



LUNCH MENU

Week Commencing 07.10.2019

	Monday	PASTA Tuesday	SOUTH AFRICA Wednesday	Thursday	Friday
Soup of the Day	<i>Sweet Potato & coco</i>		<i>MEALIE SOUP</i>		<i>Watercress & Curry</i>
Starter Bread	<i>A wide selection of homemade salads are available from the Salad'Bar</i>				
	<i>Freshly Home Baked Bread daily</i>				
International	<i>Diced Beef Stew</i>	<i>White Fish Marmite</i>	<i>Mince Lamb Bobotie</i>	<i>Croque-Monsieur</i>	<i>Fish & chips</i>
Traditional	<i>Roast Turkey & Diablo Sauce</i>	<i>Mince Pork & Herbs</i>	<i>Kalya e Khass (fish curry)</i>	<i>Beef Stew</i>	<i>Dice Pork Casserole</i>
Vegetarian	<i>Courgette Chausson</i>	<i>Tomato Aubergine Tart</i>	<i>South African Veg Curry</i>	<i>Mushroom Cake</i>	<i>Vegan Spring Rolls</i>
On the Side	<i>lentils & Green Beans</i>	<i>Couscous Roast Courgettes & Curry</i>	<i>Yellow Rice South Beach Cauliflower</i>	<i>Pilaf Pasta Steamed Carrots</i>	<i>French Fries Peas Puree</i>
Cheeseboard	<i>A selection of Continental Cheeses</i>				
Dessert	<i>Red Fruits Mousse</i>	<i>Apricot Cake</i>	<i>MALVA PUDDING</i>	<i>Mint & Banana Cake</i>	<i>Fruit Jelly</i>
Yoghurt & Fruit	<i>A selection of Homemade Yoghurt, dessert pots and Fruits pots , plus Whole Seasonal Fresh Fruit</i>				