



03-07 NOVEMBER

	Monday-03	Tuesday-04	Wednesday-05	Thursday-06	Friday-07
Lunch	<p>Fish Cake Lemon Butter Sauce</p> <p>White Rice</p> <p>Pumpkin Chutney</p>	<p>Chicken & Vegetable Noodles</p>	<p>Roast Chicken</p> <p>Potato Dauphinois</p>	<p>Tuna Steak</p> <p>White Rice</p> <p>Pumpkin Chutney</p>	<p>Beef Lasagne</p>
Dessert	<p>Bread Roll Cheese Portion</p>	<p>Bread Roll Fruit Yoghurt</p>	<p>Bread Roll Mini Banana Muffin</p>	<p>Bread Roll Fresh Fruits Salad</p>	<p>Bread Roll Mini Apple Tart</p>





10-14-NOVEMBER

	Monday-10	Tuesday-11	Wednesday-12	Thursday-13	Friday-14
Lunch	Chicken & Vegetable Fried Rice	Stir Fried Beef Vegetable Chow Mein	Fried Fish Tomato & Onions Salad White Rice Lentils	Mini Meat Ball Tomato Sauce Plain Pasta	Fried Chicken Tomato Ketchup Baked Potato
Dessert	Bread Roll Fruit Yoghurt	Bread Roll Mini Plain Eclair with Crème Pâtissier	Bread Roll Cheese Portion	Bread Roll Fresh Fruit Salad	Bread Roll Pineapple Cake





17-21 NOVEMBER

	Monday-17	Tuesday-18	Wednesday-19	Thursday-20	Friday-21
Lunch	Chicken & Vegetable Noodles	Plo Kreol	Sizzling Beef Potato Gratin	Lentils with Chicken Sausage White Rice Carrot Chutney	Spaghetti Bolognaise
Dessert	Bread Roll Coconut & Lemongrass Cake	Bread Roll Fruit Yoghurt	Bread Roll Fresh Fruit Salad	Bread Roll Cheese Portion	Bread Roll Banana Fritters





24-28 NOVEMBER

	Monday-24	Tuesday-25	Wednesday-26	Thursday-27	Friday-28
Lunch	Shark Chutney Saffran Rice Pumpkin Fricasse	Creamy Penne Pasta with Beef	Grilled Fish Passionfruit Sauce White Rice Papaya Chutney	Shepherds Pie	Fish Fingers Tomato Ketchup Roasted Sweet Potatoes & Carrots
Dessert	Bread Roll Cheese Portion	Bread Roll Fresh Fruits Salad	Bread Roll Mini Mouthai	Bread Roll Vanilla Swiss Roll	Bread Roll Fruit Yoghurt

