

# WEEK ONE



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Favourites	Gloucester Pork bangers and creamy Mash	Rosemary Roast Pork with Crispy Crackling	Pan Asian Chicken Stir fry with egg noodles and Asian vegetables	Rogan Josh Chicken Curry, Coconut Rice, Mango Chutney	Crispy Fish Friday Handmade Battered Fish, Lemon & Tartare Sauce
Veggie/Vegan	Quorn Sausages served with creamy mash, gravy and garden peas or in a bun with Fried onions and Curried Ketchup	Baked Gnocchi with a mushroom and Chive Cream Sauce or Baked Gnocchi with roast Mushrooms, Peppers and Sundried Tomato Sauce	Authentic Vegetable Chow mien	Rogan Josh Chickpea curry, Coconut scented rice and mango chutney	Fishless fish fingers Vegan sausage rolls
Sides and Add On's	Creamy Mash Onion gravy Garden peas Cheese or crispy bacon	Cauliflower cheese Roast Potato's Honey roasted parsnips and carrots Sage Stuffing, Yorkshire pudding Pigs in blankets and Onion Gravy	Soya roast Broccoli Prawn Crackers Sweet Chilli	Poppadoms 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!	German frankfurters in a Bun with curried ketchup, fried onions and German mustard	Roast Pork filled Yorkshire Pudding with Caramelised onion gravy, Sage stuffing and pigs in blankets	Asian Chicken Wrap topped with prawn crackers and sweet chilli sauce	Curried chicken Naanwich with julienne peppers, red onions and carrots	Southern fried chicken burgers
Jacket Bar and Pasta Bar	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese

# WEEK TWO



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Favourites	Crispy Bacon Mac and Cheese topped with Crisp Onion Flakes or Tomato and Basil Scented Spaghetti and Pork Meatballs	Smoked Paprika Roasted Chicken Thighs	Smokey BBQ pulled pork Warm Antipasto potato salad with fresh basil, roast cocktail tomato's and red onions	Spaghetti bolognaise Topped with cheese Or Beef chilli and rice With toppers	Crispy Fish Friday Handmade Battered Fish, Lemon & Tartare Sauce
Veggie/Vegan	Mac and Cheese topped with slow Roasted Sliced tomato Or Tomato and Basil scented spaghetti and Quorn meatballs	Baked Gnocchi with a mushroom and Chive Cream Sauce or Baked Gnocchi with roast Mushrooms, Peppers and Sundried Tomato Sauce	Warm Antipasto potato salad with BBQ Quorn fillets	Roasted Red Pepper and Quorn Tacos	Fishless Fish fingers Or Vegan Sausage Rolls
Sides and Add On's	Homemade Garlic Bread Green Beans Green Garden Salad Colslaw	Broccoli Cheese bake Roast Potato's Honey roasted parsnips and carrots Sage Stuffing, Yorkshire pudding Pigs in blankets and Onion Gravy	Vegetable ratatouille Green Garden Salad Coleslaw Cheese or crispy bacon	Tortilla Chips Guacamole Pico De Galo Salsa Sour Cream Blanched Cauliflower	Baked Beans or Mushy Peas Onion Rings, House Chips Crispy Bacon, Cheese Fresh Garden Salad
Chef's Grab and Go!	Tomato and basil Pork Meatball Subs	Roast chicken filled Yorkshire Pudding with Caramelised onion gravy, Sage stuffing and pigs in blankets	BBQ flavoured Pulled pork baps	Taco s Filled with Beef chilli And toppers	Southern fried chicken burgers
Jacket Bar and Pasta Bar	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese



# WEEK THREE



Princethorpe  
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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Favourites	Chicken Korma, rice and mango chutney	Honey Roasted Gammon with crispy crackling and grilled pineapple	Pork Schnitzel Served with creamy mushroom or cheese sauce and grilled Italian Vegetables and wedges	Italian Beef Lasagne, Basil & Parmesan	Crispy Fish Friday Handmade Battered Fish, Lemon & Tartare Sauce
Veggie/Vegan	Vegetable korma, rice and mango chutney Or Madaras vegetable curry, rice and mango chutney	Baked Gnocchi with a mushroom and Chive Cream Sauce or Baked Gnocchi with roast Mushrooms, Peppers and Sundried Tomato Sauce	Margarita Pizzas or Vegan Vegetable and Sheez Pizza	Roasted vegetable Lasagne with crumb Topping Or Vegetable Sheez quesadilla's	Fishless Fish fingers Or Vegan Sausage Rolls Deep Fried Halloumi
Sides and Add On's	Green Beens Green Salad Poppadoms Garlic Scented Naan Bread	Cauliflower cheese Roast Potato's Honey roasted parsnips and carrots Sage Stuffing, Yorkshire pudding Pigs in blankets and Onion Gravy	Coleslaw Baked potato wedges Green Salad Homemade Garlic Bread	Green Salad, Grilled Corn on the Cob Homemade Garlic Bread Chunky Coriander Guacamole Sour cream, Pico de Galo salsa	Baked Beans or Mushy Peas Onion Rings, House Chips Crispy Bacon, Cheese Fresh Garden Salad
Chef's Grab and Go	Chicken Korma Wraps With toppers	Honey Roasted Gammon filled Yorkshire Pudding with Caramelised onion gravy, Sage stuffing and pigs in blankets	Pizza Bar with Meaty Feasts or Margaritas	Spicy beef quesadilla's With toppers	Southern fried chicken burgers
Jacket Bar and Pasta Bar	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauce and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauce and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauce and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauce and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauce and Cheese

# WEEK FOUR



Princethorpe  
College

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Favourites	Chicken Cordon Bleu Crumbed Chicken Breast stuffed with Ham and Cheese, Garlic and Herb New Potatoes and Broccoli Florets	Rosemary Roast Pork with Crispy Crackling	Smoked Chicken , Sundried tomato, Basil Pesto and feta pasta	Traditional Durban style South African Beef Curry, desiccated Coconut, mango chutney	Crispy Fish Friday Handmade Battered Fish, Lemon & Tartare Sauce
Veggie/Vegan	Veggie or Vegan Burgers	Baked Gnocchi with a mushroom and Chive Cream Sauce or Baked Gnocchi with roast Mushrooms, Peppers and Sundried Tomato Sauce	Aritchoke hearts, olives, sundried tomato and basil pesto pasta	Durban style Chickpea curry, Coconut scented rice and mango chutney	Fishless fish fingers Vegan sausage rolls
Sides and Add On's	Broccoli Florets Garlic and herb New potatoes Cheese crispy bacon	Cauliflower cheese Roast Potato's Honey roasted parsnips and carrots Sage Stuffing, Yorkshire pudding Pigs in blankets and Onion Gravy	Garlic Bread Peas and carrots Chunky guacamole Sour cream and tomato salsa	Poppadoms Cucumber Riata Garlic Scented Naan Bread Grilled Corn on the Cob	Baked Beans or mushy peas Onion Rings, house chips Crispy bacon, cheese Fresh Garden Salad
Chef's Grab and Go!	Beef burgers with fried onions Oven baked wedges Crispy Bacon Cheese or salad	Roast Pork filled Yorkshire Pudding with Caramelised onion gravy, Sage stuffing and pigs in blankets	Loaded wedges With beef chilli or bacon and cheese	Traditional Durban Style South African Bunny Chow	Southern fried chicken burgers
Jacket Bar and Pasta Bar	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese



# WEEK FIVE



Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Favourites	Pork Stroganoff served with Rice and broccoli florets	Smoked Paprika Roasted Chicken Thighs	Chicken Tikka Masala, rice and Natural yoghurt	Beef Meatballs, Creamy Mash and Onion Gravy	Crispy Fish Friday Handmade Battered Fish, Lemon & Tartare Sauce
Veggie/Vegan	Veggie Stroganoff served with Rice and broccoli florets	Baked Gnocchi with a mushroom and Chive Cream Sauce or Baked Gnocchi with roast Mushrooms, Peppers and Sundried Tomato Sauce	Vegetable Tikka Masala, Coconut and coriander scented rice	Quorn Nuggets, Creamy mash and onion gravy	Fishless Fish fingers Or Vegan Sausage Rolls
Sides and Add On's	Broccoli florets Green salad Crispy bacon	Broccoli Cheese bake Roast Potato's Honey roasted parsnips and carrots Sage Stuffing, Yorkshire pudding Pigs in blankets and Onion Gravy	Green Beans Green Salad Poppadoms Garlic Scented Naan Bread	Garlic bread Garden peas Coleslaw Garden Salad cheese	Baked Beans or Mushy Peas Onion Rings, House Chips Crispy Bacon, Cheese Fresh Garden Salad
Chef's Grab and Go!	BBQ pork strips with cheese in a wrap	Roast chicken filled Yorkshire Pudding with Caramelised onion gravy, Sage stuffing and pigs in blankets	Chicken Tikka Masala Naanwich with toppers	Pork Meatball Subs	Southern fried chicken burgers
Jacket Bar and Pasta Bar	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese	Baked Potatoes with choice of Bean, Coleslaw or Tuna Mayo Pasta with Chef's choice of two Sauces and Cheese