

hot lunch menu *week 1*

week 1 starting January 18th, Feb 1st & 16th, March 1st & 15th

monday	tuesday	wednesday	thursday	friday
GOOD OLD MACARONI & CHEESE WITH MACON SERVED WITH VEG OF THE DAY	SWEET AND SOUR CHICKEN & VEGETABLE STIR FRY SERVED WITH BASMATI RICE	BRAAI DAY (PROTEIN, POTATO SALAD, ASSORTED MINI ROLLS, GREEN SALAD)	BASIL PESTO PASTA SERVED WITH HOMEMADE MEATBALLS & A HOMEMADE TOMATO BASIL SAUCE WITH GRILLED VEGETABLES	FRIED CALAMARI SERVED WITH CHIPS TARTARE SAUCE, MINTED PEAS & A FRESH FRUIT SALAD
<i>vegetarian menu</i>				
GOOD OLD MACARONI & CHEESE WITH BROCCOLI SERVED WITH VEG OF THE DAY	SWEET AND SOUR VEGETARIAN MINCE & VEGETABLE STIR FRY SERVED WITH BASMATI RICE	BRAAI DAY (VEGETABLE SKEWERS, POTATO SALAD, ASSORTED MINI ROLLS, GREEN SALAD)	BASIL PESTO PASTA SERVED WITH CHERRY TOMATO & COURGETTE & A HOMEMADE TOMATO BASIL SAUCE WITH GRILLED VEGETABLES	FRIED CALAMARI SERVED WITH CHIPS TARTARE SAUCE, MINTED PEAS & A FRESH FRUIT SALAD

All meals are served with a fresh salad

week 1 starting January 25th, Feb 8th & 22nd, March 8th



week 2

monday	tuesday	wednesday	thursday	friday
BUTTER CHICKEN SERVED WITH PARSLEY BASMATI RICE, BALSAMIC CARAMELISED ONION, GREEN BEANS & CARROT, TOMATO SAMBAL, & NAAN BREAD	TOMATO & BASIL BEEF LASAGNA, MIXED ROASTED VEGETABLES & GARLIC ROLL	HONEY MUSTARD ROAST CHICKEN SERVED WITH HERBED CRUNCHY POTATOES, ROASTED MIXED VEGETABLES	LOADED MEXICAN NACHOS SERVED WITH GRILLED CHICKEN, SALSA, CHEESE & TOPPED WITH HOMEMADE GUACAMOLE & SOUR CREAM	GOURMET BRAAIED BURGER: HOMEMADE BEEF OR GRILLED CHICKEN BURGER SERVED ON A GOURMET BRIOCHE BUN WITH CRISPY LETTUCE, TOMATO, SECRET SAUCE & FRENCH FRIES
CAULIFLOWER & CHICKPEA CURRY SERVED WITH PARSLEY BASMATI RICE, BALSAMIC CARAMELISED ONION, GREEN BEANS & CARROT, TOMATO SAMBAL, & NAAN BREAD	TOMATO & BASIL VEGETABLE LASAGNA, MIXED ROASTED VEGETABLES & GARLIC ROLL	SLOW ROASTED CAULIFLOWER STEAK SERVED WITH HERBED CRUNCHY POTATOES & ROASTED MIXED VEGETABLES	LOADED MEXICAN NACHOS SERVED WITH ROAST VEGETABLES, SALSA, CHEESE & TOPPED WITH HOMEMADE GUACAMOLE & SOUR CREAM	GOURMET BRAAIED BURGER: VEGETARIAN BURGER SERVED ON A GOURMET BRIOCHE BUN WITH CRISPY LETTUCE, TOMATO, SECRET SAUCE & FRENCH FRIES

vegetarian menu