

Chartwells Kearsney College menu Term 3 2018

WEEK: **2**



2	Monday 2018-07-23	Tuesday 2018-07-24	Wednesday 2018-07-25	Thursday 2018-07-26	Friday 2018-07-27	Saturday 2018-07-28	Sunday 2018-07-29
BREAKFAST	Bananas Seasonal Fruit Mealie Meal Rice Krispies All Bran Baked Beans & Sausage Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Maltabela Corn Flakes Future Life Crumpets Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Oats Weetbix Rice Krispies Fish Fingers Tomato Relish Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Mealie Meal Corn Flakes Pro Nutro Scrambled Eggs with Bacon Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Maltabela Milo Cereal Weetbix Cheese Omelettes Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Oats Future Life Rice Krispies Hash Browns Tomato Chutney Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Mealie Meal Milo Cereal Rice Krispies Fried Eggs Bacon Toast Fruit Juice Boiled Eggs Fruit Yoghurt
SANDWICH TREAT	Cheese Spring Rolls	Peanut Butter Oat Crunchies	Cheese Coconut Biscuits	Hot Dogs	Chicken Mayonnaise Chocolate Cake		
LUNCH	Chicken Stir Fry Chinese Noodles Peas Green Salad Cold Meats Homemade Rolls Fruit Juice	Grilled Steak Potato Wedges Mushroom Sauce Green Beans Coleslaw Greek Salad Cold Chicken Drumsticks Homemade Rolls Fruit Juice	Chicken a la King Rice Roasted Butternut Green Salad Cold Chicken Drumsticks Homemade Rolls Fruit Juice	Pork Steaks - Braai Pap and Chakalaka Green Beans and Onion Tomato Relish Greek Salad BBQ Boerewors Homemade Rolls Fruit Juice	Beef Bunnie Chow Sambals Beetroot Salad Green Salad Cold Chicken Drumsticks Homemade Rolls Fruit Juice	Pork Ribs Saute Potato BBQ Sauce Baby Marrow and Onion Greek Salad Beetroot Salad Homemade Rolls Fruit Juice	Roast Beef Roast Potatoes Roasted Vegetables Gravy Peas Green Salad Homemade Rolls Fruit Juice
VEGETARIAN	Soya Strip Stir Fry	Brinjal and Chickpea Pilaf	Creamy Soya Strips	Soya Sausages	Beans Bunnie	Crumbed Soya Strip	Chickpea Bake
SUPPER	Beef Stroganoff Lentil Rice Carrots Greek Salad Homemade Rolls Fruit Juice	Battered Fish Chips Tartar Sauce Peas Greek Salad Homemade Rolls Fruit Juice	Spaghetti Bolognese Grated Cheese Greek Salad Homemade Rolls Fruit Juice	BBQ Roast Chicken Roast Potato Gravy Medley of Vegetables Green Salad Homemade Rolls Fruit Juice	Chicken Burgers Chips Pineapple Greek Salad Sambals Homemade Rolls Fruit Juice	Homemade Chicken Schnitzel Mash Potato Cheese Sauce Baby Marrow and Onion Carrot & Pineapple Salad Green Salad Homemade Rolls Fruit Juice	Chicken Subs Chips Greek Salad Homemade Rolls Fruit Juice
VEGETARIAN	Grilled Chickpeas	Vegetarian Nuggets	Vegetable Pasta Bake	BBQ Soya Strips	Vegetable Burgers	Vegetable Lasagne	Vegetarian Pizza
DESSERT	Apple Crumble & Custard	Crème Caramel	Tropical Pudding & Custard	Ice Cream & Chocolate Sauce	Bread & Butter Pudding with Custard	Paddle Pops	Peppermint Crisp Ice Cream

SUBJECT TO CHANGE WITHOUT NOTIFICATION FOR OPERATIONAL REQUIREMENTS