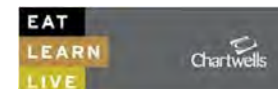


Chartwells Kearsney College menu Term 3 2018

WEEK:

5



5	Monday 2018-08-13	Tuesday 2018-08-14	Wednesday 2018-08-15	Thursday 2018-08-16	Friday 2018-08-17	Saturday 2018-08-18	Sunday 2018-08-19
BREAKFAST	Bananas Seasonal Fruit Mealie Meal Rice Krispies All Bran Scrambled Egg and Bacon Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Maltabela Corn Flakes Future Life Hash Brown and Relish Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Oats Pro Nutro All Bran Flakes Fried Eggs Grilled Tomato Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Tasty Wheat Muesli Pro Nutro Crumpets Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Mealie Meal All Bran Rice Krispies Fish Fingers and Relish 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 Milo Cereal Weetbix Fried Eggs Bacon Toast Fruit Juice Boiled Eggs Fruit Yoghurt
SANDWICH	Cheese	Peanut Butter	Cheese	Hot Dogs	Chicken Mayonnaise		
TREAT	Samosas	Apple Cakes	Chocolate Cake		Coconut Biscuits		
LUNCH	Chicken Burgers Potato Wedges Tomato Slices Cucumber Slices Pineapple Sliced Green Salad Cold Chicken Drumsticks Homemade Rolls Fruit Juice	Chicken Salsa Wings Saute Potato Roasted Butternut Beetroot Salad Greek Salad BBQ Boerewors Homemade Rolls Fruit Juice	Beef Stroganoff Rice Baby Marrows and Onion Coleslaw Green Salad Cold Chicken Drumsticks Homemade Rolls Fruit Juice	Crumbed Pork Steak Potato Wedges Gem Squash & Gravy Carrot, Orange & Pineapple Salad Green Salad Cold Meat Platter Breadrolls Fruit Juice	Prego Chicken Braai Pap Chakalaka Tomato & Mozzarella Greek Salad Cold Chicken Drumsticks Breadrolls Fruit Juice	Chicken Schnitzel Saute Potato Cheese Sauce Roasted Butternut Green Salad Breadrolls Fruit Juice	Roast Pork Roast Potatoes Cauliflower and Broccoli Bake Gravy Green Salad Breadrolls Fruit Juice
VEGETARIAN	Soya Burgers	Crumbed Soya Strips	Soya Strip Stroganoff		Soya Sausages	Veg Schnitzel	Veggie Quiche
SUPPER	Beef Steak Pies Chips Gravy Peas Coleslaw Green Salad Homemade Rolls Fruit Juice	Battered Fish Portions Potato Wedges Tartar Sauce Medley of Vegetables Green Salad Homemade Rolls Fruit Juice	Grilled Chicken Fillet Roasted Baby Potatoes Green Salad Homemade Rolls Fruit Juice	Beef Curry Rice Sambals Green Salad Homemade Rolls Fruit Juice	Roast Beef Roast Potato Gravy Peas Green Salad Homemade Rolls Fruit Juice	Sausage Rolls Chips Green Beans and Onion Green Salad Homemade Rolls Fruit Juice	Chicken Nuggets Chips Greek Salad Breadrolls Fruit Juice
VEGETARIAN	Homemade Vegetable Pies	Soya Schnitzel	Stuffed Butternut	Beans Curry	Homemade Pot Pie	Soya Schnitzel	Vegetarian Pizzas
DESSERT	Bread & Butter Pudding with Custard	Jelly and Custard	Ice Cream and Toffee Sauce	Jelly & Custard	Chocolate Mousse	Paddle Pops	Cheesecake

SUBJECT TO CHANGE WITHOUT NOTIFICATION FOR OPERATIONAL REQUIREMENTS