in season	Fruits in season	Fruits in season	Fruits in season	Fruits in season	Fruits in season	Fruits in season
	Fruit Chutney and Tomatoes sauce	Tomatoes Sauce and Mustard	Tomatoes Sauce and Mustard	Tomatoes Sauce and Mustard	Tomatoes Sauce and Mustard	Tomatoes Sauce and Mustard	Tomatoes Sauce and Mustard
	Water / Fresh mixed cape Juice	Water / Sport Drink	Water / Mixed fruit Juice	Water / Apple Juice	Water / Sport Drink	Water / Slash Puppy	Water / Home made juice
	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll



D I N N E R	Chicken or Beef Lasagna	Lemon Pepper Schnitzel Creamy Mash Potatoes Country Mixed Veg Gravy	Homemade Chicken or Steak & Onion Pie Potato Wedges	Tropical Marinated Chicken Fried Rice Roasted Beetroot	Bacon and Egg Rolls served with slap chips	Beef Sausages Parsley Potatoes Sweet Mustard Fried Cabbage Green salad	Roast Beef Roast Potatoes Pap Country Mix Vegetables
	Greek salad		French salad	Butternut	Coleslaw	Gravy	Pineapple with Carrots salad Gravy
	Dinner rolls		Peas Gravy	Gravy		Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise	Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise
	Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise	Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise	Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise	Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise	Salt and Pepper Tomatoes Sauce and Mustard Mayonnaise	Low GI Bread Roll	Low GI Bread Roll
	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Low GI Bread Roll	Water / Strawberry Slash puppy Tea, Coffee	Water / Home made Juice Tea, Coffee, Toffee mix
	Water / Apple Juice Tea, Coffee, Hot Choc	Water / Orange Juice Tea, Coffee, Hot Choc	Water / Grape fruit Juice Tea, Coffee, Coffee	Water / Mixed fruit Juice Tea, Coffee, Hot Choc	Water / Strawberry Juice Tea, Coffee, Hot Choc	Chocolate	Ice Cream
Chocolate Brownie	Fresh Fruit Salad	Peach's and Custard	Fruity/ coconut Sponge Cake	Jelly & Custard			

PM SNACK	Health Bar snack 100% Fruit Juice	Egg mayo roll 100% Fruit Juice	Peanut Snack 100% Fruit Juice	Low fat Chips 100% Fruit Juice	Ham roll 100% Fruit Juice	Popcorn 100% Fruit Juice	Dry Fruit Mix 100% Fruit Juice
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