

**Traditional Menu**

**Jan**

	Monday, 04 January 2021	Tuesday, 05 January 2021	Wednesday, 06 January 2021	Thursday, 07 January 2021	Friday, 08 January 2021
Lunch	Cheese & Caramelized Onion Chicken Breast with Savoury Cous-Cous & Pea Salad A	Rosemary Olive Bolognaise with Steamed Cauliflower A	Mediterranean Hake with Mustard Mash & Fried Baby Marrows A	Creamy Chicken A La King A	Breadless Chicken & Pineapple Burger, 1000 Island Sauce and Salad A
Dinner	Pork Neck Roast with Sauteed Potatoes and Fried Green Beans B	Creamy Cajun & Feta Chicken with Mashed Potatoes and Steamed Broccoli B	Beef & Mushroom Stir-Fry with Rice B	Sweet & Sour Pork Stir-Fry with Egg Noodles B	Chicken, Tomato & Olive Concasse with Basmati Rice B

	Monday, 11 January 2021	Tuesday, 12 January 2021	Wednesday, 13 January 2021	Thursday, 14 January 2021	Friday, 15 January 2021
Lunch	Smokey BBQ Chicken Kebabs with Mashed Potatoes and Beetroot Salad A	Rich Beef Casserole with Samp and Fried Green Beans A	Slow-Cooked Cranberry Chicken with Savoury Wild Rice and Mixed Vegetables A	Sticky Chicken & Pineapple Stir-Fry with Egg Noodles A	Rich Spaghetti Bolognaise & Steamed Broccoli A
Dinner	Roast Chicken with Herbed Potatoes and Broccoli Salad B	Honey & Mustard Pork Medallions with Roast Butternut Cous-Cous and Stir-Fry Vegetables B	Creamy Spinach Hake with Sauteed Potatoes and Roasted Beetroot B	Fig & Yoghurt Grilled Chicken Breast with Copper Penny Carrots and Rosemary Mash B	Chicken Schnitzel with Mushroom Sauce, Potato Hash Browns and Broccoli Salad B

	Monday, 18 January 2021	Tuesday, 19 January 2021	Wednesday, 20 January 2021	Thursday, 21 January 2021	Friday, 22 January 2021
Lunch	Mexican Mince Bolognaise with Spaghetti A	Creamy Chicken A La King with Fettuccini and Fried Cabbage A	Savoury Mince with White Rice and Fried Baby Marrows A	Hake & Tomato Concasse, Green Pepper Fried Rice and Creamy Butternut A	Chicken Curry & Rice with Savoury Peas A
Dinner	Open Chicken Pie with Carrot Salad B	Karoo Lamb Best-End Chops with Sauteed Potatoes and Cream Spinach B	Creamy Hake and Butternut with Fettuccini and Sweetcorn Salad B	Sweet Chilli Beef Short-Rib with Roast Potatoes, Beetroot & Feta B	Oriental Chicken and Broccoli Stir-Fry on Egg Noodles B

	Monday, 25 January 2021	Tuesday, 26 January 2021	Wednesday, 27 January 2021	Thursday, 28 January 2021	Friday, 29 January 2021
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Lunch	Smokey BBQ Chicken Kebabs with Mashed Potatoes and Beetroot Salad A	Rich Beef Casserole with Somp and Fried Green Beans A	Slow-Cooked Cranberry Chicken with Savoury Wild Rice and Mixed Vegetables A	Sticky Chicken & Pineapple Stir-Fry with Egg Noodles A	Rich Spaghetti Bolognese & Steamed Broccoli A
Dinner	Roast Gammon with Green Pepper Fried Rice, Cinnamon Butternut B	Honey & Mustard Chicken Drumsticks, Creamy Potato Bake & Pumpkin Fritters B	Lamb Potjie With Basmati Rice and Baby Marrow Stir-Fry B	Pork Bangers & Mash with Hoisin Fried baby Marrows B	Creamy Chicken A La King with Steamed Broccoli B

	Monday, 01 February 2021	Tuesday, 02 February 2021	Wednesday, 03 February 2021	Thursday, 04 February 2021	Friday, 05 February 2021
Lunch	0	0	0	0	0
Dinner	0	0	0	0	0

Orders:  
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Brian

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