






AM SNACK

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AM SNACK	Vanilla Muffins with Fruit & Milk	Cornflacks with Fruit & Milk	Plain Mini Croissant with Fruit and Milk	Pan cakes with Honey with Fruit & Milk	Cornflacks with fruit & Milk

LUNCH OPTIONS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Lunch Accompaniments	 <p>Mixed Berries, Pritzels, Veggies with Deep, Organic juice pouch</p>	 <p>Orange, Kiwi, banana, Granola bar, corn cup, Fruit Yogurt.</p>	 <p>Apple & Berry, Cucumber & tomato, Crakes, Fruit Juice</p>	 <p>Mixed veggies, grapes, crakes, organic juice</p>	 <p>Capsicum, carrot rolls, Sliced whole Bread, Apple & banana, Fruit Yogurt</p>

	SUNDAY	INGREDIENTS	MONDAY	INGREDIENTS	TUESDAY	INGREDIENTS	WEDNESDAY	INGREDIENTS	THURSDAY	INGREDIENTS
HOT MEAL	Stir fried Chicken with Rice	Boneless Chicken breast, onion, peppers, garlic, onions, soy sauce, salt, pepper, corn flour	Lasagne Bolognese	Lean beef mince, Olive oil, garlic, pasta sheets, mozzarella cheese	Chicken Tagine with White rice	Boneless Chicken, olives, apricot, preserved lemon, onions, salt, blackpepper, saffron,	Beef Meat Balls with gravy & Rice	Beef Minced, Onion Garlic, Demi Glace, Butter, Cooking Cream, Oil, Salt	Roast boneless Lamb leg with gravy and Mash	Lamb leg boneless, rosemary, olive oil, salt and black pepper
VEG MAIN MEAL	Macaroni & Cheese	Whole Wheat Pasta, onion, garlic, cream, cheese, butter, flour	Roasted Veggie Fajitas	Bell Peppers, Onions, Baby Marrow, Sweet Corn Kernels, Fajita Spices, Cumin, Tortilla, Sour Cream, Tomato Salsa, Cheese Sauce	Vegetable Lasagne	Traditional Vegetable Lasagne, topped with Mozzarella and Parmesan cheese	Paneer Butter Masala	Cottage cubes, onion, tomatoes, garlic, ginger, indian spices, and cream	Stir fried Vegetable Noodles	egg noodles, garlic, red onions, french beans, carrots, spring onions, peppers, soy sauce, salt, pepper,
Sandwich Option	Mini Grilled chicken sandwich	Whole bread, chicken, mild flavour, mayo light.	Cucumber & cheese Mini rolls	Sliced bread, cucumber, cheese low fat, yoghurt low fat.	Mini ham & cheese Buns	Whole buns, Ham, Low fat cheese.	Tuna Mini rolls sandwich	sliced whole bread, tuna in water, mayo, lemon juice.	Halloumi cheese wrap & yoghurt	pita bread whole wheat, halloumi cheese light, lettuce, tomato, cucumber, marrow.

Low Fat Dairy products Are used in the food preparation.

Lean Meat is used in food preparation.

Nut Free Food.

AM SNACK

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AM SNACK	Vanilla Muffins with Fruit & Milk	Cornflacks with Fruit & Milk	Plain Mini Croissant with Fruit and Milk	Pan cakes with Honey with Fruit & Milk	Cornflacks with fruit & Milk

LUNCH OPTIONS

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
	SUNDAY	INGREDIENTS	MONDAY	INGREDIENTS	TUESDAY	INGREDIENTS	WEDNESDAY	INGREDIENTS	THURSDAY	INGREDIENTS
Lunch Accompaniments		Mixed Berries, Pritzels, Veggies with Deep, Organic juice pouch		Orange, Kiwi, banana, Granola bar, corn cup, Fruit Yogurt.		Apple & Berry, Cucumber & tomato, Crakes, Fruit Juice		Mixed veggies, grapes, organic juice		Capsicum, carrot rolls, Sliced whole Bread, Apple & banana, Fruit Yogurt
HOT MEAL	Sweet & Sour fish with Rice	Fish fillet, Green Pepper, Pineapple, Tomato Ketchup, Sweet & Sour Sauce	Beef Meat Balls In Tomato Sauce with Rice	Beef Minced, Onion, Garlic, Basil, Tomato Sauce, Cheddar Cheese, Olive Oil	Spaghetti Bolognese	Spaghetti with classic minced meat sauce	Breaded Baked Fish fillet with potatoes	White Fish Fillet, Olive Oil, Fresh Basil, Tomato Sauce, Salt, Pepper	BBQ boneless Oven baked Chicken Potatoes	boneless Chicken Breast, BBQ sauce, demi glaze for basting
VEG MAIN MEAL	Stir fried vegetable noodles	egg noodles, garlic, red onions, french beans, carrots, spring onions, peppers, soy sauce, salt, pepper,	Tomato and Pasta bake	Pasta, tomato sauce, basil, XV olive oil, shredded mozzarella and parmesan cheese	Vegetable Pie	Potatoes, olive oil, garlic, spinach, onion, fresh basil, salt, black pepper, bread crumbs, baked	Paneer Butter	Indian Cottage Cheese, Onion, Garlic, Red Chili Powder, Whole Spices, Cooking Cream, Coriander, Butter, Salt	Vegetable Soft Tacos	corn, zucchini, black beans, onions, tortilla, sour cream, salsa, cheese
Sandwich Option	Mini Grilled chicken sandwich	Whole bread, chicken, mild flavour, mayo light.	Cucumber & cheese Mini rolls	Sliced bread, cucumber, cheese low fat, yoghurt low fat.	Mini ham & cheese Buns	Whole buns, Ham, Low fat cheese.	Tuna Mini rolls sandwich	sliced whole bread, tuna in water, mayo, lemon juice.	Halloumi cheese wrap & yoghurt	pita bread whole wheat, halloumi cheese light, lettuce, tomato, cucumber, marrow.

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AM SNACK	Vanilla Muffins with Fruit & Milk	Cornflacks with Fruit & Milk	Plain Mini Croissant with Fruit and Milk	Pan cakes with Honey with Fruit & Milk	Cornflacks with fruit & Milk

LUNCH OPTIONS

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Lunch Accompaniments		Mixed Berries, Pritzels, Veggies with Deep, Organic juice pouch		Orange, Kiwi, banana, Granola bar, corn cup, Fruit Yogurt.		Apple & Berry, Cucumber & tomato, Crakes, Fruit Juice		Mixed veggies, grapes, crakes, organic juice		Capsicum, carrot rolls, Sliced whole Bread, Apple & banana, Fruit Yogurt
	SUNDAY	INGREDIENTS	MONDAY	INGREDIENTS	TUESDAY	INGREDIENTS	WEDNESDAY	INGREDIENTS	THURSDAY	INGREDIENTS
HOT MEAL	Beef Stroganoff with veggies & rice	Beef, Onion, Garlic, Green Pepper, Mushroom, Demi Glace, Sour Cream, Salt, Pepper	Crumb Baked Fish fingers, with Potatoes	White Fish Fillet, salt, peppe, egg, panko bread crumbs, flour, mayo, gherkins, parsley, capers, salt, cracked black pepper	Butter Chicken with veggies & rice	Chicken Breast, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cooking Cream, Butter, Salt	Lasagne Bolognaise	Lean beef mince, Olive oil, garlic, pasta sheets, mozzarella cheese	Lamb Stew and diced potatoes and veggies	Lamb Cubes, Carrot, Onion, Garlic, Turnip, Potato, Peas, Demi Glace, Parsley
VEG MAIN MEAL	Tomato, Mozarella & Spaghetti Bake	Spaghetti, onion, garlic, tomatoes, basil, olive oil, mozzarella and parmesan cheese, thyme	Mushrooms and Spinach Bake	Button mushrooms, spinach, onion, garlic, thyme, bay leaves, flour, butter, cream, mozzarella and parmesan cheese	Vegetable Enchiladas bake	Tortilla, Black Beans, red & green peppers, corn, Onion, Garlic, Cilantro, Cumin, Coriander Powder, Oregano, Cooking Cream, Cheese, Tomato Sauce With Cayenne Pepper	Vegetable Noodles	egg noodles, garlic, red onions, french beans, carrots, spring onions, peppers, soy sauce, salt, pepper,	Penne Primevera	Whole Wheat Penne, tossed with carrots, french beans, mushrooms, broccolli florets and red chili, tomato sauce
Sandwich Option	Mini Grilled chicken sandwich	Whole bread, chicken, mild flavour, mayo light.	Cucumber & cheese Mini rolls	Sliced bread, cucumber, cheese low fat, yoghurt low fat.	Mini ham & cheese Buns	Whole buns, Ham, Low fat cheese.	Tuna Mini rolls sandwich	sliced whole bread, tuna in water, mayo, lemon juice.	Halloumi cheese wrap & yoghurt	pita bread whole wheat, halloumi cheese light, lettuce, tomato, cucumber, marrow.

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	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
HOT MEAL	Roast Turkey breast and Roast Potatoes & Gravy	Turkey breast, Oil, Rosemary, Black pepper	Sheesh Touwk with veggies & rice	Boneless chicken breast, Oil, mild chili paste, yoghurt, spices	Italian meat balls in tomato sauce with veggies & rice	Lean beef mince, tomato puree, basil, salt, black pepper, oregano, parmesan cheese	Sweet N Sour Chicken with veggies & rice	chicken breast cubes, corn starch, oil, pepper, egg, pineapple, peppers, spring onions, tomato ketchup, vinegar	Irish Beef Stew and New Potatoes roasted	Beef Boneless, carrots, turnips, potatoes, Onion, Garlic, Tomato Paste, Demi Glace
VEG MAIN MEAL	Vegetable Enchiladas bake	Tortilla, Black Beans, red & green peppers, corn, Onion, Garlic, Cilantro, Cumin, Coriander Powder, Oregano, Cooking Cream, Cheese, Tomato Sauce With Cayenne Pepper	Pasta with Pomodoro Sauce and Cheese	Whole Wheat Pasta, tomato cheese	Cheese Pasta Bows	Whole wheat Farfalle Pasta, cheddar and mozzarella cheese, milk, butter, flour, cracked black pepper, sea salt	Stir fried Vegetable Noodles	egg noodles, garlic, red onions, french beans, carrots, spring onions, peppers, soy sauce, salt, pepper,	Creamy Mushroom and Spinach Pasta Bake	Button mushrooms, spinach, onion, garlic, thyme, bay leaves, flour, butter, cream, pasta, mozzarella cheese
Sandwich Option	Mini Grilled chicken sandwich	Whole bread, chicken, mild flavour, mayo light.	Cucumber & cheese Mini rolls	Sliced bread, cucumber, cheese low fat, yoghurt low fat.	Mini ham & cheese Buns	Whole buns, Ham, Low fat cheese.	Tuna Mini rolls sandwich	sliced whole bread, tuna in water, mayo, lemon juice.	Halloumi cheese wrap & yoghurt	pita bread whole wheat, halloumi cheese light, lettuce, tomato, cucumber, marrow.

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