



Temporary Level 1 Lockdown

19 October- 6 November

3 Week Menu Cycle Prep School

Monday	Tuesday	Wednesday	Thursday	Friday
19 Pasta Napolitana Grated Cheese Parmesan Roasted Butternut Coleslaw Crudité Fruit	20 Chicken strips Tortilla Wraps Grated Cheese Shredded lettuce Crudité Sweet Chilli Yoghurt Dressing Fruit	21 Pork Sausages Cocktail Rolls Corn on the Cob Crudité Fruit Yoghurt	22 Chicken Stew Basmati Rice Green Beans Crudité Fruit	23 Muffins Cheese Friday Treat Yoghurt Fruit
26 Chicken Burgers Sweet Chilli & Yoghurt Dressing Roasted Sweet Potatoes Crudité Fruit	Taco 27 Tuesday Savoury Mince Mexican Rice Grated Cheese Tacos Salsa/ Guac Fruit	28 Tuna/ Egg Salad Grated Cheese Pita Breads Shredded Lettuce Crudité Pineapple Yoghurt	29 Braai Day 😊	30 Founders Day TBC
02 Hamburgers Tomato/ Lettuce Red Onion Roasted Vegetable Salad Fruit	03 Home made Tomato Sauce Pasta Grated Cheese Parmesan Sweet Corn Crudité and Fruit	04 (Mrs R's Famous) Chicken Schnitzel Cheese Sauce Pasta Salad Beetroot Salad Garden Salad Fruit	05 Savoury Mince Tortilla Wraps Grated Cheese Salsa/ Yoghurt Guacamole Crudité Fruit	06 Muffins Cheese Friday Treat Yoghurt Fruit

Bread and spreads for sandwiches also available

This menu is subject to stock availability and electricity supply

This menu will be revised every 3-week cycle

