

MENU WEEK – 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Starter 1	Garden sweet corn salad	Tuna rice salad	Grated carrot	Potato salad	Marrow velouté
Starter 2	Ranch Coleslaw	Tomato green salad	Slice cucumber	Veg mix salad	Beetroot & onion salad
Main Course 1	Beef stir fry	Beef lasagna	Omelette	Beef casserole	Pepper beef
Main Course 2	KFC Chicken wings	Chicken breast with mushroom sauce	Steamed hake fillet	Chicken piccata	Fish Ball with tomato sauce
Starch	Fried rice	Mash potatoes	Wedge's potato	Green lentils	Vermicelli rice
Vegetable	Green beans	Pan of mix vegetables	Carrot and mushroom	Buttered red pumpkin	Cream spinach
Dessert 1	Coconut cake	Apple banana compote	Buttered cake	Fruit jelly	Yoghourt with fruits
Dessert 2	FRUITS	FRUITS	FRUITS	FRUITS	FRUITS