

WEEKLY MENU

<p>MON 30 APR</p>	<p>Spaghetti bolognaise with a side parmesan cheese</p>	<p>Thai chicken stir fry: SERVED with stir fry veggies over rice</p>	<p>(v) Pesto cherry tomato sauce over penne pasta</p>
<p>TUE 31 APR</p>	<p>Beef Ragu with veggies, served with mashed potato and seasonal</p>	<p>Sweet & Sour Pork, served with mashed Potato & Seasonal Veggies</p>	<p>(v) Veg Ragu with mash, garden peas and carrots</p>
<p>WED 1 APR</p>	<p>Chicken Korma with rice and side sambal</p>	<p>Beef stroganoff, served with mash, baby marrows and butternut</p>	<p>(v) Veg Korma served with rice and side sambal</p>
<p>THUR 2 APR</p>	<p>Traditional mince bobotie served with yellow rice and pumpkin with a side sambal</p>	<p>Ham & Mushroom Mac n cheese topped with tomato</p>	<p>(v) Lentil bobotie served with rice, green beans and butternut</p>
<p>FRI 3 APR</p>	<p>Japanese Chicken burger served with chips</p>	<p>Fried Fish served with chips, coleslaw and tartar sauce</p>	<p>Pickled Fish served with a hot cross bun, and potato salad</p>
<p>SAT 4 APR</p>	<p>Beef Schnitzel served with a green salad or Potato Wedges</p>	<p>Chicken a la king: Served with savoury rice, carrots and green beans</p>	<p>(v) Vegetable Kebabs with savoury rice and vegs of the day</p>
<p>SUN 5 APR</p>	<p>See Easter menu poster</p>		

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MON 6 APR	Benji Butter chicken, served with basmati rice, garden peas and butternut	Mongolian Beef, served with carrots, and rice	(v) Cauliflower and Chickpea Butter Chicken
TUE 7 APR	Creamy tomato chicken pasta, served with a side of parmesan	Mushroom stroganoff served with mash, carrots and broccoli	(v) Mushroom, lentils and broccoli bake
WED 8 APR	Beef curry served with yellow rice, garden peas and butternut with side sambal salad	Chicken schnitzel with cheese sauce, served with roast potatoes, peas and carrots	(v) Mild coconut Veg curry
THUR 9 APR	Chilli con carne, served with rice, side of sour cream and cheddar cheese	Penne a la vodka, topped with BBQ chicken pieces and parmesan cheese	(v) Lentil chilli con carne
FRI 10 APR	Creamy chicken salsa, served with savoury rice, broccoli and carrots	Fried fish served with chips, coleslaw and tarter sauce	(v) Vegetarian burger served with chips
SAT 11 APR	Alfredo pasta, served with a side parmesan	Crockpot chicken and rice, served with garden peas, and carrots	(v) Caribbean Butternut & Chickpea Roti
SUN 12 APR	Roast Chicken, roast potatoes, Yorkshire pudding, gravy and vegetables	Roast Gammon, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Trifel Pudding

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MON 13 APR	Chicken carbonara pasta, with mushrooms, served with parmesan cheese	Glazed sticky pork, served over stir fry veg and basmati rice	(v) Broccoli mac n cheese
TUE 14 APR	Chicken broccoli bake, served with rice, carrots and garden peas	Korean Beef sesame noodles served with beef, onions, peppers, marrows, carrots, mushrooms and broccoli	(v) Mushroom, lentils and broccoli bake
WED 15 APR	Mild pork curry, served with rice, carrots, green beans and a side of sambal	Chicken parmesan served with mash, garden peas and butternut,	(v) Eggplant parmesan
THUR 16 APR	Chicken breyani, served with a side sambal	Texas pulled pork, with mash, gravy, carrots and baby marrows	(v) Vegetable briyani with lentils
FRI 17 APR	Peri-peri chicken, served with chips and a side salad	Fried Fish, served with chips, coleslaw and tartar sauce	(v) Spicy chickpea bowl
SAT 18 APR	Chicken curry, served with rice, garden peas and butternut	Pork Adobo, served with rice, peas and butternut	(v) Bean stew
SUN 19 APR	Roast beef, rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Roast chicken, rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Appel crumble with custard

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MON 20 APR	Thai chicken stir fry	Stuffed pita with pulled beef	(V) Eggplant parmesan
TUE 21 APR	Tuscan Chicken, Served on mashed baby potatoes and broccoli,	Braised pork in sweet soy, served with rice, green beans and butternut.	(V) Sweet n sour falafels
WED 22 APR	Cottage pie, served with garden peas	Chicken supreme, served with mashed potato and baby marrow	(V) Lentil mushroom shepards pie
THUR 23 APR	Broccoli bacon mac n cheese	Chicken cacciatore, Served with rice, carrots and garden peas	(V) Pesto pasta
FRI 24 APR	Hearty beef casserole, served with rice, garden peas and carrots	Fried Fish, served with chips, coleslaw and tartar sauce	(V) Baby marrow lemone
SAT 25 APR	Beef stir fry, served over rice and sautéed stir fry veg	Coronation chicken served with rice, butternut and green beans,	(V) Butter bean potjie
SUN 26 APR	Roast chicken, rice, roast potatoes, Yorkshire pudding, gravy & vegetables	Roast Pork, rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Malva puttding with custard

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MON 27 APR	Monterrey chicken bake, Served with rice, butternut and baby marrows	Baked penne bake , topped with cheese	(v) Lentil bolognaise
TUE 28 APR	Traditional meatloaf, Served with mash, gravy, broccoli and carrots	Chicken BBQ breast, served with baby roasted garlic potatoes, butternut and baby marrows	(v) Lentil meatloaf
WED 29 APR	Savoury bake potato, served with garden peas and butternut	Korean BBQ pork,served with egg fried rice and broccoli	(v) Savoury bake
THUR 30 APR	Chicken stroganoff, Served with rice, green beans and butternut	Pork schnitzel, served sautéed potatoes and braised cabbage with carrots	(v) Mushroom stroganoff
FRI 1 MAY	Creamed Corn chicken, Served with rice, carrots and baby marrow	Fried Fish, served with chips, coleslaw and tartar sauce	(v)Veg sausages
SAT 2 MAY	Beef Stroganoff, served with rice and vegs of the day	Chicken pasta bake, topped with cheese	(v) Thai lentil veg curry
SUN 3 MAY	Roast Chicken with rice, roast potatoes, Yorkshire pudding and gravy and veg medley	Roast Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley	Dessert: Ice Cream & Berry Sauce