

GREY COLLEGE WINTER MENU

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fried Egg & Fish Sticks	Boiled Eggs & Cheese	Fried Egg & Boerewors	Pannas x 2 & Hash Bro	Muffins and Yoghurt	Frankfurter and Beans	Bacon & Egg
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Fish Bites	Yoghurt	Yoghurt
	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Tasty Wheat	Cereal	Krummel Pap	Cereal	Oats	Cereals	Cereal
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice

LUNCH	Club Steak with Steakhouse Marinade	Battered Hake	Chicken Cordon Bleu	Kassler Chops	Baked Chicken Schnitzel with	Beef Burger (burger sauce)	T-Bone with Mushroom Sauce
			Mushroom Sauce				Roast veg
	Roast Potato	Baked Potato with Sour Cream	Potato Bake	Onion Rings	Potato Wedges	Chips	Roast Potatoes
	Sweet Butternut	Sweet Carrot Roundels	Greek salad	Country Style Mixed Vegetables	Beetroot Salad		Fruit Juice
		Whole Wheat Rolls		Continental Roll			Milk Tart
	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	
			Sticky Toffee Pudding with Custard			Fresh Fruit	

DINNER	Vetkoek with Curry Mince (mixed veg)	Honey & Mustard Pork Chops	Lamb Stew (mixed veg)	Assorted Pies	Boerewors Roll x 2	Braai: Lamb Chop & Beef Sostatie	Ham & Cheese Subs
		Rice	Rice	Sweet Bread			Simba chips
	Banana Salad	Mashed Carrots	Broccoli with Cheese Sauce	Chips	Chips		Fresh fruit

GREY COLLEGE WINTER MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled Egg with Bacon Bits	Omelettes with Ham & Cheese	Scrambled Egg and Hash Brown	Fish Bites (8 box)	Breakfast Sausage and Egg	French Toast with Grated Cheese	Scrambled Egg & Fish Cakes
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Taystee Wheat	Muesli	Oats	Cereal	Krummel Pap	Cereal	Milo Cereal
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice

LUNCH	Beef Curry with Mixed veg	Crumbed Chicken	Beef Lasagne	Fried Hake	Macaroni & Cheese with Bacon bits	Chicken & Pineapple Burger	Grilled Chicken Leg Quarter
	White rice	Basmati rice	Garlic bread roll	Savoury Rice		Potato Wedges	Roast Potatoes
	Sweet Pumpkin		Roasted Vegetables	Peas & Corn	Sautéed Green Beans		Sweet Potato
	Whole Wheat Rolls	Tomato & Cucumber Salad		Greek Salad	Whole Wheat Rolls		Cauliflower with Cheese Sauce
	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
			Malva Pudding and Custard				Baked Sago Pudding

DINNER	Melkkos	Tenderised Steak	Leg Quarter (lemon & herb)	Homemade Beef & Onion Pie	Savoury Mince Pancakes	Braai: Marinated Steak & Chicken Sosaties	Assorted pies
		Potato Wedges	Rice	Basmati Rice			Simba chips
		Creamed Spinach	Broccoli with Cheese Sauce	Sweet Pumpkin	Bread Roll	Garlic Bread	
		Baby Carrots	Sweet Potato	Country Style Mixed Vegetables	Green Salad		

GREY COLLEGE WINTER MENU

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Frankfurter & Baked Beans	Fish Sticks	Scrambled Eggs & Viennas	Cheese Griller & Hash Brown	Scrambled Egg with Diced Ham	Cheese Scones	Bacon & Fried Egg
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Oats	Cereal	Krummel Pap	Cereal	Taystee Wheat	Cereals	Cheerios
	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice

LUNCH	Chutney Leg Quarter	Kassler Chops with Pineapple	Boerewors Rolls with Relish x 2	Crumbed Hake with Sweet Chilli Mayo	Pork Spare Rib	Pasta Alfredo	Roasted Lamb with Garlic and Rosemary
	White Rice	White Rice	Chips	Savoury Rice	Potato Wedges		Baked Potato with Herbed Butter
	Steamed Mixed Vegetables	Sweet Corn Bake	Red Pasta Salad	Cauliflower with Cheese Sauce	Garden Salad	Greek Salad	Creamed Spinach and Feta
							Roast Butternut
		Whole Wheat Rolls				Whole wheat rolls & spread	
	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
			Malva Pudding & Custard				Peppermint Crisp Tart

DINNER	Penne Bolognese	Greek Roast Chicken with Garlic and Oregano	Pork Stroganoff	Beef & Vegetable Soup	Chicken & Pineapple Bake	Braai: T Bone & Boerewors	Tuna Mayo Subs
	Broccoli with Cheese Sauce	Creamy Potato Bake	Tagliatelle Pasta		Mashed Potatoes		Simba chips

