

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	Assorted Homemade Pies	Mini Feta & Spinach Quiches	Mix Berry Smoothie	Cheese Palmiers	Fruit Salad	Chocolate Chip Muffins	
Lunch							
Lunch	BRAAI! Sriracha spiced Chicken Leg Quarters served with Cheese & Onion Garlic Rolls and Grilled Butternut	Crumbed Hake Fillets served with Rosemary Salted Tortilla Crisps & Steamed Broccoli	Creamy Beef Taco Lasagna served with Homemade Garlic Rolls & Seasonal Veggies	Chicken Bastardo with Sweet Chilli Peppers, Roasted Baby Marrow served with Crispy Italian Style Baguettes	Beef Burger & Fries	BRAAI - Pork Chops with assorted Salads	Rare Beef Roast served with Glazed Carrot Quarters, Rice & Rich Beef Gravy
Salad	Assorted Summer Salads	Red Onion Salad	Green Leaf Salad	Green Bean Salad with basil, Balsamic & Parmesan	Summer Pineapple Slaw	Assorted Salads	Caprese Salad with a Balsamic Reduction
Vegetarian	BRAAI! Sriracha spiced Corn Ribs served with Cheese & Onion Garlic Rolls and Grilled Butternut	Crumbed Tofu served with Rosemary Salted Tortilla Crisps & Steamed Broccoli	Creamy Chick Pea Taco Lasagna served with Homemade Garlic Rolls & Seasonal Veggies	Butternut Bastardo with Sweet Chilli Peppers, Roasted Baby Marrow served with Crispy Italian Style Baguettes	Plant base Burgers & Fries	BRAAI -Braai Pie with assorted Salads	Brinjal Steaks served with Glazed Carrot Quarters, Yorkshire Pudding & Gravy
Dessert		Classic Chocolate Brownie		Caramelized Banana Pavlova filled with Chantilly Cream			Lemon & Blueberry drizzle Cake
Lunch							
Pre-Primary	Crispy Chicken Strips served with Cheesy Rolls, Carrot Sticks & Watermelon Wedges	Crumbed Hake Fingers served with Rosemary Salted Tortilla Crisps & Steamed Broccoli	Classic Beef Bolognese served with Homemade Garlic Rolls & Cucumber sticks	Grilled Chicken Tenders served with Green Beans & Baby Tomatoes	Beef Burger & Fries		
Pre-Primary Dessert		Short Bread Biscuits		Crunchie Fingers			
Dinner							
Dinner	Traditional South African Bobotie served with Yellow Rice & Homemade Chutney	Grilled Pork Cutlets served with Rice, Gravy and Roasted Mix Veggies	Pan Seared Lamb Chops with Rosemary Garlic marinade and Grilled Cauliflower	Teriyaki Pork Stir Fry served with White Rice	Flamed Grilled Sirloin Steak served with a Sweet Chilli Pasta Salad	Grilled Lemon Chicken Flatbread Wraps with Rocket & Homemade Spicy Garlic Mayo	Tex - Mex Pork Poblano Enchiladas
Salad	Tomato & Onion Salsa Salad	Pickled Cabbage & Corn Salad	Mediterranean Couscous Salad	Cucumber Ribbon Salad	Caramelized Butternut & Feta Salad topped with Toasted Pumpkin Seeds	Green Summer Salad	Broccoli & Feta Salad
Vegetarian	Red Lentil Bobotie served with Yellow Rice & Homemade Chutney	Grilled Tangy Sweet & Sour Vegetable Kebabs served with Mango Sticky Rice	Roasted Cauliflower with Tomato & Caper Marinade	Veggie Stir Fry served with White Rice	Flamed Grilled Cabbage Steak served with a Sweet Chilli Pasta Salad	Halloumi Flatbread Wraps with Rocket & Homemade Spicy Garlic Mayo	Tex - Mex Vegetable Poblano Enchiladas

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	Flapjacks	French Toast & Syrup	Fruit Salad	Homemade Spring rolls	Cinnamon & Apple Smoothies	Savoury Tartlets	
Lunch							
Lunch	Loaded Bacon Cheese Burger Pasta served with garlic Butter Naan Breads	Summer Beef & Veg Casserole served with Couscous	Honey & Mustard glazed Gammon served with Garlic & Rosemary Potato Quarters and Carrots	Classic Spaghetti Bolognese	Honey Mustard Chicken Burgers with Fries	Oven Roasted Sirloin served with Grilled Corn & Orzo Pasta Salad	Herb crusted Pork Loin served with a Warm Mustard Potato Salad
Salad	Grilled Corn & Tomato Salad	Greek Cucumber Salad	Roasted Courgette, Butternut & Feta Salad	Raw Carrot Salad	Fajita style Grilled Pepper Salad	Watermelon Salad	Baby Marrow & Feta Salad
Vegetarian	Loaded Cheese Burger Pasta served with garlic Butter Naan Breads	Summer Vegetable Casserole served with Couscous	Pesto, Mozzarella & Spinach stuffed Sweet Potatoes	Lentil Bolognese		Garlic Butter Mushroom Kebabs served with Grilled Corn & Orzo Pasta Salad	Quinoa stuffed Peppers
Dessert		Fruit Ice Lollies		Jelly and Custard Pots			Oreo Cheesecake
Lunch							
Pre-Primary	Loaded Bacon Cheese Burger Pasta served with garlic Butter Naan Breads	Summer Beef Casserole served with Couscous & Cucumber Sticks	Honey & Mustard glazed Gammon served with Garlic & Rosemary Potato Quarters	Classic Spaghetti Bolognese	Honey Mustard Chicken Burgers with Fries		
Pre-Primary Dessert		Fruit Ice Lollies		Jelly and Custard Pots			
Dinner							
Dinner	Southern Fried Buttermilk Chicken Drumsticks served with Coleslaw & Mashed Potatoes	Crumbed Hake served with Grilled Sweet Potato Wedges	Parmesan Crusted Chicken Fillet served with Greek Lemon Rice	Lamb Cottage Pie with Cheesy Mash Topping and Cinnamon Pumpkin	Sticky Asian Pork Ribs served Oven Baked Potato Rounds & Crispy Onion Rings	Assorted Pizza	Creamy Tuscan Chicken Pasta served with Peas & Corn
Salad	Cucumber Tomato Salad	Strawberry & Spinach Salad	Mediterranean Mixed Salad with a Lemon Vinaigrette	Garden Salad	Green Leaf Salad with Pesto Dressing	Greek Salad	Assorted Summer Salads
Vegetarian	Fried Buttermilk Halloumi served with Coleslaw & Mashed Potatoes	Lentil Rice Pilaf	Parmesan & Lemon crusted Aubergine served with Greek Lemon Rice	Lentil Cottage Pie with Cheesy Mash Topping and Cinnamon Pumpkin	Sticky Asian Pork Tofu Sticks served Oven Baked Potato Rounds & Crispy Onion Rings	Assorted Pizza	Creamy Tuscan Pasta served with Peas & Corn

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	Summer Fruit Smoothies	Homemade Curry Samosa	Seasonal Fruit Kebabs	Chocolate Chip Homemade Waffles	Filled Vetkoeks	Oatmeal Breakfast Bites	
Lunch							
Lunch	Classic Spaghetti Bolognese topped with Grated White Cheddar Cheese	Orange glazed Chicken Fillets served with Summer Couscous Salad & Green Beans	Pan - Fried Hake with Sweet Potato, Corn on Cob and 1000 Island Sauce	Oven baked Pork Schnitzel served with Rosemary Salted Potato Wedges, Cheddar Sauce and Steamed Broccoli	Boerewors Rolls with Tomato & onion Relish served with Fries	Beef Pies with mash & Mix Veggies	Roasted Garlic Butter Chicken with a Lemon & Olive Dressing served with Vegetable Orzo Salad
Salad	Green Leaf Salad topped with Crispy Fried Onions	Cucumber Ribbon Salad with a Minted Yogurt Dressing	Tomato & Avocado Salad with Lime drizzle	Chopped Mexican Salad with Coriander Dressing	Cucumber Salad	Nectarine Salad with Cucumber, Basil & Goat Cheese	Roasted Corn Salad with Sour Cream Dressing
Vegetarian	Lentil Bolognese topped with Grated White Cheddar Cheese	Orange glazed Brinjal Steaks served with Summer Couscous Salad	Pan - Fried Halloumi with Sweet Potato, Corn on Cob and 1000 Island Sauce	Tofu Schnitzels served with Cheddar Sauce & Rosemary Salted Potato Wedges and Steamed Broccoli	Brie & Onion Rolls with Tomato & onion Relish served with Fries	Spinach & Cheese Pies with mash & Mix Veggies	Sweet Onion & Herb Quiche
Dessert		Chocolate Chip Cookies		Carrot Cupcake with Cream Cheese Icing			S'more Fudge Bars
Lunch							
Pre-Primary	Classic Spaghetti Bolognese topped with Grated White Cheddar Cheese	Orange glazed Chicken Strips served with Summer Couscous Salad	Fish Fingers with Sweet Potato, Corn on Cob and 1000 Island Sauce	Oven baked Mini Pork Schnitzel served with Rosemary Salted Potato Wedges, Cheddar Sauce and Steamed Broccoli	Boerewors Rolls with Tomato & onion Relish served with Fries		
Pre-Primary Dessert		Chocolate Chip Cookies		Banana Muffins			
Dinner							
Dinner	Oven baked Hake served with Slaw & hand cut Thick Fries	Pork Steaks served with Homemade Garlic Breads, Seasonal Vegetables & Thyme Gravy	Hoisin Beef Noodles with Stir Fry Veg	Grilled Honey & Mustard Chicken Tenders served with Italian Pasta Salad	Bacon & Cheese bagel with Potato Skins	BRAAI @ THE POOL Honey & Garlic glazed Pork Loin served with Cheese and Onion Ciabatta Bread	Cottage Pie served Roasted Broccoli
Salad	Garden Salad	Asian style Orange Wedge Salad	Za'atar spiced Roasted Vegetable Salad	Grilled Vegetable Salad with a Herby Lemon Vinaigrette	Shredded Carrot Salad with a Honey & Mustard Dressing	Assorted Salads	Spinach Salad with Homemade Croutons
Vegetarian	Caprese Quiche with Phyllo crust & a Balsamic Reduction	Chick Pea Steaks served with Homemade Garlic Breads, Seasonal Vegetables & Thyme Gravy	Hoisin Noodles with Stir Fry Veg	Greek Zucchini & Feta Bake	Cheese bagel with Potato Skins	Pineapple Tofu Skewers	Soy & Veggie Cottage Pie served with Roasted Broccoli

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	Parmesan Herb Palmiers	Mini Tomato & Cheese Phyllo Tartlets	Handmade Hawaiian Pizza Rolls	Pineapple & Watermelon Kebabs	Pancakes with Cinnamon Sugar & Syrup	Banana Smoothie	
Lunch							
Lunch	Honey Lime Chicken served Assorted Salads	Traditional South African Bobotie served with Yellow Rice, Homemade Chutney & a Banana Sambal	Oven Roasted Chicken with Lemon & Thyme served with a Pea & Mint Rice Salad & Brown Onion Gravy	Sweet & Sour Pork with Brown Rice & Corn	Beef Burgers & Chips	Homemade Chicken Pot Pie served with Grilled Parmesan Zucchini	Sunday Pork Roast served with Baby Carrots & Potatoes
Salad	Pineapple & Cucumber Salad	Tomato & Onion Salad	Chopped Mexican Salad with a Coriander Dressing	White Bean Salad	Cucumber Yoghurt Raita	Butter Lettuce & Radish Salad	Orange & Beetroot Salad
Vegetarian	Roasted Butternut Quiche served Assorted Salads	Lentil Bobotie served with Yellow Rice, Homemade Chutney & a Banana Sambal	Pesto, Mozzarella & Spinach stuffed Sweet Potatoes	Sweet Caramelized Tofu with Rice	Plant base Burgers & Chips	Homemade Brie & onion Pie	Vegetable Wellingtons served with Baby Carrots & Potatoes
Dessert		Flapjacks with Syrup		Ice Lollies			Lemon & White Chocolate Eclairs
Lunch							
Pre-Primary	Honey Lime Chicken served Carrot & Cucumber Sticks	Traditional South African Bobotie served with Yellow Rice, Homemade Chutney & a Banana Sambal	Oven Roasted Chicken Tenders with Lemon & Thyme served with a Pea & Mint Rice Salad & Brown Onion Gravy	Sweet & Sour Tofu with Brown Rice & Corn	Beef Burgers & Chips		
Pre-Primary Dessert		Lightly Salted Popcorn		Ice Lollies			
Dinner							
Dinner	Harissa Marinated Pork Kebabs served with Grilled Cauliflower	Cheesy Tuna Pasta Bake served with Rosemary & Garlic Focaccia Breads	Lamb Koftas with a yoghurt Sauce served with Rosemary Salted Kettle Fries	Beef & Broccoli Stir-fry served with Herbed Egg Noodles	BBQ Chicken Naan Pizza	Garlic Beefaroni with Homemade Crispy Rolls	Oven baked BBQ Chicken Wings served with Crispy Onion Rings & Grilled Corn with Spicy Aioli
Salad	Cranberry Quinoa Salad	Arugula & Shaved Parmesan Salad	Barley & Mixed Leaf Salad with Marinated Leeks, Carrots & Mushrooms	Red Onion & Tomato Salad	Pineapple & Cucumber Salad	Chopped Green Salad with Dijon Mustard Dressing	White Bean & Peppadew Salad
Vegetarian	Harissa Marinated Zucchini, Yellow Squash & Eggplant Kebabs served with Grilled Cauliflower	Cheesy Grilled Tomato Pasta Bake served with Rosemary & Garlic Focaccia Breads	Feta stuffed Brown Mushrooms with a Sundried Tomato & Pecorino crust	Chickpea & Tofu Stir-fry served with Herbed Egg Noodles	Margherita Naan Pizza	Mac & Cheese With Homemade Crispy Rolls	Oven baked BBQ Cauliflower Wings served with Crispy Onion Rings & Grilled Corn with Spicy Aioli

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	Flapjacks served with Fresh Strawberries & Nutella Spread	Mini Quiches	Fruit Salad	Handmade Veggie Spring rolls	Mango Smoothie	Cinnamon & Oats Muffins	
Lunch							
Lunch	Oven Roasted Salisbury Steak Meatballs topped with Caramelized Onion Gravy served with Mustard Mashed Potatoes	Pork Chops served with baby Potatoes & Steamed Veggies	Beef Ragu Pasta	Tandoori spiced Chicken Leg Quarters served with Garlic Rolls & Herbed Garlic Corn on the Cob	Prego Chicken Burger served with Skinny Fries	Crispy Onion & Bacon Naan Pizza	Herb crusted Roast Beef served with Couscous, Seasonal Vegetables & a Beef Gravy
Salad	Red Cabbage & Rocket Salad	Three Bean Salad	Asian style chopped Salad with a Sesame Dressing	Spice Butternut & Feta Salad	Apple & Carrot Salad	Corn & Avocado Salad	Summer Asian Slaw
Vegetarian	Vegan stuffed Cabbage	Plant base Steaks served with baby Potatoes & Steamed Veggies	Bean Ragu Pasta	Grilled Portobello Mushrooms	Black Bean & Feta Burger served with Skinny Fries	Crispy Onion & Tofu Naan Pizza	Roasted Aubergine Cabbage Rolls
Dessert		Ginger Cake Served with a Vanilla Butterscotch		Peppermint Crisp Tart			Homemade Chocolate Twists
Lunch							
Pre-Primary	Classic Spaghetti Bolognese	Pan Fried Pork Strips served with baby Potatoes & Steamed Veggies	Beef Ragu Pasta	BRAAI Tandoori spiced Chicken Fillets served with Braai Broodjies & Herb Garlic Corn on the Cob	Prego Chicken Burger served with Skinny Fries		
Pre-Primary Dessert		Flapjacks with Syrup		Crunchie Fingers			
Dinner							
Dinner	Tempura Homemade Fish Nuggets served with Sweet Potato Fries & Garlic Aioli	Grilled Chicken Drumsticks with a Lemon, Garlic & Herb Cream served with Whole Roasted Butter & Chive Spuds	Homemade Peppered Beef Pot Pies served with Buttered Mashed Potatoes & Gravy	Pan Seared Lamb Chops with Rosemary Garlic marinade and Grilled Cauliflower	Paprika & Brown Sugar spiced Pork Tortilla Carnitas served with Buttered Corn on the Cob, Guacamole, Sour Cream & Jalapeno Salsa	Shaved Ham & Mozzarella Chicken Cordon Bleu served with Roasted Sweet Potato, Carrots & a Creamy Mustard Sauce	Brown Sugar & Balsamic grilled Pork cutlets served with Roasted Summer Vegetables topped with Feta Cheese & Fresh Basil
Salad	Salsa Salad	Broccoli & Cauliflower Salad	Green Summer Salad	Tropical Pineapple & Red Pepper Salad	Lemony Lentil & Quinoa Salad	Green Leaf Salad with Dried Cranberries	Cherry Tomato & Rocket Salad with a Homemade Vinaigrette Dressing
Vegetarian	Tempura Homemade Veggie Nuggets served with Sweet Potato Fries & Garlic Aioli	Spinach & Feta Spanakopita Phyllo Cups	Homemade Mushroom, Feta & Spinach Pies	Roasted Cauliflower with Tomato & Caper Marinade	Paprika & Brown Sugar spiced Eggplant Tortilla Carnitas served with Buttered Corn on the Cob, Guacamole, Sour Cream & Jalapeno Salsa	Shaved Halloumi with Mozzarella & Cherry Tomatoes served with Roasted Sweet Potato, Carrots & a Creamy Mustard Sauce	Brown Sugar & Balsamic Grilled Tofu cutlets served with Roasted Summer Vegetables topped with Feta Cheese & Fresh Basil

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	Handmade Veggie Spring rolls	Mini Smoked Chicken Wraps	Nutella Filled Pancakes	Assorted Fruit Kebabs	Cream Cheese & Ham Mini Sandwiches	Banana Smoothies	
Lunch							
Lunch	Honey & Garlic Chicken Fillet served with Orzo Salad & Homemade Garlic Rolls	Crispy Crumbed Pork Schnitzel served with Cheese Sauce and Steamed Broccoli	Classic Spaghetti Bolognese topped with Grated White Cheddar Cheese	Prego Basted Chicken served with Oven Roasted Root Veggies	Beef Burgers served with Homemade Garlic Aioli & Smoked paprika Potato Skins	Grilled Pork Medallions served with a Jalapeno Chimichurri Sauce & Herbed Couscous	Glazed Lamb Chops served with Duchess Potatoes & Root Veggies
Salad	Tomato & Cucumber	Green Salad with Olives & a Lemon Dressing	Pumpkin, Goat Cheese & Rocket Salad	Summer Corn Salad	Strawberry & Spinach Salad	Fajita style Grilled Pepper Salad	Oven Roasted Beetroot & Chickpea Salad
Vegetarian	Honey & Garlic Tofu & Pineapple Skewers served with Orzo Salad & Homemade Garlic Rolls	Crispy Crumbed Quinoa Schnitzel served with Cheese Sauce and Steamed Broccoli	Classic Spaghetti Lentil topped with Grated White Cheddar Cheese	Prego Basted Cauliflower served with Oven Roasted Root Veggies	Beef Burgers served with Homemade Garlic Aioli & Smoked paprika Potato Skins	Crispy Broccoli & Cheddar Quinoa Patties with Creamed Feta & Garlic Herbed dip	Ricotta, Spinach & Gnocchi Bake
Dessert		Grape Ice Lollies		Classic Dark Chocolate Eclairs			Ice Cream with Toppings
Lunch							
Pre-Primary	Honey & Garlic Chicken cutlets served with Orzo Salad & Homemade Garlic Rolls	Crispy Crumbed Pork Schnitzel served with Cheese Sauce and Steamed Broccoli	Classic Spaghetti Bolognese topped with Grated White Cheddar Cheese	Basted Chicken served with Oven Roasted Root Veggies	BBQ Beef & Cheese Sliders served with Smoked Paprika Potato Skins		
Pre-Primary Dessert		Grape Ice Lollies		Flapjacks with Syrup			
Dinner							
Dinner	Creamy Parmesan Garlic Beef Bowtie Pasta	Pan Seared Sirloin Steak served with Oven Roasted Rosemary & Garlic baked Potatoes & a Creamy Pepper Sauce	Honey & Mustard glazed Gammon served with Garlic Rosemary Potato Quarters	Pan Fried hake served with roast Potato Wedges with 1000 Island Sauce	Lamb Koftas served on a bed of Spiced Lentils with Caramelized Onions & Tzatziki	Folded Crispy Buffalo Chicken Wraps	Classic Beef Bolognese with Spaghetti, Shredded White Cheddar Cheese served with Home baked Garlic Rolls
Salad	Summer Asian Slaw	Cherry Tomato Couscous Salad	Broccoli, Raisins & Cheddar Cheese Salad	Cucumber & Bean Salad	Mint & Tomato Salad	Quinoa, Goats Cheese & Peach Salad	Panzanella Salad
Vegetarian	Creamy Parmesan Garlic Bowtie Pasta	Pan Seared Tofu Cakes served with Oven Roasted Rosemary & Garlic baked Potatoes & a Creamy Pepper Sauce	Honey & Mustard glazed Cabbage served with Garlic Rosemary Potato Quarters	Pan Fried Quinoa Rosti	Mediterranean Hummus Bowls	Grilled Veggies & Homemade Hummus Wraps	Classic Bean Bolognese with Spaghetti, shredded White Cheddar Cheese & Home baked Garlic Rolls