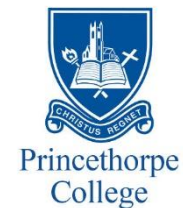


WEEK ONE

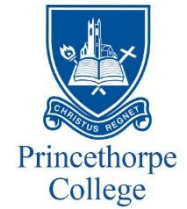
WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL FAVOURITES	Crispy bacon mac and cheese topped with crunchy onion flakes	ROAST DAY WITH TRIMMINGS Rosemary roast pork with crispy crackling	Chicken chow mein served with sesame fried noodles	Rogan josh chicken curry, coconut rice, mango chutney	CRISPY FISH FRIDAY handmade battered fish and lemon
VEGETARIAN/ VEGAN	Mac and cheese topped with slow roasted tomatoes	Baked gnocchi with a mushroom and chive creamy sauce	Authentic vegetable chow mein	Rogan josh chickpea curry, coconut scented rice and mango chutney	Fishless fish fingers Vegan sausage rolls
SIDES AND ADD ON'S	Garlic bread Green garden salad Coleslaw	Cauliflower cheese Roast potato's Honey roasted parsnips and carrots Sage stuffing Yorkshire pudding Pigs in blankets and onion gravy	Soya roasted broccoli Prawn crackers	Poppadom's Cucumber riata Garlic scented naan bread Roast sweet potato and corn	Baked beans or mushy peas Onion rings House chips Crispy bacon Cheese Fresh garden salad
CHEF'S GRAB AND GO	Southern fried chicken goujon wraps	Roast pork filled Yorkshire pudding with caramelised onion gravy, Sage stuffing and pigs in blankets	Chinese chicken wrap	Curried chicken naanwich, julienne peppers, red onions and carrots	Southern fried chicken burgers
JACKET POTATO AND PASTA BAR	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese
THE BOURSE	Beef burgers Panini Pizza Chicken goujons	Katsu chicken	Yorkshire wraps	Hotdogs	Southern fried chicken

WEEK TWO



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL FAVOURITES	Smoked chicken, sundried tomatoes, basil pesto and feta pasta	ROAST DAY WITH TRIMMINGS Smoked paprika roasted chicken leg quarters	Smokey BBQ pulled pork Warm antipasto potato salad with fresh basil, roasted cocktail tomato`s and red onions	SOUTH AFRICAN DAY Traditional South African Bobotie, Curried mince topped with creamy golden egg custard	CRISPY FISH FRIDAY Handmade battered fish and lemon
VEGETARIAN/ VEGAN	Margarita pizzas or Vegan sheez pizza	Baked gnocchi with a mushroom and chive creamy sauce	Warm antipasto potato salad with BBQ Quorn fillets	Vegetable bobotie Curried veggie mince topped with creamy golden egg custard	Fishless fish fingers Vegan sausage rolls
SIDES AND ADD ON'S	Coleslaw Baked potato wedges Green salad Garlic bread	Cauliflower cheese Roast potato`s Honey roasted parsnips and carrots Sage stuffing Yorkshire pudding Pigs in blankets and onion gravy	Vegetable ratatouille Garden salad Coleslaw	Honey glazed sliced carrots Garlic bread	Baked beans or mushy peas Onion rings House chips Crispy bacon Cheese Fresh garden salad
CHEF'S GRAB AND GO	Pizza bar – Meaty feast or margarita	Roast chicken filled Yorkshire pudding with caramelised onion gravy, Sage stuffing and pigs in blankets	BBQ flavoured pulled pork baps	Vetkoek with savoury mince and cheese	Southern fried chicken burgers
JACKET POTATO AND PASTA BAR	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese
THE BOURSE	Meatball subs	Southern fried chicken goujon wraps	Yorkshire wraps	Chilli wedges	Southern fried chicken

WEEK THREE



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL FAVOURITES	Smokey carbonara pasta	ROAST DAY WITH TRIMMINGS Rosemary Roast Pork with Crispy Crackling	Chicken satay served with steamed coconut rice and grilled pak choi	Italian beef lasagne, basil and Parmesan	CRISPY FISH FRIDAY Handmade battered fish and lemon
VEGETARIAN/ VEGAN	Veggie carbonara pasta	Baked gnocchi with a mushroom and chive creamy sauce	Vegetable spring rolls served with steamed coconut rice and grilled pak choi	Roasted vegetable lasagne	Fishless fish fingers Vegan sausage rolls
SIDES AND ADD ON'S	Green beans Garlic bread Green salad	Cauliflower cheese Roast potato's Honey roasted parsnips and carrots Sage stuffing Yorkshire pudding Pigs in blankets and onion gravy	Vegetable spring rolls Garlic bread	Green salad Grilled corn on the cob Garlic bread	Baked beans or mushy peas Onion rings House chips Crispy bacon Cheese Fresh Garden Salad
CHEF'S GRAB AND GO	BBQ pork meatball subs	Roast pork filled Yorkshire pudding with caramelised onion gravy Sage stuffing and pigs in blankets	Chicken satay skewer	Chilli with tortilla chips or rice	Southern fried chicken burgers
JACKET POTATO AND PASTA BAR	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese
THE BOURSE	Hotdogs	Katsu chicken	Yorkshire wraps	BBQ Chicken leg and wedges	Southern fried chicken

WEEK FOUR



Princethorpe
College

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL FAVOURITES	Spaghetti and meatballs in a basil scented tomato sauce	ROAST DAY WITH TRIMMINGS Smoked paprika roasted chicken leg quarters	Lamb kofta tray bake with red onion, capsicum and minted yoghurt, served with sauteed sliced potatoes	Jerk chicken served with Bombay spiced potatoes	CRISPY FISH FRIDAY Handmade battered fish and lemon
VEGETARIAN/ VEGAN	Vegetarian tomato pasta	Baked gnocchi with a mushroom and chive creamy sauce	Vegetarian kofta on pitta bread drizzled with minted yoghurt and tzatziki	Margarita pizzas or Vegan vegetable and sheez pizza	Fishless fish fingers Vegan sausage rolls
SIDES AND ADD ON'S	Green beans Garlic bread Green salad	Cauliflower cheese Roast potato's Honey roasted parsnips and carrots Sage stuffing Yorkshire pudding Pigs in blankets and onion gravy	Coleslaw Pita bread Green salad Garlic bread	Coleslaw Baked potato wedges Green salad Garlic bread	Baked beans or mushy peas Onion rings House chips Crispy bacon Cheese Fresh Garden Salad
CHEF'S GRAB AND GO	Beef burgers	Roast pork filled Yorkshire pudding with caramelised onion gravy Sage stuffing and pigs in blankets	Lamb kofta with pitta bread drizzled with tzatziki and minted yoghurt	Pizza bar – Meaty feast or margarita	Southern fried chicken burgers
JACKET POTATO AND PASTA BAR	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese	Baked potatoes with choice of beans, coleslaw or tuna mayo Pasta with chef's choice of sauces and cheese
THE BOURSE	Pulled pork bagels	Southern fried chicken goujon wraps	Yorkshire wraps	Meatball subs	Southern fried chicken