

Summer menu							
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Russian	Scramble Eggs	Fish Cakes	Quiche	Dun Wors x 2	French toast with syrup	Croissant with cheese
		Cereals with low fat milk		Cereals with low fat milk		Cereals with low fat milk	Cereals with low fat milk
	Tasty Wheat	Bran Muffin & Cheese	Oats		Krummel Pap		
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)
	Cof/Tea with milk	Cof/Tea with milk	Cof/Tea with milk	Cof/Tea with milk	Cof/Tea with milk	Cof/Tea with milk	Cof/Tea with milk
	Fruits & Juice Blend	Fruits & Juice Blend	Fruits & Juice Blend	Fruits & Juice Blend	Fruits & Juice Blend	Fruits & Juice Blend	Fruits & Juice Blend
<b>LUNCH</b>	<b>Beef stir fry</b>	<b>Chicken burger</b>	<b>Beef schnitzel</b>			<b>Grilled Beef sausages</b>	<b>T-Bone - Pepper Sauce</b>
	Chicken Stir Fry	Beef Burger	Chicken Schnitzel	Beef Baguette	Spare Rib	Mash	Potato Bake
	Chinese Noodles	Chips	Potato Salad	Chicken and mayo Baguette	Chips	Peas and Carrots	Vegetable Bake
	Bread Roll	French Salad	Curry Peach Salad	Red pasta salad	Greek salad		Beetroot salad
			Fruit Salad & Ice Cream	Green Salad			Peppermint Crisp Tart
	Juice Blend	Juice Blend	Juice Blend	Juice Blend	Juice Blend	Juice Blend	Juice Blend
<b>DINNER</b>	<b>Chicken salsa wings</b>	<b>Pork Steak</b>	<b>Chicken Strips with Sweet Chili Mayo</b>	<b>Chicken a la King</b>	<b>Butter Chicken</b>	<b>Braai: Steak &amp; Chicken Kebab</b>	<b>Chicken Mayo Health</b>
	Potato Wedges	Potato Bake	Chips	Rice	Fluffy White Rice		Roll
	Sweet Corn Bake	Honey and Thyme Butternut and beetroot		Broccoli with Cheese Sauce	Roasted Butternut	Hot Dog Roll	Simba Chips
			Beetroot salad				Fruit Juice
	Juice Blend	Juice Blend	Juice Blend	Juice Blend	Juice Blend		Fresh Fruit
	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)		
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit Juice	