

PREP SCHOOL

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TERM 4	Week 1	08 Holiday ☺	09 Grilled Chicken Fillet Cheese Sauce Garlic Baby Potatoes Butternut & Feta Salad Salad and Fruit	10 Fish Cakes Tartare Sauce Mashed Potatoes Peas Coleslaw and Fruit	11 Butterfly Pasta Napolitana Sauce Parmesan Corn on the Cob Salad and Fruit	12 Roast Beef Cheese Slices Hard Boiled Eggs Potato Salad Salad and Fruit
	Week 2	15 Oven Roasted Chicken Breast & Sauce Sweet Potato Wedges Green Beans Salad and Fruit	16 Tuna Salad Grated Cheese Tortilla Wraps Crudité and Dip Fruit	17 Chicken and Vegetable Soup Cheese Slices Country Bread Salad and Yoghurt	18 Spaghetti Bolognese Grated Cheese Sweet Corn Salad Fruit	19 Summer Fruit Smoothies Cheese and Crackers Salad and Fruit
	Week 3	22 Roast Chicken Potato Salad with Yoghurt Dressing Beetroot Salad Salad and Fruit	23 Toasted Sandwiches Pineapple Coleslaw Fruit	24 Lasagne Sweet Corn Crudité and Dip Salad Yoghurt	25 Chicken Sausages Mashed Potatoes & Gravy Peas Salad and Fruit	26 Tuna Salad Cheese Slices Egg Mayonnaise Cocktail Rolls Salad and Fruit
	Week 4	29 Chicken Burger Lettuce/Tomato/Cucumber Pineapple Coleslaw	30 Baked Potatoes Creamed Spinach Cheese Sauce Baked Beans Salad and Fruit	31 Tomato Penne Pasta Grated Cheese Country Vegetables Salad Yoghurt	01 Spicy Chicken Strips Baby Wraps Roasted Sweet Potatoes Salad and Fruit	02 Founders Day TBC
	Week 5	05 Biltong Bow Tie Pasta Grated Cheese Corn on the Cob Crudité and Dip Salad and Yoghurt	06 Mild Chicken Curry Rice Roti's Salad Fruit	07 Oven Baked Hake Lemon Wedges Mashed Potatoes Peas Salad and Yoghurt	08 Chicken and Bacon Kebabs Potato Salad Beetroot Salad Salad and Yoghurt	09 Summer Berry Smoothies Cheese and Crackers Salad and Fruit
	Week 6	12 Oven Roasted Chicken Breast & Sauce Sweet Potato Wedges Green Beans Salad and Fruit	Taco Tuesday ☺ Savoury Mince Taco Shells Mexican Rice Cheese and Salsa Salad and Fruit	14 Pork Sausages Mashed Potatoes Peas Salad Yoghurt	15 Macaroni Cheese Roasted Butternut Salad Pineapple Fruit	16 Roast Beef & Cheese Hard Boiled Eggs Couscous and Roasted Vegetable Salad Salad and Fruit
	Week 7	19 Fish Fingers Mashed Potatoes Peas Salad Fruit	20 Spaghetti Bolognese Grated Cheese Roasted Butternut Salad and Fruit	21 Toasted Sandwiches Pineapple Coleslaw Yoghurt	22 Tereo Day TBC ☺	23 Entrepreneur Day TBC ☺
	Week 8	26 Country Chicken Casserole Savoury Rice Green Beans Salad and Fruit	27 Pasta Carbonara Country Vegetables Beetroot Salad Salad and Fruit	28 Baked Potatoes Creamed Spinach Cheese Sauce Baked Beans Salad and Yoghurt	29 Crispy Chicken Strips Roasted Sweet Potato Corn on the Cob Salad and Fruit	30 Cheese Slices Hard Boiled Eggs Potato Salad Cocktail Rolls Salad and Fruit
	Week 9	03 Tuna Salad Grated Cheese Tortilla Wraps Salad and Fruit	04 Family Lunch ☺	05 Class Parties ☺	06 Tomato Penne Pasta Grated Cheese Parmesan Country Vegetables Salad and Fruit	07 School Closes ☺ No Lunch

Salad on the menu indicates a selection of fresh carrots, cucumber slices, tomato or lettuce
In addition, there is brown bread, peanut butter and spreads on the table.
These meals are subject to stock availability and electricity supply.
This menu is subject to change without notice.