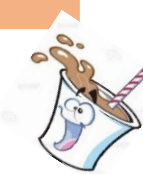


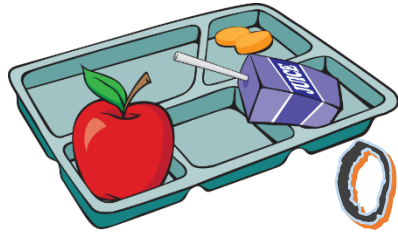
Menu

30th August - 03rd September



	Monday 30 th Aug	Tuesday 31 st Aug	Wednesday 01 st Sept	Thursday 02 nd Sept	Friday 03 rd Sept
Lunch	Vacation	Vacation	Vacation	Vacation	Beef Lasagne
French School					Bread Roll Yoghurt





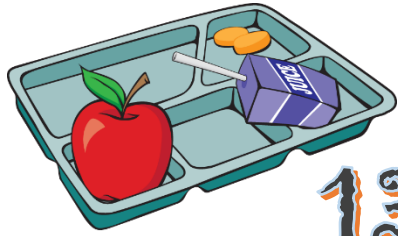
Menu

06th – 10th September



	Monday 06 th Sept	Tuesday 07 th Sept	Wednesday 08 th Sept	Thursday 09 th Sept	Friday 10 th Sept
Lunch	Baked Fish Caper Sauce	Chicken Stew with carrots and Peas	Spaghetti Bolognese	Tuna Braised in Coconut Sauce	Stir Fried chicken
	Potato Wedges & Sautéed Green Beans			Plain Rice Lentils	White Rice Papaya Chutney
French School	Bread Roll Banana Cake	Bread Roll Cheese Portion	Bread Roll Yoghurt	Bread Roll Mini chocolate Eclairs	Bread Roll Fresh Fruits





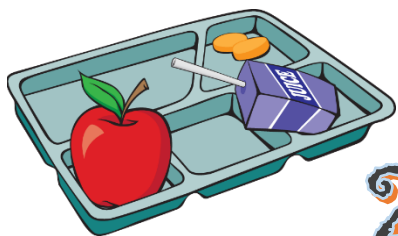
Menu

13th – 17th September



	Monday 13 th Sept	Tuesday 14 th Sept	Wednesday 15 th Sept	Thursday 16 th Sept	Friday 17 th Sept
Lunch	Roasted Chicken Wings with Thyme Sauce	Breaded Fish Tartare Sauce	Sweet & Sour Chicken	Braised fish Mint Sauce	Spaghetti Carbonara
	Vegetable Fried rice Mixed salad	Carrot sticks	Vegetable Noodles	Plain Rice Lentils	
French School	Bread Roll Mini Rock cake	Bread Roll Yoghurt	Bread Roll Mini Carrot Cake	Bread Roll Cheese Portion	Bread Roll Fresh Fruits





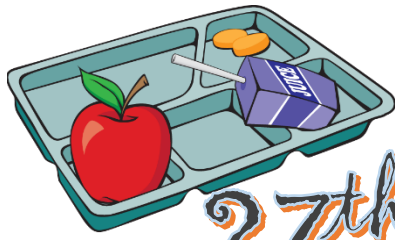
Menu

20th – 24th September



	Monday 20th Sept	Tuesday 21st Sept	Wednesday 22nd Sept	Thursday 23rd Sept	Friday 24th Sept
Lunch	Baked Fish	Roasted Chicken Drumettes	Fish Balls Creole Sauce	Chicken Fingers	Beef Lasagne
	Plain Rice Plain Lentils	Herbed Fried Rice	Plain Rice Pumpkin Fricassee	Sautéed Potatoes and carrots	
French School	Bread Roll Cheese Portion	Bread Roll Banana Muffin	Bread Roll Fresh Fruits	Bread Roll Strawberry Eclairs	Bread Roll Yoghurt





Menu

27th September - 01st October



	Monday 27th Sept	Tuesday 28th Sept	Wednesday 29th Sept	Thursday 30th Sept	Friday 01st Oct
Lunch	Fish fingers with Tartare Sauce	Roasted Chicken wings	Beef Stew with Potatoes	Moroccan Fried Chicken	Mini Fish Kebab Mini Beef Kebab
	Lyonnaise Potatoes	Vegetable Noodles	Plain Rice & carrot Salad	Vegetable Fried Rice Mixed salad	Garlic Bread Salad
French School	Bread Roll Cheese Portion	Bread Roll Yoghurt	Bread Roll Mini Brownie	Bread Roll Fresh Fruits	Bread Roll Vanilla Muffin

