

Empact Kearsney College Menu Term 3 2023

WEEK:

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2	Monday 24/07/2023	Tuesday 25/07/2023	Wednesday 26/07/2023	Thursday 27/07/2023	Friday 28/07/2023	Saturday 29/07/2023	Sunday 30/07/2023
BREAKFAST	Seasonal Fruit Jungle Oats All Bran Corn Flakes Crumpets & Syrup Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Maltabella Future Life Muesli Cheesy Potato & Bacon Hash Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Tasty Wheat Rice Krispies All Bran Flakes Scrambled Eggs Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Jungle Oats Pro Nutro Rice Krispies Fried Eggs Grilled Tomato Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Kreemy Meel Weetbix Corn Flakes Fish Fingers Tomato Relish Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Seasonal Fruit Maltabella Rice Krispies Future Life Cheese & Tomato Omelettes Toast & Spreads Selection of Fruit Juices Boiled Eggs Assorted Fruit Yoghurts	Fresh Baked Croissants Assorted Muffins Cajun Chicken Strips Honey Mustard Cocktail Cheese Grillers Grated Cheese Grilled Baby Tomatoes
SANDWICH TREAT	Cheese Springrolls	Peanut Butter Chocolate Cake	Cheese Crunchies	Hot Dogs	Chicken Mayonnaise Apple Cake		
LUNCH	Vetkoek & Curried Mince Grated Cheese Beetroot Salad Sambals Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Cajun Lemon Roast Chicken Stephens Garlic Bread Green Peas & Chunky Carrots Gravy Pasta Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Pork Kassler Chops Mustard Mashed Potatoes Gem Squash Honey Mustard Sauce Jhal Muri Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Chicken, Chorizo & Sundried Tomato Pesto Pasta Roasted Baby Marrows Roasted Butternut, Feta & Rocket Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Beef Boerewors Braai Pap Chakalaka Corn & Baby Tomato Salad Potato Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Crumbed Chicken Wraps Sweet Potato Wedges Stir Fried Vegetables Coleslaw Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Coco Pops Muesli Boiled Eggs Assorted Fruit Yoghurts Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices
VEGETARIAN	Vetkoek & Vegetable Curry	Roasted Butternut & Lentil Bake	Brinjal Melanzane	Creamy Pesto Pasta Bake	Soya Sausage	Vegetarian Wraps	
SUPPER	Chicken Breyani Dhall Carrot & Pineapple Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Grilled Fish Chips Creamy Spinach Tartar Sauce Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Chicken a la King Rice Green Beans & Onion Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Roast Beef Roasted Baby Potatoes Cauliflower & Broccoli Bake Gravy Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Bacon & Pineapple Pizza Potato Wedges Roasted Vegetable Salad Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Grilled Steak Potato Wedges Gem Squash Pepper Sauce Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices	Mutton Curry Pies Chips Green Peas Gravy Greek Salad Selection Seasonal Fruit Homemade Rolls & Assorted Selection of Fruit Juices
VEGETARIAN	Vegetable Breyani	Soya Nuggets	Creamy Soya Strips	Vegetable Bake	Vegetarian Pizza	Soya Schnitzel	Vegetable Curry Pies
DESSERT	Apple Crumble & Custard	Butterscotch Pudding	Crème Caramel	Jelly & Custard	Chocolate Mousse	Chocolate Ice Cream	Banoffee Pie

SUBJECT TO CHANGE WITHOUT NOTIFICATION FOR OPERATIONAL REQUIREMENTS