

# WEEKLY MENU

<b>MON</b> 2 MAR	Benji Butter chicken, served with basmati rice, garden peas and butternut	Hawaiian pork stir fry, served with tangy pineapple sauce with stir fry veg	(v) Cauliflower and chickpeas butter chicken
<b>TUE</b> 3 MAR	Coronation chicken, served with rice, carrots and peas.	Mushroom stroganoff, served with mash, butternut and green beans	(v) Baked feta pasta
<b>WED</b> 4 MAR	Beef curry, served with yellow rice, garden peas and carrots	Chicken schnitzel, served with roast potatoes, peas and butternut	(v) Mild coconut Veg curry
<b>THUR</b> 5 MAR	Chilli con carne, served with rice, side of sour cream and cheddar cheese	Penne a la vodka	(v) Lentil chilli con carne with couscous topped with sour cream
<b>FRI</b> 6 MAR	Creamy chicken salsa, served with savoury rice, broccoli and garden peas	Fried or Grilled Fish served with chips and coleslaw	(v) Vegetarian burger served with chips
<b>SAT</b> 7 MAR	Alfredo pasta, served with a side parmesan	Thai chicken curry, served with basmati rice and veg medley	(v) Spinach and mushroom alfredo pasta, served with a side parmesan
<b>SUN</b> 8 MAR	Roast beef rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Roast Pork, rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Trifle Pudding

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<b>MON</b> 9 MAR	Chicken carbonara pasta, served with parmesan cheese	Glazed sticky pork, served over stir fry veg and basmati rice	(v) Broccoli mac n cheese
<b>TUE</b> 10 MAR	Chicken broccoli bake, served with rice, carrots and garden peas	Korean Beef sesame noodles.	(v) Mushroom, lentils and broccoli bake
<b>WED</b> 11 MAR	Mild pork curry, served with rice, butternut and green beans and side sambal	Chicken lasagne, with pan fried vegetables	(v) Eggplant parmesan served with mash, garden peas and butternut
<b>THUR</b> 12 MAR	Chicken breyani, served with a side sambal	Pork schnitzel served with potato wedges and vegetables	(v) Vegetable briyani
<b>FRI</b> 13 MAR	Mongolian Beef, served with basmati rice	Fried or Grilled hake & chips served with a gree salad	(v) Spicy chickpea bowl with couscous and roasted vegetables
<b>SAT</b> 14 MAR	Spring chicken pot served with rice and carrots	Pork Adobo, served with rice, green beans and butternut	(v) Bean stew, served with rice
<b>SUN</b> 15 MAR	Roast beef, roast potatoes, Yorkshire pudding, gravy and vegetables	Roast Gammon, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Apple crumble with custard

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<b>MON</b> 16 MAR	Thai chicken stir fry	Beef tenders served with mushroom sauce, mash & cinnamon butternut	(V) Veg stir fry with meat free chicken
<b>TUE</b> 17 MAR	Irish stew, served with basmati rice and a Jalapeno muffin	Shepards pie, served with a medley of green vegetables	(V) Sweet n sour falafels
<b>WED</b> 18 MAR	Cottage pie, served with garden peas	Chicken supreme, served with mash and steamed green veggies	(V) Lentil mushroom shepards pie
<b>THUR</b> 19 MAR	Broc bacon mac n cheese	Chicken cacciatore, served with rice and butternut,	(V) Pesto pasta
<b>FRI</b> 20 MAR	Hungarian goulash	Fried or grilled hake & chips served with coleslaw	(V) Baby marrow lemone
<b>SAT</b> 21 MAR	Asian beef stir fry, served over rice and sautéed stir fry veg	Thai chicken curry, served with basmati rice and baby marrows with butternut	(V) Butter bean potjie with rice
<b>SUN</b> 22 MAR	Roast beef, rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Roast Pork, rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Chocolate Eclair

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<p><b>MON</b> 23 MAR</p>	<p>Monterrey chicken bake, served with rice, carrots and baby marrows</p>	<p>Baked penne bake, topped with cheese.</p>	<p><b>(V) Lentil bolognaise</b></p>
<p><b>TUE</b> 24 MAR</p>	<p>Traditional meatloaf, served with mash, gravy, broccoli and carrots</p>	<p>Chicken BBQ breast, served with baby roasted garlic potatoes, butternut and baby marrows.</p>	<p><b>(V) Lentil meatloaf</b></p>
<p><b>WED</b> 25 MAR</p>	<p>Savoury bake potato, served with garden peas and butternut</p>	<p>Korean BBQ pork, served with egg fried rice and broccoli</p>	<p><b>(V) Savoury bake potato</b></p>
<p><b>THUR</b> 26 MAR</p>	<p>Chicken stroganoff, served with basmati rice, green beans and butternut</p>	<p>Pork schnitzel, served with with a fried egg, sautéed potatoes and braised cabbage with carrots</p>	<p><b>(V) Mushroom stroganoff</b></p>
<p><b>FRI</b> 27 MAR</p>	<p>Pork chop, served with braised cabbage and potato salad</p>	<p>Fried or grilled hake and chips served with a green salad</p>	<p><b>(V) Veg sausages</b></p>
<p><b>SAT</b> 28 MAR</p>	<p>Mongolian beef, served with served with basmati rice</p>	<p>Chicken pasta bake</p>	<p><b>(V) Thai lentil veg curry</b></p>
<p><b>SUN</b> 29 MAR</p>	<p>Roast beef, rice, roast potatoes, Yorkshire pudding, gravy and vegetables</p>	<p>Roast Pork, rice, roast potatoes, Yorkshire pudding, gravy and vegetables</p>	<p>Dessert Waffels &amp; Ice Cream</p>