

# Chartwells Kearsney College menu Term 3 2018

WEEK: 3



| 3                     | Monday<br>2018-07-30  | Tuesday<br>2018-07-31  | Wednesday<br>2018-08-01   | Thursday<br>2018-08-02   | Friday<br>2018-08-03  | Saturday<br>2018-08-04  | Sunday<br>2018-08-05  |
|-----------------------|---|--|---|--|---|---|---|
| <b>BREAKFAST</b>      | Bananas<br>Seasonal Fruit<br>Mealie Meal<br>Rice Krispies<br>All Bran<br><b>French Toast</b><br><br>Toast<br>Fruit Juice<br>Boiled Eggs<br>Fruit Yoghurt            | Bananas<br>Seasonal Fruit<br>Maltabela<br>Corn Flakes<br>Pro Nutro<br><b>Fried Eggs</b><br><b>Grilled Tomatoes</b><br><br>Toast<br>Fruit Juice<br>Boiled Eggs<br>Fruit Yoghurt | Bananas<br>Seasonal Fruit<br>Oats<br>Weetbix<br>Rice Krispies<br><b>Welsh Rarebit</b><br><br>Toast<br>Fruit Juice<br>Boiled Eggs<br>Fruit Yoghurt | Bananas<br>Seasonal Fruit<br>Mealie Meal<br>Corn Flakes<br>Future Life<br><b>Scrambled Eggs</b><br><b>with Bacon</b><br><br>Toast<br>Fruit Juice<br>Boiled Eggs<br>Fruit Yoghurt | Bananas<br>Seasonal Fruit<br>Maltabela<br>Pro Nutro<br>Weetbix<br><b>Fish Fingers</b><br><b>Tomato &amp; Onion Relish</b><br><br>Toast<br>Fruit Juice<br>Boiled Eggs<br>Fruit Yoghurt | Bananas<br>Seasonal Fruit<br>Oats<br>Future Life<br>All Bran<br><b>Cheese Omelettes</b><br><br>Toast<br>Fruit Juice<br>Boiled Eggs<br>Fruit Yoghurt | Bananas<br>Seasonal Fruit<br>Mealie Meal<br>Milo Cereal<br>Rice Krispies<br><b>Fried Eggs</b><br><b>Bacon</b><br><br>Toast<br>Fruit Juice<br>Boiled Eggs<br>Fruit Yoghurt |
| <b>SANDWICH TREAT</b> | Cheese<br>Springrolls   | Peanut Butter<br>Vanilla Sponge  | Cheese<br>Chocolate Brownies  | Hot Dogs   | Chicken Mayonnaise<br>Homemade Choc Chip Cookies  |   |   |
| <b>LUNCH</b>          | <b>Crumbed Chicken Wraps</b><br><br>Saute Baby Potato<br>Stir Fry Vegetables<br><br>Greek Salad<br>Spinach Salad<br>Cold Boerewors<br>Homemade Rolls<br>Fruit Juice | <b>Cheese Burgers</b><br><br>Potato Wedges<br>Sliced Tomato<br>Sliced Cucumber<br>Sliced Pineapple<br>Green Salad<br>Cold Meat Platter<br>Homemade Rolls<br>Fruit Juice        | <b>Boerewors Braai</b><br><br>Creamy Potato Bake<br>Medley of Vegetables<br><br>Greek Salad<br>Cold Chicken<br>Breadrolls<br>Fruit Juice          | <b>Chicken Prima Vera</b><br><br>Garlic Spaghetti<br><br>Green Salad<br>Broccoli Salad<br>Cold Boerewors<br>Homemade Rolls<br>Fruit Juice  | <b>Grilled Steak</b><br><br>Potato Wedges<br>Green Beans & Onion<br><br>Beetroot Salad<br>Greek Salad<br>Cold Meat Platter<br>Homemade Rolls<br>Fruit Juice                           | <b>Prego Steak Rolls</b><br><br>Chips<br>Pepper Sauce<br><br>Coleslaw<br>Greek Salad<br>Homemade Rolls<br>Fruit Juice                               | <b>Roast Lamb</b><br><br>Roast Potatoes<br>Gem Squash and Gravy<br><br>Green Salad<br><br>Homemade Rolls<br>Fruit Juice   |
| <b>VEGETARIAN</b>     | Soya Wraps  | Soya Cheese Burgers  | Soya Burgers  | Vegetable Pasta Bake   | Vegetarian Nuggets  | Vegetarian Burgers  | Stuffed Butternut   |
| <b>SUPPER</b>         | <b>Battered Fish</b><br><br>Chips<br>Tartare Sauce<br>Creamed Spinach<br>Green Salad<br>Homemade Rolls<br>Fruit Juice   | <b>Macaroni Cheese with Bacon</b><br><br>Peas<br><br>Green Salad<br>Homemade Rolls<br>Fruit Juice  | <b>Chicken Breyani</b><br><br>Dhall<br><br>Sambals<br>Green Salad<br>Homemade Rolls<br>Fruit Juice  | <b>Cottage Pie</b><br><br>Pumpkin<br><br>Green Salad<br>Homemade Rolls<br>Fruit Juice  | <b>Chicken Salsa Wings</b><br><br>Chips<br><br>Green Salad<br>Homemade Rolls<br>Fruit Juice   | <b>Chicken and Bacon Pizza</b><br><br>Potato Wedges<br><br>Green Salad<br>Homemade Rolls<br>Fruit Juice   | <b>Crumbed Chicken</b><br><br>Chips<br>Roasted Butternut & Feta<br><br>Green Salad<br>Homemade Rolls<br>Fruit Juice   |
| <b>VEGETARIAN</b>     | Soya Nuggets  | Macaroni Cheese  | Vegetarian Breyani  | Vegetable Pot Pie  | Soya Schnitzel  | Vegetarian Pizza  | Soya Nuggets  |
| <b>DESSERT</b>        | Ice Cream & Toffee Sauce  | Self Saucing Chocolate Pudding<br>with Custard   | Fruit Salad   | Crème Caramel  | Malva Pudding & Custard   | King Kones  | Peppermint Crisp Ice Cream  |

SUBJECT TO CHANGE WITHOUT NOTIFICATION FOR OPERATIONAL REQUIREMENTS