

Cycle 4	Monday 09.10.17	Tuesday 10.10.17	Wednesday 11.10.17	Thursday 12.10.17	Friday 13.10.17	Saturday 14.10.17	Sunday 15.10.17
Breakfast	Fried Bacon Fried Egg Toast Assorted Cereal Tea/Coffee/Juice Hot Chocolate	Chicken Cheese Griller Scrambled Eggs Toast Assorted Cereal Tea/Coffee/Juice	Fried Polony Slices(2) Fried Egg Fried Onion Rings Assorted Cereal Tea/Coffee/Juice Hot Chocolate	Savoury Mince on Toast Fried Egg Toast Assorted Cereal Tea/Coffee/Juice	Grilled Chicken Steaklets Fried Mushroom with Assorted Peppers Toast Assorted Cereal or Fruit Salad & Yoghurt Tea/Coffee/Juice Hot Chocolate	Fried Beef Sausage Scrambled Eggs Toast Assorted Cereal or Fruit Salad & Yohurt Tea/Coffee/Juice	NO SERVICE
Tea	Toasted Cheese Sandwiches Abbey Biscuits Tea/Coffee/Juice Hot Chocolate	Peanut Butter & Jam Sandwiches Cocktail Chocolate Eclairs Tea/Coffee/Juice	Toasted Ham Sandwiches Baked Vanilla Muffins Tea/Coffee/Juice Hot Chocolate	Fresh Sweet Chilli Chicken Sandwiches Scones with Jam & Cream Tea/Coffee/Juice	Barone Spread Sandwiches Vanilla Cake Tea/Coffee/Juice Hot Chocolate	NO SERVICE	NO SERVICE
Afternoon Tea	Snack & Juice	Snack & Juice	No Service	Snack & Juice	No Service	NO SERVICE	Abbey Biscuit & Juice
Lunch - Hostel	Chicken cheese burger	Beef prgo roll	Boerewors roll	Assorted Pies	Beef/Chicken schwama	Chicken Prego Roll	Brunch
	Chips Egg Salad Greek Salad Fresh fruit Tea/Coffee/Juice	Chips Green Salad Pasta Salad Fresh fruit Tea/Coffee/Juice	Chips Fried Egg Greek Salad Fresh fruit Tea/Coffee/Juice	Chips Greek Salad Sweet Beetroot Salad Tartar Sauce Fresh Fruit Tea/Coffee/Juice	Chips Greek Salad Hot Chakalaka Salad Fresh Fruit Tea/Coffee/Juice	Chips Green Salad Egg & Peas Salad Fresh Fruit Tea/Coffee/Juice	Grilled Beef Wors Fried Chicken Breast Fried Bacon Strips(4 Sleeves) Fried Mushrooms with mixed peppers Scrambled Eggs Chips Toast Plain Crossaint Tea/Coffee/Juice
Lunch Aftercare	Pizza with Cheese (Cut into quarters)	Roast Chicken Drumstick (1) served with Rice	Hot Dog Rolls	Chicken Burger & Greek Salad	Macaroni & Cheese		
Supper	Roast Pork Gammon Parsley Potato or Rice Country Mix Veg Roasted Gravy Greek Salad Juice/Fruit Juice Tea/Coffee/Juice	Grilled Beef Chuck Marinated in Monkeygland Roast Potato Wedges or Pap Diced Carrots Glazed with Butter Green Beans Greek Salad Gravy Tea/Coffee/Juice	Southern Fried Chicken Savoury Rice or Chips Baked Butternut Frozen mixed vegetables Green Salad Gravy Tea/Coffee/Juice	Grilled Beef T Bone in BBQ Sauce Or Roast Chicken Yellow Rice or Samp Cream Spinach & Sweet Corn African Hot Chakalaka Salad Gravy Tea/Coffee/Juice	Roast Chicken Chips or Savoury Rice Seasoned Garden Peas Jullienne Carrots Spicey Bombay Salad Gravy Tea/Coffee/Juice	BRAAI Chicken Leg Quarter(pre cooked) Marinated Mutton Chop Pap or Parsly Potatoo with Gravy Greek Salad Chakalaka Salad Tea/Coffee/Juice	Mainated Pork Spare Ribs Chips or Savoury Rice Fried Egg Baby Carrots with Onion rings Crispy Green Salad Gravy Tea/Coffee/Juice
Dessert	Malva Pudding	Peppermint Tart	Ice Cream	Jelly & Custard	Pineapple Upside down		Ice Cream



* MENU IS SUBJECT TO CHANGE WITHOUT NOTICE