Chartwells Kearsney College menu Term 3 2018

WEEK: 1

1	Monday 2018-07-16	Tuesday 2018-07-17	Wednesday 2018-07-18	Thursday 2018-07-19	Friday 2018-07-20	Saturday 2018-07-21	Sunday 2018-07-22
BREAKFAST	Bananas Seasonal Fruit Mealie Meal Rice Krispies All Bran **Welsh Rarebit** Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Mealie Meal Rice Krispies All Bran **Hash Browns** **Tomato Chutney** Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Oats Corn Flakes Muesli **Crumpets** Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Maltabela Corn Flakes Future Life **Fried Eggs** **Grilled Tomatoes** Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Tasty Wheat Weetbix Pro Nutro **Fish Fingers** Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Oats Corn Flakes Future Life **Cheese Omelettes** Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Milo Cereal Weetbix **Fried Eggs** **Bacon** Toast Fruit Juice Boiled Eggs Fruit Yoghurt
SANDWICH	Cheese	Chocolate Spread	Cheese	Hot Dogs	Chicken Mayonnaise		
TREAT	Springrolls	Donut Balls	Apple Cake		Chocolate Cake		
LUNCH	**Prego Chicken Braai** Potato Wedges Creamy Vegetable Bake Green Salad BBQ Boerewors Homemade Rolls Fruit Juice	**Chicken Schnitzel** Chips Cheese Sauce Green Salad BBQ Boerewors Homemade Rolls Fruit Juice	**Cheese Burgers** Chips Sliced Cucumber Sliced Tomato Green Salad Cold Chicken Drumsticks Homemade Rolls Fruit Juice	**Macaroni Cheese with Bacon** Roasted Butternut Green Salad BBQ Boerewors Homemade Rolls Fruit Juice	**KFC Style Chicken Strips** Mash Potato Honey Mustard Sauce Gem Squash Cold Chicken Drumsticks Homemade Rolls Fruit Juice	**Roast Chicken** Saute Potato Tomato/Onion Gravy Medley of Vegetables Pineapple & Carrot Salad Green Salad Homemade Rolls Fruit Juice	**Roast Pork** Roast Potatoes Gravy Broccoli Cheese Peas Greek Salad Homemade Rolls Fruit Juice
VEGETARIAN	Soya Sausages	Crumbed Soya Strips	Soya Burgers	Macaroni Cheese	Crumbed Soya Strips	Soya Nuggets	Roast Veg Quiche
SUPPER	**Beef Steak Pies** Chips Gravy Green Salad Homemade Rolls Fruit Juice	**Beef Curry** Rice Sambals Green Salad Homemade Rolls Fruit Juice	**Chicken Salsa Wings** Potato Wedges Baby Carrots Green Salad Homemade Rolls Fruit Juice	**Fried Fish** Saute Potato Tartar Sauce Peas Greek Salad Homemade Rolls Fruit Juice	**Sausage Rolls** Mash Potato Gravy Green Salad Homemade Rolls Fruit Juice	**Grilled Steak** Potato Bake Coleslaw Green Salad Breadrolls	**Bacon and Mushroom Pizza** Chips Spinach Salad Green Salad Breadrolls
VEGETARIAN	Homemmade Pot Pie	Beans Curry	Vegetable Stir Fry	Soya Nuggets	Soya Sausages	Vegetarian Subs	Vegetarian Pizza
DESSERT	Paddle Pops	Jelly & Custard	Malva Pudding	Fruit Salad	Chocolate Mousse	Crème Caramel	Milk Tart