



**BRIDGE HOUSE**  
PRE-PRIMARY · PREPARATORY · COLLEGE

# Week 1 Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Full Hot Breakfast
<b>AM Snack</b>	Flapjacks	Fruit Salad	Samoosa	Pizza Slices	Bran Muffins	Springrolls	Quiches
<b>Lunch</b>							
<b>Lunch</b>	Crispy Chicken Schnitzel Smothered In Creamy 3 - Cheese Sauce, Paired With Crispy Wedges And Sweet Peas	Juicy Thyme- Infused Pork Chops, Savoury Rice, Roasted Veggies, And Rich Beef Gravy	Creamy Chicken Pasta Bake served with Homemade Garlic Rolls with Roasted Broccoli	Smoky Bbq Chicken Leg, Cheesy Potato Bake, And Fresh Green Beans For A Comforting Meal.	Juicy Beef Burger With Crispy Fries And All Your Favorite Toppings For The Ultimate Comfort Food.	Traditional Boerewors Sausage With Creamy Mash, Grilled Corn, And Rich Tomato Shebo.	Crispy Roast Pork Belly With Baked Potatoes, Roasted Pumpkin, Beetroot, And A Crisp Salad.
<b>Vegetarian</b>	Lentil Bolognese with W Pasta	Veggie Wrap with Hummus and Roasted Vegetables	Falafel Pita with Tahini Dressing and Slaw	Spinach and feta Quiche with garden Salad	Grilled Halloumi and Roasted Vegetable Panini	Roast Vegetable Cous Cous Bowl	Corn and Avocado Salad Wrap
<b>Dessert</b>		Jelly Layered With Creamy Custard For A Nostalgic, Refreshing Treat		Chocolate Brownies			Pudding Soaked In Syrup, Served With Velvety Custard.
<b>PM Snack</b>	Banana Bread	Rooibos Cupcakes	Rice Crispy Treats	Crunchies	Assorted Biscuits	Choc Chip Muffins	Chocolate Cake
<b>Dinner</b>							
<b>Dinner</b>	Golden- Crisp Hake With Creamy Potato Salad And Tangy Tartar Sauce For A Deliciously Fresh Bite	Crispy Wings In Smoky Bbq Sauce, Cheesy Bbq Fries, And A Refreshing Salad To Balance The Flavor. Sweet Fruity	Juicy Sirloin Steak With Rich Tomato Gravy, Savoury Rice, And Sweet Peas For A Satisfying Meal.	Tender Grilled Short Ribs With Smoky Bbq Sauce, Pap, Shebo, And A Tangy Chakalaka Salad.	Crispy Pies Filled With Savory Fillings, Served With Creamy Mash, Gravy, And Fresh Green Beans.	Creamy Butter Chicken Curry With Tender Chicken Thighs, Fragrant Yellow Rice, And A Fresh Salad. Warm Malva	Zesty Lemon And Herb Chicken With Soft Rolls And Carrot And Pine Salad For A Fresh, Flavorful Meal.
<b>Vegetarian</b>	Butternut Chickpea Curry with Rice	Veggie Stir-Fry with Tofu and Noodles	Baked Sweet Potatoes, with Black Bean Filling	Vegetable Lasagne with Side Salad	Vegetable Stir-Fried Rice with Soy sesame sauce	Chickpea and Potato stew and Brown Rice	Lentils Shepherd's Pie with mashed Potato topping and side Salad



# Week 2 Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Full Hot Breakfast
<b>AM Snack</b>	Filled Vetkoek	Sausage Rolls	Fruit Salad	Cinnamon pancakes	Scones & Spreads	Mini Wraps	Assorted Pies
<b>Lunch</b>	Traditional South African Boerewors Served With Creamy Pap, Rich Tomato Shebo, And A Tangy Beetroot Salad.	Tender Beef Simmered In A Rich, Hearty Stew, Served With Fluffy Rice And Sweet Peas For A Comforting Dish.	Rich Beef Bolognese Sauce Over Spaghetti Pasta, Topped With Melted Cheddar, And Served With A Crisp Salad.	Tender Mustard- Rosemary Pork Chops Served With Crispy Chips And A Fresh, Zesty 3 - Bean Salad.	Tender Chicken Pregos Served With Spicy Potato Wedges And Sweet Peas For A Flavorful Meal.	Crispy Crumbed Hake Served With Golden Chips, Tender Peas And Carrots, And Tangy Tartar Sauce	Succulent Roast Beef Rump With Crispy Roast Potatoes, Creamy Spinach, And Pumpkin, All Drizzled With Rich Beef Gravy.
<b>Vegetarian</b>	Plant Base Boerewors Rolls Served With Creamy Pap, Rich Tomato Shebo, And A Tangy Beetroot Salad.	Chick Pea Stew, Served With Fluffy Rice And Sweet Peas For A Comforting Dish.	Rich Lentil Bolognese Sauce Over Penne Pasta, Topped With Melted Cheddar, And Served With A Crisp Salad.	Tender Mustard- Rosemary Cauliflower Chops Served With Crispy Chips And A Fresh, Zesty 3 - Bean Salad.	Tender Plant Base Pregos Served With Spicy Potato Wedges And Sweet Peas For A Flavorful Meal.	Crispy Crumbed Halloumi Served With Golden Chips, Tender Peas And Carrots, And Tangy Tartar Sauce	Succulent Roast Veg With Crispy Roast Potatoes, Creamy Spinach, And Pumpkin, All Drizzled With Rich Beef Gravy.
<b>Dessert</b>	Mini Cheddars	Sweet Peppermint Crisp Tart With Layers Of Chocolate And Cream	Freshly Baked Jumbo Cookie	Vanilla Cupcakes	Chocolate Doughnut	Ginger Drizzle Cake	Creamy Coconut Rich Tart
<b>PM Snack</b>	Mini Cheddars	Oats Bar	Cookie	Red Velvet Cake	Chocolate Doughnut	Ginger Drizzle Cake	Score With Cheese And Jam
<b>Dinner</b>	A Fragrant, Creamy Chicken Korma Curry Paired With Fluffy Yellow Rice And A Refreshing Cucumber Salad	Juicy Pork Sausages Served With Creamy Mashed Potatoes, Savoury Chicken Gravy, And Roasted Seasonal Vegetables	Mediterranean Spiced Chicken Thighs With Sweet & Sour Sauce, Savoury Rice & Green Beans.	Tender Roast Lamb Chops Served With Savoury Rice And Roasted Seasonal Vegetables For A Satisfying Meal	Smoky Bbq Pork Ribs Served With Crispy Potato Wedges And A Side Of Seasonal Roasted Vegetables.	A Choice Of Hawaiian Or Bbq Chicken Pizza, Served With A Crisp Salad Selection For A Perfect Balance Of Flavours	A Selection Of Hearty Pies Served With Crispy Chips, Rich Beef Gravy, And A Refreshing Salad On The Side.
<b>Vegetarian</b>	A Fragrant, Creamy Bean Korma Curry Paired With Fluffy Yellow Rice And A Refreshing Cucumber Salad	Juicy Veggie Sausages Served With Creamy Mashed Potatoes, Savoury Roasted Seasonal Vegetables	Mediterranean Spiced Quinoa Balls With Sweet & Sour Sauce, Savoury Rice & Green Beans.	Hawaiian Pizza, Served With A Crisp Salad Selection For A Perfect Balance Of Flavours	Smoky Bbq Corn Ribs Served With Crispy Potato Wedges And A Side Of Seasonal Roasted Vegetables.	Savoury Rice Pilaf And Roasted Seasonal Vegetables For A Satisfying Meal	A Selection Of Hearty Pies Served With Crispy Chips, Rich Gravy, And A Refreshing Salad On The Side.



# Week 3 Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Full Hot Breakfast
<b>AM Snack</b>	Cheese Sandwich	Oats Bar	Jumbo Beef Samosas	Cinnamon Sugar Doughnuts	Cheese Griller Roll	Sausage Roll	Vienna Roll
<b>Lunch</b>							
<b>Lunch</b>	A Rich, Flavourful Beef Curry Served With Fragrant Yellow Rice And A Crisp Salad Selection For A Perfectly Balanced Meal	Tender Soy- Baked Chicken Wings Served With Savoury Rice And Roasted Seasonal Vegetables For A Flavourful Meal	Creamy Chicken Pasta Bake with Homemade Rolls & Garden Salad	Tender Mustard- Rosemary Pork Chops Served With Crispy Chips And A Tangy 3 - Bean Salad	Juicy Pork Rib Burgers Served With Crispy Chips And A Fresh Salad Selection	A Smoky BBQ Chicken Leg Quarter Served With Creamy Samp, Savoury Gravy, And Tender Green Beans	Tender Roast Lamb Chops Served With A Creamy Potato Bake And Roasted Season Vegetables For A Comforting Meal
<b>Vegetarian</b>	A Rich, Flavourful Bean Curry Served With Fragrant Yellow Rice And A Crisp Salad Selection For A Perfectly Balanced Meal	Tender Soy- Baked Cauliflower Served With Savoury Rice And Roasted Seasonal Vegetables For A Flavourful Meal	Creamy Veggie Pasta Bake with Homemade Rolls & Garden Salad	Tender Mustard-Buttermilk Steaks Served With Crispy Chips And A Tangy 3 - Bean Salad	Juicy Plant base Burgers Served With Crispy Chips And A Fresh Salad Selection	Quinoa Stuffed Peppers Served With Creamy Samp, Savoury Gravy, And Tender Green Beans	Fried Buttermilk Halloumi Served With A Creamy Potato Bake And Roasted Season Vegetables For A Comforting Meal
<b>Dessert</b>	Score With Jam And Cheese	Creamy Strawberry Yoghurt Tart	Chelsea Bun	Rich Chocolate tart with cream	Custard Danish	Egg Muffin With Cheese	Waffles with Creamy Ice cream and Syrup
<b>PM Snack</b>		Chicken Mayo Sandwich		Savoury Cheese Muffin			Brownie
<b>Dinner</b>							
<b>Dinner</b>	Juicy Pork Sausages Served With Creamy Mashed Potatoes, Savoury Chicken Gravy, And Seasonal Roasted Vegetables	Hearty Beef Lasagne, Paired With Sweet Peas, A Fresh Salad	Traditional Vetkoek Filled With Savory Mince, Served With Creamy Potato Salad And Tender Peas.	A Flavourful Grill Combo Featuring Short Rib And A Prego Chicken Wing, Paired With Crispy Potato Wedges, A Fresh Salad	A Hearty Chicken And Vegetable Stew Served With Fluffy Rice And Roasted Seasonal Vegetables.	A Smoky BBQ Chicken Leg Quarter Served With Creamy Samp, Savoury Gravy, And Tender Green Beans	Juicy Beef Pregos Served With Creamy Potato Salad And A Refreshing Salad Selection For A Satisfying Dish
<b>Vegetarian</b>	Juicy Veggie Sausages Served With Creamy Mashed Potatoes, Savoury Chicken Gravy, And Seasonal Roasted Vegetables	Hearty Vegetable Lasagne, Paired With Sweet Peas, A Fresh Salad	Traditional Vetkoek Filled with Lentil curry, Served With Creamy Potato Salad And Tender Peas.	Parmesan & Lemon Crusted Aubergine Paired With Crispy Potato Wedges, A Fresh Salad	A Hearty Vegetable Stew Served With Fluffy Rice And Roasted Seasonal Vegetables.	Sweet Potato, Pesto & Red onion Phyllo Parcels	Greek Zucchini & Feta Bake



# Week 4 Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Assorted Cereals, Yoghurt, and Toast with Spreads	Full Hot Breakfast
<b>AM Snack</b>	Fruit Salad	Cinnamon pancakes	Scones & Spreads	Mini Wraps	Assorted Pies	Russian Roll	Fruit Salad
<b>Lunch</b>							
<b>Lunch</b>	Crispy Crumbed Hake Served With Golden Chips, Sweet Peas, And Carrots, Accompanied By Tangy Tartar Sauce.	Loaded Beef Burger Pasta with Grilled Corn & Tomato Salad	A Comforting Chicken And Vegetable Stew, Served With Fluffy Rice And Roasted Seasonal Veggies	Juicy Beef Burgers, Stacked With Your Favourite Toppings, Served With Crispy Chips	Tender Chicken Burgers Topped With Fresh Ingredients, Served With Crispy Chips And All Your Favourite Trimmings	Tender Roast Chicken Served With Crispy Roast Potatoes, Creamy Spinach, And Seasonal Vegetables	Crispy Crumbed Hake Served With Golden Chips, Sweet Peas, And Carrots, Accompanied By Tangy Tartar Sauce.
<b>Vegetarian</b>	Caprese Quiche with Phyllo Crust	Loaded Cheesy Pasta with Grilled Corn & Tomato Salad	A Comforting Vegetable Stew, Served With Fluffy Rice And Roasted Seasonal Veggies	Juicy Quinoa Burgers, Stacked With Your Favourite Toppings, Served With Crispy Chips	Tender Plant base Burgers Topped With Fresh Ingredients, Served With Crispy Chips And All Your Favourite Trimmings	Baby Corn & Broccoli Stir Fry	Crispy Crumbed Halloumi Served With Golden Chips, Tender Peas And Carrots, And Tangy Tartar Sauce
<b>Dessert</b>	Baked Lemon Tart	Freshly Baked Jumbo Cookie	Rich Chocolate Tart With Cream	Chocolate Doughnut	Ginger Drizzle Cake	Oreo Chocolate Brownies	Baked Lemon Tart
<b>PM Snack</b>	Oats Bar		Red Velvet Cake			Scone With Cheese And Jam	Oats Bar
<b>Dinner</b>							
<b>Dinner</b>	Rich And Creamy Chicken Korma Curry Served With Fragrant Yellow Rice And A Refreshing Cucumber Salad, Served With A Crisp Salad	Savoury Homemade Cottage Pie With Tender Beef, Topped With Mashed Potatoes, Served With Steamed Broccoli And A Rich Cheese Sauce	A Flavorful Grill Short Rib Paired With Crispy Potato Wedges, A Fresh Salad	Crispy Dunked Chicken Wings In Smoky Bbq Sauce, Paired With Cheesy Bbq Chips And A Fresh Salad Selection	Grilled Chicken Wraps With Creamy Potato Salad, Fresh Veggies, And A Tangy Perimayo	Hearty Beef And Onion Pie, Served With Crispy Potato Wedges And Roasted Seasonal Vegetables.	Rich And Creamy Chicken Korma Curry Served With Fragrant Yellow Rice And A Refreshing Cucumber Salad, Served With A Crisp Salad
<b>Vegetarian</b>	Rich And Creamy Bean Korma Curry Served With Fragrant Yellow Rice And A Refreshing Cucumber Salad, Served With A Crisp Salad	Savoury Homemade Cottage Pie With Lentils, Topped With Mashed Potatoes, Served With Steamed Broccoli And A Rich Cheese Sauce	Oven bake bbq cauliflower wings Paired With Crispy Potato Wedges, A Fresh Salad	Vega Stuffed Cabbage Paired With Cheesy Bbq Chips And A Fresh Salad Selection	Grilled Chickpea & Avo Wraps With Creamy Potato Salad, Fresh Veggies, And A Tangy Perimayo	Hearty Cheese And Onion Pie, Served With Crispy Potato Wedges And Roasted Seasonal Vegetables.	Rich And Creamy Bean Korma Curry Served With Fragrant Yellow Rice And A Refreshing Cucumber Salad, Served With A Crisp Salad