

# WEEKLY MENU

<b>MON</b> 1 JUNE	Monterrey chicken bake with rice & Butternut	Baked penne bake topped with cheese	<b>(v) Lentil bolognaise over spaghetti pasta</b>
<b>TUES</b> 2 JUNE	Beef stroganoff with mashed potatoes, green beans and butternut	Chicken BBQ breast with baby roasted garlic potatoes & butternut	<b>(v) Vegetable Lasagne</b>
<b>WED</b> 3 JUNE	Creamed corn Chicken with corn, rice and carrots	Ham & Mushroom pizza <b>R90</b>	<b>(v) Savoury bake potato filled with meat free mince</b>
<b>THUR</b> 4 JUNE	Chicken stroganoff with rice, green beans and butternut	Traditional Meatloaf with mashed potato & peas	<b>(v) Mushroom stroganoff with rice and butternut</b>
<b>FRI</b> 5 JUNE	Grilled Pork chop with Potato Salad and Broccoli	Grilled/Fried Fish with chips, coleslaw and tartar sauce	<b>(v) Veg sausages with gravy, mash, butternut and baby marrows</b>
<b>SAT</b> 6 JUNE	Mongolian beef with Carrots and Rice	Chicken Korma with rice and side sambal	<b>(v) Thai lentil veg curry with rice</b>
<b>SUN</b> 7 JUNE	Roast Chicken with rice, roast potatoes, and gravy and veg medley	Roast Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley	<b>Dessert Malva &amp; Custard</b>

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<p><b>MON</b> 8 JUNE</p>	<p>Spaghetti bolognaise with parmesan cheese</p>	<p>Chicken pesto pasta</p>	<p>(v) Pesto cherry tomato sauce over penne pasta</p>
<p><b>TUES</b> 9 JUNE</p>	<p>Hawaiian pork stir fry Pork fillet stir fried vegetables and rice</p>	<p>Beef Ragu with mashed Potatoes, Peas &amp; Carrots</p>	<p>(v) Veg Ragu with mashed potatoes, Peas and carrots</p>
<p><b>WED</b> 10 JUNE</p>	<p>Chicken a la king with rice and baby marrow</p>	<p>Steak Sandwich and Chips <b>R90</b></p>	<p>(v) Veg Korma with rice and side sambal</p>
<p><b>THUR</b> 11 JUNE</p>	<p>Cape bobotie with yellow rice, butternut and chutney</p>	<p>Stir-fry Thai chicken and vegetables with rice</p>	<p>(v) Lentil bobotie with rice and butternut</p>
<p><b>FRI</b> 12 JUNE</p>	<p>Pork sausages with mash potatoes, carrots and gravy</p>	<p>Fried/Grilled Fish Served with chips, coleslaw and tartar sauce</p>	<p>(v) Tomato savoury veg meatballs with couscous with stir fry veg</p>
<p><b>SAT</b> 13 JUNE</p>	<p>Mediterranean Chicken with rice and butternut</p>	<p>Indian meatball curry with rice and green beans</p>	<p>(v) Veg kebabs with rice and potato wedges</p>
<p><b>SUN</b> 14 JUNE</p>	<p>Roast Chicken with rice, roast potatoes, and gravy and Seasonal Vegetables</p>	<p>Roast Gammon served with rice, roast potatoes, gravy and seasonal Veg</p>	<p>Dessert Waffle &amp; Ice Cream</p>

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<b>MON</b> 15 JUNE	Benji Butter chicken with basmati rice and butternut	Tomato bredie with rice and broccoli	(v) Cauliflower and chickpeas Butter chicken with rice and butternut
<b>TUES</b> 16 JUNE	Creamy tomato chicken pasta with side parmesan cheese	Mushroom stroganoff, with mashed potatoes and carrots	(v) Baked feta pasta
<b>WED</b> 17 JUNE	Chicken schnitzel with roast potatoes and carrots, topped with cheese sauce	Grilled pork chop with braised vegetables <b>R90</b>	(v) Mild coconut Veg curry with chickpeas, rice and Butternut
<b>THUR</b> 18 JUNE	Chilli con carne with rice, sour cream and cheddar cheese	Penne a la vodka with parmesan cheese	(v) Lentil chilli con carne
<b>FRI</b> 19 JUNE	Beef curry with yellow rice, peas and side sambal	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(v) Vegetarian burger served with chips
<b>SAT</b> 20 JUNE	Alfredo pasta with side parmesan	Crockpot chicken and rice with garden peas and carrots	(v) Caribbean Butternut & Chickpea Roti
<b>SUN</b> 21 JUNE	Father's Day set Menu		

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<b>MON</b> <b>22 JUNE</b>	Chicken Carbonara pasta with parmesan cheese	Glazed sticky pork over stir fried vegetables and basmati rice	<b>(v) Broccoli mac n cheese</b>
<b>TUES</b> <b>23 JUNE</b>	Chicken broccoli bake with rice and garden peas	Korean Beef sesame noodles with stir fried Vegetables, topped with sesame seeds	<b>(v) Vegetarian Mushroom, lentils and broccoli bake</b>
<b>WED</b> <b>24 JUNE</b>	Mild pork curry with rice, carrots and and side sambal	Ribs and chips <b>R90</b>	<b>(v) Eggplant parmesan with Roast Potatoes, and butternut</b>
<b>THUR</b> <b>25 JUNE</b>	Chicken breyani with side sambal	Texas pulled pork with mashed potatoes, carrots and baby marrows	<b>(v) Vegetable briyani with lentils, with a side sambal salad</b>
<b>FRI</b> <b>26 JUNE</b>	BBQ Chicken breast with pan fried vegetables & mashed potatoes	Grilled/Fried Fish served with chips, coleslaw and tartar sauce	<b>(v) Chickpea bowl with couscous and roasted vegetables</b>
<b>SAT</b> <b>27 JUNE</b>	Thai chicken curry with basmati rice	Pork Adobo with rice and butternut	<b>(v) Bean stew with rice</b>
<b>SUN</b> <b>28 JUNE</b>	Roast Beef with Savoury Rice, Yorkshire pudding, roast potatoes, gravy and vegetables	Roast Chicken with Savoury Rice, roast potatoes, gravy and vegetables	Dessert Apple crumble with custard

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<p><b>MON</b> 29 JUNE</p>	<p>Savoury baked potato topped with cheddar cheese</p>	<p>Chicken marsala with rice and Broccoli</p>	<p><b>(V) Stuffed Butternut with roast potatoes and vegetables</b></p>
<p><b>TUES</b> 30 JUNE</p>	<p>Tuscan chicken with mashed baby potatoes and broccoli</p>	<p>Braised pork in sweet soy with rice and butternut</p>	<p><b>(V) Sweet n sour falafels with rice</b></p>
<p><b>WED</b> 1 JULY</p>	<p>Cottage pie with peas</p>	<p>Chicken burger and chips <b>R90</b></p>	<p><b>(V) Lentil mushroom shepards pie with vegetables</b></p>
<p><b>THUR</b> 2 JULY</p>	<p>Broccoli bacon mac n cheese with cheddar cheese</p>	<p>Chicken cacciatore with rice and carrots</p>	<p><b>(V) Pesto pasta with side parmesan cheese</b></p>
<p><b>FRI</b> 3 JULY</p>	<p>Hearty beef casserole with rice and carrots</p>	<p>Grilled/Fried Fish with chips, coleslaw and tartar sauce</p>	<p><b>(V) Baby marrow limone with lemon roast potatoes, butternut and broccoli</b></p>
<p><b>SAT</b> 4 JULY</p>	<p>Beef stir fry with rice and stir fried vegetables</p>	<p>Coronation chicken with rice and butternut</p>	<p><b>(V) Butter bean potjie with rice</b></p>
<p><b>SUN</b> 5 JULY</p>	<p>Roast Pork with rice, roast potatoes, gravy and vegetables</p>	<p>Roast Chicken with rice, roast potatoes, gravy and vegetables</p>	<p><b>Dessert Ice Cream with caramel sauce</b></p>