

Week 1 Meal Plan

Week1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Hot Breakfast
AM Snack	Filled Vetkoek	Pancakes	Homemade Samosas	Pizza Slices	Soup and homemade Bread	Muffins	
Lunch							
Lunch	Sirloin Steak served with Seasonal Veggies & Crispy Potato Wedges	Pork Neck served with Lemon brown rice and a Creamy Garlic Thyme Sauce & Steamed Broccoli	Crispy Popcorn Chicken with Sweet Thai Chilli Sauce, Sweet Potato Wedges & Cauliflower	Roasted Gammon with crispy Potato quarters and cinnamon roasted Butternut Squash with Homemade Jus	Greek Beef Burger with Homemade Tzatziki Sauce & Tortilla Chips	Herb Crusted Pork Cutlets with Homemade Cranberry Chutney served with Italian Oven Roasted Vegetables and Sweet Potato Cubes	Herb Crusted Beef Roast, Onion Gravy & Carrot Sticks with Roasted Potatoes
Salad	Olive Garden Salad	Pea, Mint and Radish Salad	Edamame Salad w Fresh basil & Mint	Broccoli & Cheddar Salad	Garden Salad	Cabbage and Apple Salad with lemon Dressing	Chopped Salad
Vegetarian	Butternut & Onion Quiche	Rainbow Veggie Noodle Bowls	Crispy Popcorn Cauliflower with Sweet Thai Chilli Sauce & Sweet Potatoes Wedges	Cheesy Corn Fritters crispy Potato quarters and cinnamon roasted Butternut Squash with Homemade Jus	Greek Halloumi Burger with Homemade Tzatziki Sauce & Hand cut Fries	Butternut cutlets Homemade Cranberry Chutney served with Italian Oven Roasted Vegetables and Sweet Potato Cubes	Stuffed Bell Peppers with Rice & Veggies
Dessert		Triple Chocolate Biscuits		Winter Spice Cupcakes topped with Fluffy Cinnamon Butter Icing			Homemade Apple Crumble with Chantilly Cream
Lunch							
Pre-Primary	Garlic Butter Beef Strips served with Seasonal Veggies & Crispy Potato Wedges	Pork Tenderloin served with Lemon brown rice and a Creamy Garlic Thyme Sauce & Steamed Broccoli	Crispy Popcorn Chicken with Sweet Potato Wedges & Cauliflower	Roasted Gammon with crispy Potato quarters and cinnamon roasted Butternut Squash with Homemade Jus	Beef Burgers with Cucumber Sticks & Hand cut Fries		
Pre-Primary Dessert		Double Cream Smooth Yoghurt		Crispy Chocolate Chip Cookies			
Dinner							
Dinner	Crispy Baked Chicken Tenders served with Homemade Tzatziki, Flatbreads & Roasted Butternut	Traditional Fish & Chips served with Mashed Peas & Homemade Tartare Sauce	Irish Beef Stew with Peas & Carrots served with Creamy Mash Potatoes	Lamb Kofta Curry with White Rice, Mint Yoghurt and Baby Marrow	Soy Glazed Chicken & Orange Stir-fry served with herb Noodles	Beef Pies served with Creamy Mashed Potato & Garlic Buttered Broccoli	Chicken Tikka Masala Casserole Served with Herbed Basmati Rice & Peas
Salad	Balsamic Glazed Beetroot Salad	Creamy Greek Yoghurt Coleslaw	Grilled Butternut and Cranberry Salad	Tomato, Cilantro and Cucumber Salad	Pea & Cucumber Salad	Roasted Vegetable Winter Salad	Chopped Tomato & Onion Salad
Vegetarian	Grilled Veggie Flatbreads	Crumbed Halloumi & Chips served with Mashed Peas & Homemade Tartare Sauce	Irish Vegetable Stew	Vegetable Biryani	Orange and Vegetable Stir-fry	Cheese and Corn Pies with Creamy Mashed Potato & Garlic Buttered Broccoli	Veg Tikka Masala served with Herbed Basmati Rice & Peas

Week 2 Meal Plan

Week2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Hot Breakfast
AM Snack	Homemade Assorted Pies	Choc Chip Flapjacks	Homemade Sausage Rolls	Homemade Spring Rolls	Soup & Homemade Bread	Assorted Muffins	
Lunch							
Lunch	Classic Spaghetti Bolognaise served w grated white cheddar & Broccoli	Parmesan & Sage Pork Cutlets served with Oven Grilled Baby Potatoes & Steamed Veggies	Sweet and Sour Beef Strips served with Mash and Carrot Sticks	Chicken Spaghetti Lo Mein with Peas & Corn	Crispy Chicken Burgers & Fries	Pork Skewers served with Corn on Cob, Lemon & Spring Onion Rice	Garlic & Herb Butter Beef Roast served with Balsamic Roasted Vegetables & Creamy Potato Au Gratin
Salad	Red onion & Rocket Salad	Fresh Green Bean Salad with a Balsamic Dressing	Olive, Tomato & Feta Salad	Cranberry Slaw	Pineapple & Cucumber Salad	Roasted Sweet Potato Salad	Greek Salad
Vegetarian	Lentil Bolognaise served w grated white cheddar & Broccoli	Parmesan and Sage Cauliflower Cutlets	Sweet & Sour Veggies with Fresh Herb Noodles	Za'atar Roasted Cauliflower	Crispy Plant base Burgers & Chips	Veg Skewers served with Lemon & Spring Onion Rice	Roasted Vegetable Stacks & Creamy Potato Au Gratin
Dessert		Apple & pear Crumble with Cream		Peppermint Crisp Tart			Cinnamon Buns with Cream Cheese Drizzle
Lunch							
Pre-Primary	Classic Spaghetti Bolognaise served w grated white cheddar & Broccoli	Parmesan & Sage Pork Cutlets served with Oven Grilled Baby Potatoes & Steamed Veggies	Sweet and Sour Beef Strips served with Mash and Roasted Carrot Sticks	Chicken Spaghetti Lo Mein with Peas & Corn	Crispy Chicken Burgers & Fries		
Pre-Primary Dessert		Crunchie Fingers		Lightly Salted Popcorn			
Dinner							
Dinner	Pan Fried hake with Lemon herb butter Sauce, Oven Baked Potato Wedges & Green Beans	Tandoori Chicken served with Homemade Naan breads & Butternut	Lamb Greek Meatballs served with Lemon Feta Cheese Orzo & Corn on Cob	Crispy Pork Schnitzel served with Creamy Mash, Cheese Sauce & Carrots	Oven Baked Meatball Sub served with Tortilla Crisps & Grilled Broccoli	Grilled Lamb Pizza	Bacon Poutine Loaded Fries
Salad	Garden Salad	Cucumber Salad	Green Olives, Tomato & Peppadew Salad	Green Bean Salad	Panzanella Salad	Grilled Zucchini & Corn Salad	Chopped Mexican Salad
Vegetarian	Grilled Halloumi with Lemon herb butter Sauce, Oven Baked Potato Wedges & Green Beans	Veggie Stew served with Homemade Naan breads & Butternut	Black Bean and Quinoa Balls served with Lemon Feta Cheese Orzo & Corn on Cob	Crispy Eggplant Schnitzel served with Creamy Mash, Cheese Sauce & Carrots	Oven Black Bean Taquitos with Tortilla Crisps & Grilled Broccoli	Margherita Pizza	Cheesy Loaded Fries

Week 3 Meal Plan

Week3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Hot Breakfast
AM Snack	Tomato & Mozzarella Tartlets	Homemade Pizza	Scones ,Cream & Jam	Crispy Samosas	Soup & Homemade Bread	Homemade Sausage Rolls	
Lunch							
Lunch	Crispy Fried Chicken Drumsticks served with Roasted winter Vegetables & Creamy mash Potato	Classic Hearty Beef Stew with Carrots & Peas served with Brown Rice	Apricot & Rosemary Glazed Pork Neck served with Steamed Greens & Sweet Potatoes	Meatballs with Spinach Alfredo Sauce & Tagliatelle	Boerewors Rolls topped with Crispy onions & Skinny Fries	Beef, Tomato & Thyme, Crockpot Stew with Rice	Oven Baked Pork Neck Steaks Honey Glazed Carrots & Sweet Potato Wedges
Salad	Arugula Orange Salad with a Lemon & ginger Dressing	Winter Green Salad	Tomato, Cucumber & Feta Salad	Pear and Beetroot Salad	Carrot & Pineapple Salad	Buttery Cauliflower & Lentil Salad	Pea & Red Onion Salad
Vegetarian	Crispy Fried Halloumi served with Roasted winter Vegetables & Creamy mash Potato	Mushroom & Lentil Stew served with Brown Rice	Grilled Eggplant with Steamed Greens & Sweet Potatoes	Veggie Nuggets with Spinach Alfredo Sauce & Tagliatelle	Plant Base Boerewors Rolls served with Skinny Fries	Tomato, Thyme & Bean Stew with Rice	Veggie Paella
Dessert		Lemon Drizzle Cake		Chocolate Croissant Bread & Butter Pudding			Cinnamon Sugar Doughnuts
Lunch							
Pre-Primary	Crispy Fried Chicken Strips served with Roasted winter Vegetables & Creamy mash Potato	Classic Hearty Beef Stew with Carrots & Peas served with Brown Rice	Apricot & Rosemary Glazed Pork Neck served with Steamed Greens & Roasted Baby Potatoes	Classic Spaghetti Bolognese served w grated white cheddar & Cucumber Sticks	Boerewors Rolls with Skinny Fries & Carrots		
Pre-Primary Dessert		Apple Phyllo Fingers		Homemade Biscuits			
Dinner							
Dinner	French Onion Mac & Cheese with Crispy Bacon Bits & Beetroot	Parmesan & Lemon Crumbed Hake Goujons served with Oven Roasted Potatoes, Greens Beans	Baked Lemon Butter Chicken with Baby Marrow served with Homemade Garlic Rolls	Homemade Beef Pot Pie Served with Roasted Root Vegetables & mash	Sticky Asian Baked pork Ribs served with Herb Hasselback Potatoes and Corn on Cob	Cilantro lime Chicken Wings served with lemon & Feta Screw Pasta & Butternut	Thai Red Curry meatballs, Carrots with fluffy white Rice
Salad	Chickpea Greek Salad	Herbed Garden Salad	Paprika Toasted Chickpea Salad with Baby Leaves	Mixed Green Salad served with a Creamy Ranch Dressing	Rocket and Feta Salad	Winter Farro Salad	Green Salad
Vegetarian	Classic Macaroni & Cheese with Beetroot	Veg Nuggets served with Oven Roasted Potatoes, Greens Beans	Mushroom & Spinach Rice Bowls	Homemade Corn & Cheese Pie Served with Roasted Root Vegetables & Mash	Homemade Oven Roasted Tomato & Fresh Basil Pizza	Roasted Veg quiche	Red Lentil Curry, Carrots with fluffy white Rice

Week 4 Meal Plan

Week4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Hot Breakfast
AM Snack	Assorted Quiches	Homemade Spring Rolls	Cinnamon Crumpets	Mini Wraps	Soup & Homemade Bread	Choc Chip Muffins	
Lunch							
Lunch	Pork Steaks served with Creamy mushroom sauce, Roasted Butternut with Crispy Homemade Rolls	Creamy Tomato Garlic Bacon Pasta with Peas & Corn	Butter Chicken served with Peas & Roti	Carne Guisada & Carrots served with Mash	Beef Burgers & Rosemary Tortilla Chips	Country Style Oven Pork Ribs served with Oven Baked Potato Wedges & Broccoli	Rosemary & Thyme Roasted Chicken Quarters served with Crispy Chimichurri Potatoes & Cauliflower
Salad	Crunchy Thai Quinoa Salad	Garden Salad	Tomato, Onion & Dill Salad	Green Salad	Honey & Mustard Coleslaw	Three Bean Salad	Oven Roasted Butternut & Feta Salad
Vegetarian	Butternut Steaks served with Creamy mushroom & onion sauce with Crispy Homemade Rolls	Creamy Tomato Garlic Pasta with Peas & Corn	Butter Cauliflower Curry served with Peas & Roti	Bean Guisada & Carrots served with Mash	Crispy Chickpea Burgers & Rosemary Tortilla Chips	Roasted Vegetable Panini	Mexican Stuffed Peppers
Dessert		Pink Lemonade Cupcakes		Salted Butterscotch Blondies			Malva Pudding & Custard
Lunch							
Pre-Primary	Pork Strips served with Roasted butternut & Cheesy Homemade Rolls	Creamy Tomato Garlic Bacon Pasta with Peas & Corn	Creamy Chicken Strips served with Peas & Roti	Classic Spaghetti Bolognese served w grated white cheddar & Carrot Sticks	Beef Burgers & Chips		
Pre-Primary Dessert		Date Balls		Banana Muffins			
Dinner							
Dinner	Chicken Mandi with Seasonal Veggies	Hoisin Beef Noodles with Stir Fry Veg	Deep fried battered fish goujons with greek lemon potatoes, Cauliflower & homemade tartare sauce	Honey & Lime Oven Roasted Pork Served with Oven Roasted Corn on the Cob with Garlic Butter Rolls	Chicken Florentine with Creamy Spinach Linguine Pasta	Pepper Steak Pie with Mash, Gravy & Baby Marrow	Pork Schnitzel with a Creamy mushroom Sauce served with Parsley Herbed Mash & Garlic Buttered Broccoli
Salad	Pea & Cheddar Salad	Olive, Carrot & Onion Salad	Grilled courgette & Feta salad	Cranberry and Quinoa Salad	Pea & Radish Salad	Roasted Corn Salad	Apple & Brie Salad with Baby Spinach
Vegetarian	Lentil Mandi with Seasonal Veggies	Hoisin Noodles with Stir Fry Veg	Deep fried Halloumi goujons with greek lemon potatoes, Cauliflower & homemade tartare sauce	Caramelised Cinnamon, Honey & Lime Cauliflower Steaks with Oven Roasted Corn on the Cob with Garlic Butter Rolls	Tofu Florentine with Creamy Spinach Linguine Pasta	Roasted Veg Pie with Mash, Gravy & Baby Marrow	Vegetable Schnitzel with Creamy Mushroom Sauce served with Parsley Herbed Mash & Garlic Buttered Broccoli

Week 5 Meal Plan

Week5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Hot Breakfast
AM Snack	Filled Vetkoek	Homemade Sausage Rolls	Homemade Waffles	Assorted Quiches	Soup & Homemade Bread	Mini Pies	
Lunch							
Lunch	Sirloin Steak with Creamy peppercorn Sauce w Roasted garlic Potatoes & Beans	Chicken Bastardo with Sweet Chilli Peppers & Bay Leaves, Butternut served with Homemade Ciabatta	Pan - Fried Hake with Peas & Corn Couscous	Pan Fried Pork Steaks served with Homemade Garlic Breads, Grilled Seasonal Vegetables, Thyme and Onion Gravy	Chicken Prego Burgers & Chips	Homemade Chicken Pot Pie served with Grilled Parmesan Zucchini & Sweet Potato Wedges	Glazed Lamb Roast served with Potatoes & Root Vegetables
Salad	Green Salad	Pesto Pasta Salad	Roasted Beetroot & Feta Sald	Caprese Salad	Tomato, Corn & Feta Salad	Winter Crunch Salad	Greek Garden Brean Salad
Vegetarian	Cauliflower Steak with Creamy peppercorn Sauce w Roasted garlic Potatoes & Beans	Tofu Bastardo with Sweet Chilli Peppers	Moroccan Vegetable pie & Couscous	Pan Fried Cabbage Steaks served with Homemade Garlic Breads, Grilled Seasonal Vegetables, Thyme and Onion Gravy	Homemade Black Bean Vegetable Burgers and chips	Homemade Corn Pot Pie served with Grilled Parmesan Zucchini & Sweet Potato Wedges	Corn, Cheese & Herb Phyllo Pockets and Root Vegetables
Dessert		Sticky Toffee Pudding with Custard		Mixed Berry Sponge with Cream			Pineapple Marshmallow Tart
Lunch							
Pre-Primary	Beef Strips with Roasted garlic Potatoes & Beans	Chicken Bastardo with Sweet Chilli Peppers & Bay Leaves, Butternut served with Homemade Ciabatta	Pan - Fried Hake with Peas & Corn Couscous	Pan Fried Pork Strips served with Homemade Garlic Breads, Grilled Seasonal Vegetables	Chicken Prego Burgers & Chips		
Pre-Primary Dessert		Crunchie Fingers		Seasonal Fruit Cups			
Dinner							
Dinner	Pasta Al Forno Bake with Roasted Carrots	Sticky Asian Glazed Pork Skewers served Cauliflower and Lemon & Spring Onion Rice	Carrot & Tomato beef stew with parsley rice	Lemon and Herb Chicken Leg Quarters served with Crushed Baby Potatoes, Roasted Zucchini & Cocktail Tomatoes & Gravy	Roasted Bangers and Mash served with a Red Onion Gravy & Honey Roasted carrots	Sweet & Sour Beef Strips served with Savoury Couscous with Julienne Asian Vegetables	Cheesy Bacon & Corn Cavatappi Pasta w Homemade Rolls
Salad	Mustard Broccoli Salad	Red Cabbage, Spinach and Cranberry salad	Tossed salad	Herbed Barley salad with Butter Basted Mushrooms	Chopped Chunky Green Salad	Arugula Orange Salad with a Lemon & Ginger Dressing	Cheesy Black Beans Cavatappi Pasta w Homemade Rolls
Vegetarian	Chick Pea Pasta Al Forno Bake with Roasted Carrots	Butternut Squash Risotto Balls served Cauliflower and Lemon & Spring Onion Rice	Butterbean, Carrot & Tomato Stew with Parsley Rice	Plant base Patty with Crushed Baby Potatoes, Roasted Zucchini & Cocktail Tomatoes & Gravy	Roasted Zucchini Bangers & Mash served with a Red Onion Gravy & Honey Roasted carrots	Sweet & Sour Tofu Strips served with Savoury Couscous with Julienne Asian Vegetables	Cheesy Bean & Corn Cavatappi Pasta w Homemade Rolls

Week 6 Meal Plan

Week6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Assorted Cereals, Low Fat Milk, Yogurt, Seasonal Fruit, Toast, Low GI Breads, Granola, Cheese & Spreads	Hot Breakfast
AM Snack	Savoury Muffins	Flapjacks	Pizza Slices	Scones & Strawberry Jam	Soup & Homemade Bread	Carrot Muffins	
Lunch							
Lunch	Chicken Cacciatore,carrots & Mashed potatoes	Creamy Bacon Pasta Bake served with Garlic Roasted Baby Marrow	Red Thai Beef Curry ,Peas served with Homemade Garlic Naan Breads	Parmesan Crusted Chicken Fillet served with Mashed Potatoes & Chargrilled Broccoli	Caramelised onion & Mustard Boerewors Rolls served with Crispy Hand Cut Fries	Brown Sugar & Balsamic Glazed Pork Tenderloin served with Vegetable Rice & Mustard & Thyme Gravy	Herb Crusted Roast Beef served with Onion Gravy, Yorkshire Pudding, Honey & Cinnamon Glazed Carrot Sticks
Salad	Tomato & Cucumber Salad with Mozzarella and Homemade Basil Pesto	Roasted Chickpea Salad	Red Onion Salad	Winter Green Salad with an Apple Cider & Honey Vinaigrette	Red Onion & Baby Tomato salad	Romain & Mandarin Salad	Caprese Salad with a Balsamic Reduction
Vegetarian	Tofu Cacciatore,carrots& Mashed potatoes	Creamy Veg Pasta Bake served with Garlic Roasted Baby Marrow	Thai Lentil Curry, Peas served with Homemade Garlic Naan Breads	Parmesan Crusted Tofu served with Mashed Potatoes & Chargrilled Broccoli	Caramelised onion & Brie Cheese Rolls served with Crispy Hand Cut Fries	Mexican Rice Casserole	Herb Crusted Halloumi served with Onion Gravy, Yorkshire Pudding, Honey & Cinnamon Glazed Carrot Sticks
Dessert		Vanilla Cupcakes		Crispy Chocolate Chip Cookies			Caramel Apple Tart
Lunch							
Pre-Primary	Chicken Cacciatore,carrots & Mashed potatoes	Creamy Bacon Pasta Bake served with Garlic Roasted Carrots	Beef Stew served with Peas & Homemade Garlic Naan Breads	Parmesan Crusted Chicken Fillet served with Mashed Potatoes & Chargrilled Broccoli	Boerewors Rolls served with Crispy Hand Cut Fries		
Pre-Primary Dessert		Lightly Salted Popcorn		Crispy Chocolate Chip Cookies			
Dinner							
Dinner	Seared Sirloin Steak served with Rosemary & Garlic Oven Baked Potato Rounds & Green Beans	Lamb & Feta Meatballs with Savoury Rice & Homemade Gravy with Corn on Cob	Parmesan Crusted Fish Strips served with Crispy Hand Cut Rosemary Salted Fries & Butternut	Balsamic, Honey & Mustard Pork Chops served with Seasonal Vegetables & Sweet Potatoes	Garlic & Herb Chicken Wings Corn on Cob served with Crispy Onion rings & tortilla chips	Assorted Pizzas	Chicken Curry served with Roti, Tomato, Coriander & Onion Salsa
Salad	Parsley & Red Onion Salad	Cucumber, Feta & Mint Salad	Shaved Winter Vegetable Salad	Greek Faro Salad	Spicy Greens & Goats Cheese Salad	Lentil Salad with Lime Vinaigrette	Arugula, Fennel & Orange Salad
Vegetarian	Seared Butternut Steaks served with Garlic Oven Baked Potato Rounds & Green Beans	Quinoa & feta balls with savoury rice and Corn on Cob	Parmesan Crusted Vegetable Strips with Crispy Hand Cut Rosemary Salted Fries & Butternut	Veggie & Sweet Potato Stew	Garlic & Herb paneer served with crispy onion rings & tortilla chips	Assorted Pizzas	Chickpea Tikka Curry with Roti, Tomato, Coriander & Onion Salsa