



AMERICAN INTERNATIONAL SCHOOL OF CAPE TOWN

MENU

BREAKFASTS

FRUIT CUPS	24
AVO TOAST	32
CHEESY EGG WRAP	39

SANDWICHES

TOASTED CHEESE	26
TOASTED CHEESE & TOMATO	29
BBQ CHICKEN 1/2 SANDWICH	35
NEW TOASTED CHICKEN & SRIRACHA MAYO	39
TOASTED CHICKEN MAYO	39
TOASTED BOLOGNAISE PITA	39
PULLED CHICKEN & CHEDDAR PITA	42

SALADS

HARVEST	42
NEW SRIRACHA CHICKEN	54
PRINCESS	54
CHICKEN & CORN	54
TUNA PASTA	54

MAKE IT YOUR OWN

SWAP FREE RANGE CHICKEN FOR FALAFEL
ADD FALAFEL +R12

WRAPS

HARVEST	42
BEEF BURRITO	47
CHICKEN & CHEESE FLAT WRAP	47
BBQ CHICKEN FLAT WRAP	49
CHICKEN, CHEDDAR & CORN	49
NEW SALSA QUESADILLA	54
NEW SRIRACHA CHICKEN	54
AVO FALAFEL	54
PRINCESS	54
MOROCCAN	54
MAGMATIC	54
HONEY MUSTARD CHICKEN	54
BUTTER CHICKEN	54
TUNA	54

HOT MEALS

POTATO WEDGES	22
PIZZA SLICE OF THE DAY	22
BBQ PULLED CHICKEN PIZZA SLICE	24
NEW PIZZA CARNE	24
CHICKEN VEG BAKE	54
BEEF BURGER	54
CHICKEN BURGER	54

SMOOTHIES

SMALL 250ML
MEDIUM 350ML
LARGE 500ML

	SMALL	MEDIUM	LARGE
NEW VITAMIN SEE	30	35	40
MINT STRAWBERRY STINGER	30	35	40
GREEN LEMONADE	30	35	40
STRAWBERRY STINGER	30	35	40
COCO CHOC	30	35	40
TROPICAL	30	35	40

10 DAY ROTATION MENU

ALL MEALS
R64

	MEAL OPTION 1	MEAL OPTION 2 VEGETARIAN	SMOOTHIES
MONDAY DAY 1	MAC & CHEESE served with roasted carrots & salad	MAC & CHEESE served with roasted carrots & salad	GREEN LEMONADE MINT STRAWBERRY STINGER
TUESDAY DAY 2	CHICKEN A LA KING served with rice & salad	PLANT-BASED MEAT BALLS IN TOMATO SAUCE served with spaghetti & salad	NEW VITAMIN SEE MINT STRAWBERRY STINGER
WEDNESDAY DAY 3	BBQ CHICKEN WINGS served with potato wedges	LENTIL COTTAGE PIE served with broccoli & salad	NEW VITAMIN SEE MINT STRAWBERRY STINGER
THURSDAY DAY 4	PASTA BOLOGNAISE served with salad	LENTIL BOLOGNAISE served with salad	COCO CHOC TROPICAL
FRIDAY DAY 5	BEEF OR CHICKEN BURGER served with potato wedges	BLACK BEAN & MUSHROOM BURGER served with potato wedges	TROPICAL MINT STRAWBERRY STINGER
MONDAY DAY 6	CHICKEN VEG BAKE served with rice	HARVEST STEW served with rice & salad	MINT STRAWBERRY STINGER GREEN LEMONADE
TUESDAY DAY 7	BUTTA CHICKEN served with green beans & rice	BUTTA CURRY served with green beans & rice	COCO CHOC TROPICAL
WEDNESDAY DAY 8	BBQ CHICKEN WINGS served with potato wedges	LENTIL COTTAGE PIE served with broccoli & salad	NEW VITAMIN SEE MINT STRAWBERRY STINGER
THURSDAY DAY 9	BEEF LASAGNE served with salad	LENTIL LASAGNE served with salad	COCO CHOC STRAWBERRY STINGER
FRIDAY DAY 10	BEEF OR CHICKEN BURGER served with potato wedges	BLACK BEAN & MUSHROOM BURGER served with potato wedges	NEW VITAMIN SEE MINT STRAWBERRY STINGER

LET'S **KAUAI** LET'S LIVE