

Traditional Menu

Jul 21

	Monday, 05 July 2021	Tuesday, 06 July 2021	Wednesday, 07 July 2021	Thursday, 08 July 2021	Friday, 09 July 2021
Lunch	Creamy Chicken & Mushroom Carbonara with Fettuccini A	Honey & Mustard Chicken Strips with Creamy Mash & Savoury Peas A	Chicken Schnitzel with Mushroom Sauce, Roast Potatoes & Roasted Butternut A	Hawaiian Chicken Kebabs, Potato Wedges & Cheesy Broccoli A	Mild Lamb Curry & Rice with Orange Glazed carrots A
Dinner	Sweet & Sour Pork Stir-Fry with Egg Noodles B	Pork Bangers & Mash with Savoury Peas B	Italian Meatballs with a Rich Tomato Gravy, Aromatic Rice and Roasted Butternut B	Smokey BBQ Pork Neck with Sweetcorn Mash & Crisp Green beans B	Homemade Beef Lasagne with Orange Glazed Carrots B
	Monday, 12 July 2021	Tuesday, 13 July 2021	Wednesday, 14 July 2021	Thursday, 15 July 2021	Friday, 16 July 2021
Lunch	Roasted Chicken Leg Quarter with Brown Gravy, Flavoured Rice and Creamy Spinach A	Peppered Beef Strips with Fried Mushrooms, Savoury Rice & Broccoli Bake A	Honey & Mustard Pork Kebabs, Potato Bake & Savoury Sweet-Corn A	Macaroni & Cheese with Savoury Chicken Cubes and Fried Cabbage & Baby Marrows A	Friday Hake & Roasted Potatoes with Coleslaw A
Dinner	Karoo Lamb Sausage with Roasted Potatoes and Creamy Spinach B	Creamy Hake & Mushroom Pasta B	Indian Butter Chicken with Baby Marrows & Basmati Rice B	Rich Beef & Onion Cottage Pie with Cabbage & Baby Marrow Stir-Fry B	Lemon & Herb Roast Chicken with Potato Wedges and Sweet Pumpkin B
	Monday, 19 July 2021	Tuesday, 20 July 2021	Wednesday, 21 July 2021	Thursday, 22 July 2021	Friday, 23 July 2021
Lunch	Thai Chicken & Coconut Stew with Basmati Rice A	Oven-Baked Mozzarella & Tomato Meatballs Mushroom Fried Cous-Cous & Savoury Cabbage A	Creamy Beef Stroganoff with Spinach Cous-Cous and Ratatouille A	Creamy Pepper & Mushroom Beef Strips with Spicy Rice and Cauliflower Bake A	Pap & Wors with Chakalaka Carrots A
Dinner	Sliced Eisbein Potjie with White Rice & Cheesy Cauliflower B	Chicken Schnitzel & Mushroom Sauce with Potato Bake and Savoury Cabbage B	Baby Marrow, Mushroom & Chicken Stir-Fry B	Lamb Sausages, Rice & Gravy and Cauliflower Bake B	Deboned Pork Rib (Cheddarmelt Mushroom) with Creamy Potatoes and Savoury Sweetcorn B
	Monday, 26 July 2021	Tuesday, 27 July 2021	Wednesday, 28 July 2021	Thursday, 29 July 2021	Friday, 30 July 2021
Lunch	Cape Malay Chicken Curry & Rice with Onion Fried Green Beans A	Moroccan Beef and Green Bean Stir-Fry on Savoury Quinoa A	Smokey BBQ Pork Neck , Mashed Potato with Gravy & Sweet Carrots A	Pork Belly Slices with a Brown Onion Sauce, Savoury Lentils & Feta Roasted Butternut A	Boerewors and Gravy, Roasted Potato Wedges with Stir-Fried Vegetables A
Dinner	Sweet & Sticky Pork Kebabs, Savoury Rice & Onion Fried Green Beans B	Rich Mushroom & Cheddar Chicken Bake with Potato Wedges and Stir-Fried Vegetables B	BBQ Beef Kebabs with Mash & Gravy & Sweet Carrots B	Fried Onion & Paprika-Mayo Chicken, Savoury Lentils & Feta Roasted Butternut B	Bacon, Chicken & Mushroom Stir-Fry on Egg Noodles B