



Starter

Main Course 1

Main Course 2

**Simple
Main Course**

Pudding

Fresh Fruit

Beverages

Vegetable Samosa with yoghurt dip	Mezze: Bread, Olives and Hummus	Onion rings	Spring Rolls with a sweet chili dip	Baguette with herb butter	Bruschetta pesto	Tortilla Chips with Salsa
Chicken Curry with Basmati Rice Green peas	(pork) Gyros, Pita, baked potatoes, Yoghurt/cucumber dip, green Salad	Turkey Steak, Pepper Sauce, Gratin Potato, broccoli/cauliflower mix	Curry Rice with vegetables, Vega balls in soya/chili sauce, Atjar Tjampoer, Fried Onions, cassava crackers	Chicken Schnitzel, Mushroom Sauce, potato wedges, Mixed salad	Spaghetti Bolognese with Fresh Parmesan and Rocket	Fish skewer with potato salad and mixed leaf
Vegetable Curry with Basmati Rice Green peas	Falafel, Pita, baked potatoes, yoghurt/cucumber dip, green salad	Vegetarian Steak, Pepper Sauce, Gratin Potato, broccoli/cauliflower mix	Curry Rice with vegetables, Omelette in soya/chili sauce, Atjar Tjampoer, Fried Onions, Cassava crackers	Vegetarian Schnitzel, Mushroom Sauce, potato wedges, Mixed salad	Spaghetti with Vegetable Bolognese with Fresh Parmesan and Rocket Both Served with Tomato-onion-Basil Salad	Vegetable skewer with potato salad and mixed leaf
Mackerel on Bread with Iceberg Lettuce, red onion and mayo	Aubergine “au gratin” stuffed with vegetables and salad	Hot B-L-T (Bacon-Lettuce-Tomato) Sandwich	Cheese Toast “Hawaii Style”	Poached Salmon on Dark Bread With Cocktail Sauce and Lemon	Pizza margherita with cheese and tomato	Classic Club Sandwich
Ice Cream	Soya chocolate dessert	Apple Tarte	Fruit salad with vanilla cream	Profiteroles with Chocolate Sauce	Strawberry dessert	cheesecake
Cut Fruit: Watermelon, Fruit Salad, Grapes	Cut Fruit: Galia Melon, Kiwi Halves, Black & Green Grapes	Cut Fruit: Watermelon, Fruit Salad, Honeydew Melon	Cut Fruit: Galia Melon, Kiwi Halves, Black & Green Grapes	Cut Fruit: Watermelon, Fruit Salad, Honeydew Melon	Cut Fruit: Galia Melon, Kiwi Halves, Black & Green Grapes	Cut Fruit: Watermelon, Fruit Salad, Honeydew Melon
Whole Fruit: Apples, Oranges, Bananas	Whole Fruit: Ripe Pears, Bananas,	Whole Fruit: Apples, Oranges, Bananas	Whole Fruit: Ripe Pears, Bananas,	Whole Fruit: Apples, Oranges, Bananas	Whole Fruit: Ripe Pears, Bananas	Whole Fruit: Apples, Oranges, Bananas
Water	Water	Water	Water	Water	Water	Water

DINNER - 17:45pm to 19:00pm

WEEK 1