

## Term 3

### Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>COLD BREAKFAST</b>	Choice of five cereals, full and trim milk, two assorted flavoured homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea/coffee/Milo						
<b>HOT BREAKFAST (including porridge)</b>	Baked Beans, spaghetti, scrambled eggs	Baked Beans, spaghetti, hash browns	Baked Beans, spaghetti, waffles	Baked Beans, spaghetti, bacon	Baked Beans, spaghetti, fried eggs	Baked Beans, spaghetti, ham and cheese croissants	<b>Sunday brunch:</b> Sausages, bacon, beans, spaghetti, eggs, hash browns
<b>SOUP</b>	Pumpkin	Leek and potato	Tomato	Carrot	Spicy kumara		
<b>LUNCH</b>	Chinese honey chicken with lemon rice	Barbecue pork and rice	American-style cheese burgers	Tex-Mex nachos	Bratwurst Subway	Greek beef wraps	Cheese and ham toasties
<b>DINNER MAIN 1</b>	Spaghetti Bolognese	Beef Bourguignon	Green Thai chicken curry	Rump steak with pepper sauce	Chicken on spinach with tomato	Crumbed fish fillets	Roast pork with apple sauce
<b>DINNER MAIN 2</b>	Smoked chicken and chorizo pasta	Ham and three-cheese pasta	Chef's choice fish	Bacon, pea and mint risotto	Smoked chicken pasta		
<b>Starch</b>	Spaghetti	Mashed potatoes	Rice/poppadoms	Steak fries	Spaghetti	Chips	Roast potatoes
<b>Vegetable 1</b>	Full salad bar	Carrots	Stir-fried vegetable medley	Full salad bar	Corn cobs	Full salad bar	Beans
<b>Vegetable 2</b>		Peas					Cauliflower mornay
<b>DESSERT</b>	Self-saucing chocolate pudding	Fresh fruit salad	Brownie	Cheesecake	Ice-cream sandwich	Peaches and jelly	Self-saucing chocolate pudding
	Muffin	Biscuit	Yoghurt	Cake	Scone	Slice	

## Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT BREAKFAST</b>	Baked Beans, spaghetti, poached eggs	Baked Beans, spaghetti, hash browns	Baked Beans, spaghetti, bacon	Baked Beans, spaghetti, pancakes with Maple syrup	Baked Beans, spaghetti, saveloys	Baked Beans, spaghetti, scrambled eggs	<b>Sunday brunch:</b> Sausages, bacon, beans, spaghetti, eggs, hash browns
<b>INTERNATIONAL WEEK</b>	SOUTH AFRICAN	INDIAN	ASIA	SOUTH AMERICA	EUROPE		
<b>SOUP</b>	Boontjiesop	Sri Lankan mulligatawny	Thai tom yum	Ecuadorian locro de papa	German nudelsuppe		
<b>LUNCH</b>	Boerewors rolls with chakalaka	Chicken jalfrezi with pulao rice	Chicken pad Thai	Chilean empanadas	Hungarian goulash fettuccine	Beef kebabs on rice with pita breads and yoghurt mint dressing	Fill-your-own Subway bench
<b>DINNER MAIN 1</b>	Bobotie with fruit chutney	Beef saag masala	Korean beef bulgogi	Chilean pork spare ribs with chimichurri	Austrian wiener schnitzel	Sweet and sour pork	Roast chicken stuffing and gravy
<b>DINNER MAIN 2</b>	Bunny chow	Macher kalia	Japanese yakisoba fried noodles	Brazilian mocoto	Polish holishkes		
<b>Starch</b>	Yellow Rice	Bombay potatoes	Korean sticky rice	Arroz con Gandules	Creamed potatoes	Stir-fried rice	Roast potatoes
<b>Vegetable 1</b>	Green beans	Curried vegetables	Kimchi	Corn	Sauteed cabbage	Full salad bar	Carrots
<b>Vegetable 2</b>	Undugu Style Curried Veg	Curried cauliflower	Lettuce leaves	Puerto Rican cabbage salad	Cucumber salad		Green peas
<b>DESSERT</b>	Melktert	Gajar ka halwa	Mango pudding	Brazilian quindim	Black Forest gateau	Ice-cream with hot caramel sauce	Fruit jelly
	Yoghurt	Sausage rolls	Fruit	Chocolate cake	Scones		

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<b>COLD BREAKFAST</b>	Choice of five cereals, full and trim milk, two assorted flavoured homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea/coffee/Milo						
<b>HOT BREAKFAST</b>	Baked Beans, spaghetti, poached eggs	Baked Beans, spaghetti, hash browns	Baked Beans, spaghetti, bacon	Baked Beans, spaghetti, sausages	Baked Beans, spaghetti, eggs Benedict	Baked Beans, spaghetti, French toast	<b>Sunday brunch:</b> Sausages, bacon, beans, spaghetti, eggs, hash browns
<b>SOUP</b>	Pumpkin	Vegetable	Miso	Leek and potato	Tomato and bacon		
<b>LUNCH</b>	Bratwurst hotdog with sauteed onions	Chicken burger with coleslaw	Honey soy chicken stir fry with rice	Chimichangas	Spicy pulled pork	Beef koftas with tzatziki and pitas	Ham and cheese toasties
<b>DINNER MAIN 1</b>	Spaghetti Bolognese	Grilled rump steak with mushrooms	Classic cottage pie	Braised lamb chops	Butter chicken with naan	Fish and chips	Baked ham with pineapple sauce
<b>DINNER MAIN 2</b>	Carbonara	Smoked chicken filo parcels	Bacon and egg quiche	Creamy chicken penne pasta	Fish tacos		
<b>Starch</b>	Spaghetti	Steak fries		Roasties	Rice	Chips	Gourmet potatoes
<b>Vegetable 1</b>	Full salad bar	Full salad bar	Corn on the cob	Roast carrot and parsnips	Full salad bar	Full salad bar	Cauliflower and broccoli mornay
<b>Vegetable 2</b>			Broccoli mornay	Green peas			Roast Carrots
<b>DESSERT</b>	Doughnuts with ice-cream	Fruit salad with berry yoghurt	Chocolat mousse	Sticky date pudding	Meringue nests	Ice-cream sundae	Chocolate cream sponge
	Lamingtons	Slice	Yoghurt	Sausage meat	Fruit		

## Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>COLD BREAKFAST</b>	Choice of five cereals, full and trim milk, two assorted flavoured homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea/coffee/Milo						
<b>HOT BREAKFAST</b>	Baked Beans, spaghetti, scrambled eggs	Baked Beans, spaghetti, hash browns	Baked Beans, spaghetti, bacon	Baked Beans, spaghetti, fried eggs	Baked Beans, spaghetti, ham/cheese croissants	Baked Beans, spaghetti, eggs Benedict	<b>Sunday brunch:</b> Sausages, bacon, beans, spaghetti, eggs, hash browns
<b>SOUP</b>	Lentil and bacon	Curried kumara	Carrot and ginger	Tomato and basil	Vegetable		
<b>LUNCH</b>	Tex-Mex Nachos	Chicken cranberry and brie pizza	Chinese barbecue chicken with noodles	American beef burger	Crispy chicken on rice	Corn and bacon fritters with tomato relish	Fill-your-own Subway bench
<b>DINNER MAIN 1</b>	Grilled sausages with onion gravy	Classic lasagne	Red Thai beef curry with poppadoms	Hungarian goulash	Glazed pork spare ribs	Homemade KFC	Roast beef with Yorkshire puddings and gravy
<b>DINNER MAIN 2</b>	Chicken drumsticks	Baked fish	Pasta bake	Creamy pesto chicken	Vegetarian croquettes		
<b>Starch</b>	Creamed potatoes	Steamed garlic potatoes	Rice	Fettuccine/garlic bread	Fries	Mash and gravy	Roast agria
<b>Vegetable 1</b>	Peas and corn	Full salad bar	Broccoli	Full salad bar	Coleslaw/salad bar	Tangy slaw	Carrots
<b>Vegetable 2</b>	Roast beetroot		Beans with crispy spiced chickpeas				Beans and peas
<b>DESSERT</b>	Fresh fruit salad	Chocolate brownie with chocolate sauce	Pineapple upside cake	Chocolate pannacotta with berry compote	Apple strudel with cream	Steamed pudding	Ambrosia
				Carrot cake			