

Term 3

Week 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COLD BREAKFAST	Choice of five cereals, full and trim milk, two assorted flavoured homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea/coffee/Milo						
HOT BREAKFAST (including porridge)	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	Sunday brunch: Sausages, bacon, beans, spaghetti, eggs, hash browns
SOUP	Pumpkin	Leek and Potato	Tomato	Carrot	Spicy kumara		
LUNCH	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
DINNER MAIN 1	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
DINNER MAIN 2	Smoked chicken and chorizo pasta	Ham and three-cheese pasta	Chef's choice fish	Bacon, pea and mint risotto	Smoked chicken pasta		
Starch	Spaghetti	Mashed potatoes	Rice/poppadoms	Steak fries	Spaghetti	Chips	Roast potatoes
Vegetable 1	Full salad bar	Carrots	Stir-fried vegetable medley	Full salad bar	Corn cobs	Full salad bar	Beans
Vegetable 2		Peas					Cauliflower mornay
DESSERT	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
COLD BREAKFAST	Choice of five cereals, full and trim milk, two assorted flavoured homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea/coffee/Milo						
HOT BREAKFAST	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	Sunday brunch: Sausages, bacon, beans, spaghetti, eggs, hash browns
INTERNATIONAL WEEK	SOUTH AFRICAN	INDIAN	ASIA	SOUTH AMERICA	EUROPE		
SOUP	Boontjiesop	Sri Lankan mulligatawny	Thai tom yum	Ecuadorian locro de papa	German nudelsuppe		
LUNCH	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
DINNER MAIN 1	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
DINNER MAIN 2	Bunny chow	Macher kalia	Japanese yakisoba fried noodles	Brazilian mocoto	Polish holishkes		
Starch	Yellow Rice	Bombay potatoes	Korean sticky rice	Arroz con Gandules	Creamed potatoes	Stir-fried rice	Roast potatoes
Vegetable 1	Green beans	Curried vegetables	Kimchi	Corn	Sauteed cabbage	Full salad bar	Carrots
Vegetable 2		Curried cauliflower	Lettuce	Puerto Rican cabbage salad	Cucumber salad		Green peas
DESSERT	Melktert	Gajar ka halwa	Mango pudding	Brazilian quindim	Black Forest gateau	Ice-cream with hot caramel zauce	Fruit jelly
	Yoghurt	Sausage rolls	Fruit	Chocolate cake	Scones		

Week 3							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COLD BRREAKFAST	Choice of five cereals, full and trim milk, two assorted flavoured homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea/coffee/Milo						
HOT BREAKFAST	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	Sunday brunch: Sausages, bacon, beans, spaghetti, eggs, hash browns
SOUP	Pumpkin	Vegetable	Miso	Leek and Potato	Tomato and Bacon		
LUNCH	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
DINNER MAIN 1	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
DINNER MAIN 2	Carbonara	Smoked chicken filo parcels	Bacon and egg quiche	Creamy chicken penne pasta	Fish Tacos		
Starch	Spaghetti	Steak fries		Roasties	Rice	Chips	Gourmet potatoes
Vegetable 1	Full salad bar	Full salad bar	Corn on the cob	Roast carrot and parsnips	Full salad bar	Full salad bar	Cauliflower and broccoli mornay
Vegetable 2			Broccoli mornay	Green peas			Roast Carrots
DESSERT	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
COLD BREAKFAST	Choice of five cereals, full and trim milk, two assorted flavoured homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea/coffee/Milo						
HOT BREAKFAST	Baked Beans, spaghetti, scrambled eggs	Baked Beans, spaghetti, hash browns	Baked Beans, spaghetti, bacon	Baked Beans, spaghetti, fried eggs	Baked Beans, spaghetti, f am/cheese croissants	Baked Beans* spaghetti* eggs Benedict	Sunday brunch: Sausages, bacon, beans, spaghetti, eggs, f ash browns
SOUP	Lentil and bacon	Curried kumara	Carrot and ginger	Tomato and basil	Vegetable		
LUNCH	Tex-Mex Tacos	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
DINNER MAIN 1	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
DINNER MAIN 2	Chicken drumsticks	Baked fish	Pasta bake	Creamy pesto chicken	Vegetarian croquettes		
Starch	Creamed potatoes	Steamed garlic potatoes	Rice	Fettuccine/garlic bread	Fries	Mash and gravy	Roast agria
Vegetable 1	Peas and corn	Full salad bar	Broccoli	Full Salad Bar	Coleslaw/salad bar	Tangy slaw	Carrots
Vegetable 2	Roast beetroot		Beans with crispy spiced chickpeas				Beans and peas
DESSERT	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			