

Empact Kearsney College Menu Term 3 2023

WEEK:

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1	Monday 17/07/2023	Tuesday 18/07/2023	Wednesday 19/07/2023	Thursday 20/07/2023	Friday 21/07/2023	Saturday 22/07/2023	Sunday 23/07/2023
BREAKFAST		Seasonal Fruit Mealie Meal Porridge Pro Niutro Corn Flakes French Toast with Syrup Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Maltabella All Bran Flakes Muesli Fried Eggs & Grilled Tomato Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Jungle Oats Weetbix Future Life Potato & Bacon Hash Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Kreemy Meel Rice Kirspies All Bran Hashbrowns Tomato Relish Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Maltabella Corn Flakes Future Life Baked Beans & Sausage Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Waffles Streaky Bacon Grilled Baby Tomatoes Crumbed Chicken Strips Muffins Scrambled Eggs
SANDWICH TREAT		Bar One Spread Chocolate Crunchies	Cheese Banana Bread	Hot Dogs	Chicken Mayonnaise Chocolate Brownies		
LUNCH		Spaghetti Bolognaise Chunky Carrots Roasted Vegetable Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	Grilled Chicken Fillets Chunky Sweet Potatoes Cheesy Garlic Sauce Gem Squash Beetroot Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	BBQ Beef Burgers Potato Wedges Sliced Tomato & Cucumber Rainbow Slaw Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	Chicken Braai Creamy Potato Bake Chakalaka Egg Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	Sausage Rolls Mashed Potatoes Gravy Creamy Spinach Potato Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	Coco Pops Muesli Boiled Eggs Assorted Fruit Yoghurts Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices
VEGETARIAN		Vegetarian Past Prima Vera	Roasted Butternut & Lentil Bake	Chicken Style Burgers	Soya Sausages	Vegetable Curry Pies	Vegetarian Pizza
SUPPER		Spicy Crumbed Chicken Wings Garlic Baby Potatoes Tomato Relish Herb Fried Corn Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	Battered Fish Chips Tartar Sauce Green Peas Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	Chicken & Broccoli Bake Rice Roasted Butternut Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	Honey Soy Beef Stir Fry Chinese Noodles Stir Fried Vegetables Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	Chicken Schnitzel Chips Cheese Sauce Green Beans & Onions Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices	Beef Lasagne Steamed Broccoli Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Spreads Selection of Fruit Juices
VEGETARIAN		Soya Prawn Chutney	Soya Nuggets	Vegetable Bake	Vegetable Stir Fry	Soya Schnitzel	Vegetable Lasagne
DESSERT		Ice Cream & Chocolate Sauce	Jelly & Custard	Chocolate Mousse	Malva Pudding & Custard	Crème Caramel	Peppermint Crisp Ice Cream