

Chartwells Kearsney College menu Term 3 2018

WEEK: 10



| 10 | Monday 2018-09-17 | Tuesday 2018-09-18 | Wednesday 2018-09-19 | Thursday 2018-09-20 | Friday 2018-09-21 | Saturday 2018-09-22 | Sunday 2018-09-23 |
|-------------------|--|---|--|---|--|--|--|
| BREAKFAST | Bananas Seasonal Fruit Mealie Meal Rice Krispies Weetbix Crumpets Fruit Juice Boiled Eggs Fruit Yoghurt | Bananas Seasonal Fruit Maltabela Corn Flakes All Bran Scrambed Egg Bacon Fruit Juice Boiled Eggs Fruit Yoghurt | Bananas Seasonal Fruit Oats Muesli Future Life Fried Eggs and Tomato Toast Fruit Juice Boiled Eggs Fruit Yoghurt | Bananas Seasonal Fruit Mealie Meal Corn Flakes Weetbix French Toast Toast Fruit Juice Boiled Eggs Fruit Yoghurt | Bananas Seasonal Fruit Maltabela All Bran Rice Krispies Hash Browns Tomato & Onion Toast Fruit Juice Boiled Eggs Fruit Yoghurt | Bananas Seasonal Fruit Oats Corn Flakes Future Life Cheese Omelettes Toast Fruit Juice Boiled Eggs Fruit Yoghurt | Bananas Seasonal Fruit Pro Nutro Weetbix Fried Eggs Bacon Toast Fruit Juice Boiled Eggs Fruit Yoghurt |
| SANDWICH TREAT | Cheese Springrolls | Chocolate Spread Jam Donuts | Cheese Chelsea Buns | Hotdogs | Chicken Mayonnaise Chocolate Snowballs | | |
| LUNCH | Chicken Quesadilla Potato Wedges Sour Cream Carrot & Pineapple Green Salad Potato Salad Breadrolls Fruit Juice | Roast Gammon Potato Bake Broccoli & Cauliflower Bake Gravy Greek Salad Beetroot Salad Breadrolls Fruit Juice | Macaroni Cheese with Bacon Roasted Butternut & Feta Green Salad Coleslaw Breadrolls Fruit Juice | Pulled Pork Burgers Chips Orange Wedges Greek Salad Coleslaw Breadrolls Fruit Juice | Chicken Schnitzel Sweet Potato Wedges Cheese Sauce Medley of Vegetables Green Salad Beetroot Salad Breadrolls Fruit Juice | Beef Lasagne Peas & Baby Carrots Greek Salad Carrot & Pineapple Salad Breadrolls Fruit Juice | Roast Pork Fillet Roast Potatoes Mediterranean Vegetables Creamy Garlic Sauce Green Salad Breadrolls Fruit Juice |
| VEGETARIAN | Vegetarian Quesadilla | Butternut and Lentil Bake | Soya Sausages | Creamy Soya Strips | Soya Schnitzel | Vegetable Lasagne | Homemade Vegetable Pies |
| SUPPER | Beef Curry Rice Green Salad Sambals Breadrolls Fruit Juice | Crumbed Fish Chips Peas Greek Salad Breadrolls Fruit Juice | Prego Chicken Braai Potato Wedges Green Beans & Onion Greek Salad Breadrolls Fruit Juice | Chicken Salsa Wings Saute Potato Green Salad Breadrolls Fruit Juice | Savoury Mince Baked Potatoes Grated Cheese Greek Salad Breadrolls Fruit Juice | Chicken & Bacon Pizza Chips Green Salad Breadrolls Fruit Juice | Crumbed Chicken Potato Bake Carrots & Peas Greek Salad Homemade Rolls Fruit Juice |
| VEGETARIAN | Vegetable Curry | Soya Nuggets | Soya Sausages | Cheesy Vegetable Burger | Soya Strip Bolognaise | Vegetarian Pizza | Soya Nuggets |
| DESSERT | Fruit Salad | Apple Crumble & Custard | Jelly & Custard | Crème Caramel | Bread and Butter Pudding with Custard | Paddle Pops | Peppermint Crisp Ice Cream |

SUBJECT TO CHANGE WITHOUT NOTIFICATION FOR OPERATIONAL REQUIREMENTS