

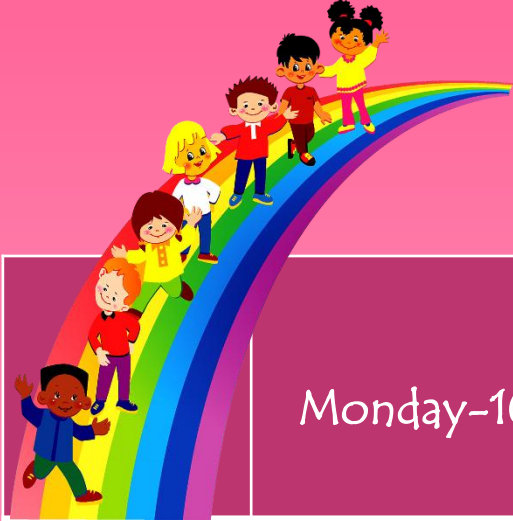
03-07 NOVEMBER



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



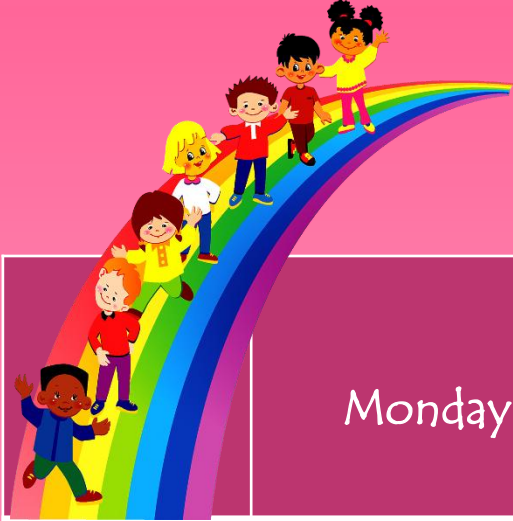
10-14-NOVEMBER



	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



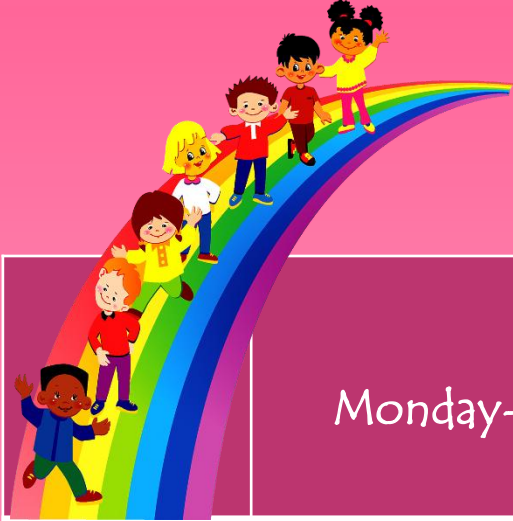
17-21 NOVEMBER



	Monday-17	Tuesday-18	Wednesday-19	Thursday-20	Friday-21
Lunch	Chicken & Vegetable Noodles	Plo Kreol	Sizzling Beef	Lentils with Chicken Sausage	Spaghetti Bolognaise
			Potato Gratin	White Rice	
				Carrot Chutney	
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	Creamy Penne Pasta with Beef	Grilled Fish Passionfruit Sauce	Shepherds Pie	Fish Fingers
	Saffran Rice		White Rice		Tomato Ketchup
	Pumpkin Fricasse		Papaya Chutney		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

