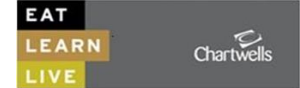


Chartwells Kearsney College menu Term 3 2018

WEEK:

6



6	Monday 2018-08-20	Tuesday 2018-08-21	Wednesday 2018-08-22	Thursday 2018-08-23	Friday 2018-08-24	Saturday 2018-08-25	Sunday 2018-08-26
BREAKFAST	Bananas Seasonal Fruit Mealie Meal Rice Krispies All Bran Fried Eggs Grilled Tomato Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Maltabela Corn Flakes Future Life Potato & Bacon Hash Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Oats Weetbix Rice Krispies Hash Browns Tomato Chutney Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Tasty Wheat Muesli Corn Flakes Scrambled Egg and Bacon Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Mealie Meal All Bran Rice Krispies Crumpets Toast Fruit Juice Boiled Eggs Fruit Yoghurt	Bananas Seasonal Fruit Oats Corn Flakes Pro Nutro 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 TREAT	Cheese Samosas	Peanut Butter Vanilla Sponge	Cheese Chocolate Crunchies	Hot Dogs	Chicken Mayonnaise Coconut Biscuits		
LUNCH	Beef Wraps Potato Wedges Stir Fry Vegetables Green Salad Homemade Rolls Fruit Juice	KFC Chicken Strips Mashed Potato Honey Mustard Sauce Fried Mealie Corn Beetroot Salad Greek Salad Breadrolls Fruit Juice	Boerewors & Chakalaka Bake Pap Beetroot Salad Green Salad Breadrolls Fruit Juice	Pork Steak Braai Potato Wedges Gem Squash & Gravy Carrot, Orange & Pineapple Salad Greek Salad Breadrolls Fruit Juice	Spaghetti Bolognaise Bolognaise Sauce Peas, Carrots & Onion Tomato & Mozzarella Green Salad Breadrolls Fruit Juice	Chicken Lasagne Roasted Butternut & Feta Greek Salad Breadrolls Fruit Juice	BBQ Roast Chicken Roast Potatoes Roasted Vegetables Gravy Green Salad Breadrolls Fruit Juice
VEGETARIAN	Vegetarian Wraps	Crumbed Soya Strips	Chickpea & Chakalaka Bake	Grilled Soya Sausage	Chickpea and Lentil Bake	Veg Schnitzel	Veggie Quiche
SUPPER	Chicken and Broccoli Bake Rice Roasted Butternut Coleslaw Greek Salad Homemade Rolls Fruit Juice	Macaroni Cheese with Bacon Medley of Vegetables Green Salad Breadrolls Fruit Juice	Fried Fish Chips Green Peas Coleslaw Greek Salad Breadrolls Fruit Juice	Chicken Curry Rice Sambals Green Salad Homemade Rolls Fruit Juice	Chicken Schnitzel Saute Potato Cheese Sauce Green Beans & Onion Greek Salad Homemade Rolls Fruit Juice	Bacon and Mushroom Pizza Chips Caprese Salad Green Salad Homemade Rolls Fruit Juice	Meatball Subs Chips Greek Salad Breadrolls Fruit Juice
VEGETARIAN	Vegetarian Broccoli Bake	Macaroni Cheese	Soya Nuggets	Vegetable Curry	Soya Schnitzel	Vegetarian Pizza	Three Cheese Subs
Dessert	Malva Pudding and Custard	Trifle	Crème Caramel	Jelly & Custard	Chocolate Mousse	Paddle Pops	Crème Brulee

SUBJECT TO CHANGE WITHOUT NOTIFICATION FOR OPERATIONAL REQUIREMENTS