

WEEK 01

3 SEP — 4 SEP

Each Menu is Served with Daily Fresh Bread

THURSDAY
3RD SEPTEMBER

STARTER

LENTIL SOUP

MAIN COURSE

BEEF BOURGUIGON

SIDE DISH

COCONUT RICE | TOMATO RADDISH SAUCE | FRIED PLANTAIN |
SAUTEED VEG

DESSERT

CARROT CAKE

FRIDAY
4TH SEPTEMBER

STARTER

CUCUMBER CABBAGE SALAD | VINAIGRETTE

MAIN COURSE

ROASTED CHICKEN LEG | NAPOLITANA SAUCE

SIDE DISH

SWEET POTATO MASH | VEGETABLES RATATOUILLE

DESSERT

CREPE AU CHOCOLAT

WEEK 02

7 SEP — 11 SEP

Each Menu is Served with Daily Fresh Bread

MONDAY 7TH SEPTEMBER	TUESDAY 8TH SEPTEMBER	WEDNESDAY 9TH SEPTEMBER	THURSDAY 10TH SEPTEMBER	FRIDAY 11TH SEPTEMBER
STARTER CREAMY CARROT SOUP	STARTER GREEN SALAD	STARTER GREEK SALAD FETA CHEESE	STARTER YOGHURT CUCUMBER SALAD	STARTER VEGETABLE PIE MIXED LETTUCE SALAD
MAIN COURSE CHICKEN SUYA SKEWERS	MAIN COURSE BEEF CASSEROLE	MAIN COURSE CHICKEN CURRY	MAIN COURSE BEEF BURGER	MAIN COURSE BEEF STROGANOFF MUSHROOM SAUCE
SIDE DISH YAM CHIPS SPAGHETTI IN BECHAMEL SAUCE SAUTEED VEG	SIDE DISH FRIED RICE POTATO GRATIN SAUTEED VEG	SIDE DISH PORRIGE YAM CREAMY PENNE PASTA SAUTEED VEG	SIDE DISH POTATO WEDGES MAC & CHEESE SAUTEED VEG	SIDE DISH STEAMED RICE FUSSILI PESTO SAUCE SAUTEED VEG
DESSERT BANANA TARTE	DESSERT FRUITS SALAD	DESSERT HOT CUSTARD BISCUIT	DESSERT STRAWBERRY JELLO SLICED BANANA	DESSERT LAZY CAKE

WEEK 03

14 SEP — 18 SEP

Each Menu is Served with Daily Fresh Bread

MONDAY 14TH SEPTEMBER	TUESDAY 15TH SEPTEMBER	WEDNESDAY 16TH SEPTEMBER	THURSDAY 17TH SEPTEMBER	FRIDAY 18TH SEPTEMBER
STARTER RED CABBAGE & CORN SALAD	STARTER PASTA TUNA SALAD	STARTER TOMATO CHICK PEAS SALAD	STARTER SAUSAGE ROLL GREEN LETTUCE	STARTER COLESLAW SALAD
MAIN COURSE GRILLED GROUPER FISH FILLET IN TERYAKI SAUCE	MAIN COURSE CAJUM CHICKEN STEW	MAIN COURSE SPAGHETTI BOLOGNESE	MAIN COURSE KAFTA BALLS IN TOMATO SAUCE	MAIN COURSE CHICKEN BURGER
SIDE DISH ROASTED SWEET POTATO FRIED RICE SAUTEED GREEN VEG	SIDE DISH MASH POTATO VEGETABLE GRATIN	SIDE DISH LEEK & POTATO SOUP SAUTEED VEG	SIDE DISH VERMICELLE RICE VEGETABLE RATATOUILLE	SIDE DISH FRENCH FRIES SAUTEED VEG LENTIL & RICE POT
DESSERT APPLE CAKE	DESSERT FRUIT SALA	DESSERT PAIN AU CHOCOLAT	DESSERT MINI BROWNIES	DESSERT MANGO PAWPAW PINEAPPLE SLICES

WEEK 04

21 SEP — 25 SEP

Each Menu is Served with Daily Fresh Bread

MONDAY 21ST SEPTEMBER	TUESDAY 22ND SEPTEMBER	WEDNESDAY 23RD SEPTEMBER	THURSDAY 24TH SEPTEMBER	FRIDAY 25TH SEPTEMBER
STARTER SWEET CORN SOUP	STARTER WATER MELON FETA SALAD	STARTER SWEET POTATO & SPRING ONION SALAD	STARTER OMELETTE	STARTER TOMATO CUCUMBER ONION SALAD
MAIN COURSE CHICKEN JALFREZI	MAIN COURSE CHICKEN & BEEF FAHITA	MAIN COURSE BEEF STEW IN BLACK BEAN SAUCE	MAIN COURSE BEEF LAZAGNA	MAIN COURSE CHICKEN CREAMY PASTA POT
SIDE DISH EGG FRIED RICE VEGGY PIZZA	SIDE DISH SAUTEED VEG HOME MADE TORTILLA WRAP	SIDE DISH BBQ CHICKEN WINGS STEAMED RICE SAUTEED VEG	SIDE DISH GREEN CABBAGE & COUSCOUS POT SAUTEED VEG	SIDE DISH HOT DOGS LENTIL & RICE POT WITH CARAMELIZED ONION
DESSERT PARFAIT BOWL	DESSERT LAZY CAKE	DESSERT PANCAKES MAPLE SYRUPS	DESSERT FRUIT SALAD	DESSERT TARTE TATIN

WEEK 05

28 SEP — 30 SEP

Each Menu is Served with Daily Fresh Bread

MONDAY 28TH SEPTEMBER	TUESDAY 29TH SEPTEMBER	WEDNESDAY 30TH SEPTEMBER
STARTER SALAD NICOISE WITH BOILED EGGS	STARTER TABOULE SALA	STARTER SALAD RUSSE
MAIN COURSE FISH & CHIPS	MAIN COURSE CHICKEN SHAWARMA SANDWICH IN PITA BREAD	MAIN COURSE SLOW COOKED BEEF CASSEROLE
SIDE DISH TOMATO SAUCE FRIED RICE SAUTEED VEG PESTO FUSSILI	SIDE DISH HUMMUS DIP SPINACH DIP SAUTEED VEG	SIDE DISH STEAMED RICE LINGUINI TOMATO SAUCE SAUTEED VEG
DESSERT FRESH FRUIT SALAD	DESSERT CHOCOLATE CAKE	DESSERT BANANA AND APPLE SLICE