



Option 1

Meat	Pizza oven roasted chicken in sweet & sour sauce
Starch	Yellow rice with raisons & potatoes
Veggies	Cream carrots & green beans with garlic
Salad	Curried noodle salad
Desert	Chocolate cake

Option 3

Meat	Chicken in Mushroom sauce & potatoes
Starch	Rice
Veggies	Peas & gems
Salad	Carrot salad
Desert	Ice cream & sauce

Option 5

Meat	Kentucky Chicken
Starch	Mash potatoes and gravy
Veggies	Stirfry veggies with sweet&sour sauce
Salad	Beetroot salad
Desert	Ice cream and sauce

Option 7

Meat	Briyani chicken with potatoes
Starch	Fried rice
Veggies	Sweet corn bake and stirfry veggies
Salad	Beetroot Salad
Desert	Malva pudding

Option 8

Meat	Fried steak
Starch	Pap & sauce & bread rolls
Veggies	Sweet corn bake
Salad	Potato salad
Desert	Fruit salad & custard

Option 10

Meat	Meatballs with rich tomato gravy
Starch	Rice
Veggies	Sweet carrots & cream spinach
Salad	Tomato & Onion salad
Desert	warm rich brown pudding with ice cream

Option 12

Meat	Beef stirfry
Starch	Rice & Potato bake
Veggies	Stirfry veggies with sweet&sour sauce
Salad	Mixed salad
Desert	cold pudding

Option 14

Meat	Beef Lasagne
Starch	Bread rolls
Veggies	Peas & coliflour with cheese sauce
Salad	Mixed salad
Desert	Fruit salad & ice cream

Option 16

Meat	Beef Stew & potatoes
Starch	Rice
Veggies	Green beans & sweet carrots
Salad	Tomato & Onion salad
Desert	Ice cream and sauce

Option 18

Meat	Fried fish in beer batter
Starch	Chips
Veggies	Fresh garden salad
Salad	Fresh garden salad

Option 2

Meat	German Chicken schnitzel
Starch	Crispy Chips
Veggies	Spinach and lots of potato & onions & cinnamon P
Salad	Beetroot salad
Desert	Ice cream & sauce

Option 4

Meat	Chicken stirfry -sweet & sour-
Starch	Savory spicy rice
Veggies	Mixed veggies
Salad	Potato salad
Desert	Warm Brown pudding caramel sauce

Option 6

Meat	North indian chicken curry
Starch	Rice
Veggies	Caramel sweet potatoes & spinach cream
Salad	Carrot salad
Desert	Ice cream and sauce

Option 9

Meat	Cottage pie
Starch	Fried spicy rice
Veggies	Beans and onions/galic & cinnamon pumpkin
Salad	Coleslaw
Desert	Malva pudding

Option 11

Meat	Meat balls with brown onion gravy
Starch	Mash potatoes
Veggies	Fried mixed veggies with green peppers & onions
Salad	Tomato & Onion salad
Desert	Malva pudding with custard

Option 13

Meat	Beef Schnitzel
Starch	Chips & breadrolls
Veggies	Gems & peas
Salad	Mixed salad
Desert	Malva pudding with custard

Option 15

Meat	Grilled Steak
Starch	pap and sauce
Veggies	Sweet corn bake
Salad	Coleslaw
Desert	Jelly & Ccustard

Option 17

Meat	Pork stirfry
Starch	Rice & roasted potatoes
Veggies	Chunky vegetable mix
Salad	Coleslaw
Desert	Brown pudding with caramel sauce

Option 19

Meat	Grilled fish
Starch	Fried potatoes wedges
Veggies	Sweet carrots & cream spinach
Salad	Noodle salad

