



Menu						
Corn on the cob with melted butter	Naan bread with a yoghurt, mint, tomato and cucumber dip	Tortilla chips with a salsa topping	Vegetable sticks with a garlic dip	Bread with hummus, olives and dried tomato	Mozzarella, tomato and balsamic syrup	Minestrone soup
BBQ spareribs, American coleslaw salad and chips	Jerk chicken, rice and Indian salad	Chili con carne with rice, guacamole and a Mexican bean salad	Pork schnitzel, German potato salad and warm green beans	Greek beef Moussaka with a tomato, onion and cucumber salad	Beef goulash, yellow rice and mixed vegetables	Chicken drumstick, potato gratin with steamed carrots and peas, mushroom gravy
Vegetarian hotdog, American coleslaw and chips	Vegetarian jerk, rice and Indian salad	Vega chili with rice, guacamole and a Mexican bean salad	Vega schnitzel, German potato salad and warm green beans	Greek Vega Moussaka with a tomato, onion and cucumber salad	Vega goulash, yellow rice and mixed vegetables	Vegetable balls, potato gratin with steamed carrots and peas, Mushroom gravy
Bagel with egg salad	Brie cheese sandwich with apple syrup	Chicken and pepper wraps	Spinach and ricotta strudel, salad	Classic Greek salad	Italian bread with curried beef	Club sandwich with smoked salmon
Apple crumble	Fruit salad	Lime cheesecake	Chocolate dessert	Passionfruit cake	Custard tarte	Brownie and caramel mousse
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: Watermelon, Fruit Salad, Honeydew Melon	Cut Fruit: Watermelon, Fruit Salad, Honeydew Melon
Whole Fruit: Apples, Oranges, Bananas	Whole Fruit: Ripe Pears, Bananas, Clementine's	Whole Fruit: Apples, Oranges, Bananas	Whole Fruit: Ripe Pears, Bananas, Clementine's	Whole Fruit: Apples, Oranges, Bananas	Whole Fruit: Apples, Oranges, Bananas	Whole Fruit: Apples, Oranges, Bananas
Water	Water	Water	Water	Water	Water	Water

**DINNER - 17:45pm to 19:00pm**

## WEEK 3