



## MENU

10 – 14 JUNE 2019

### AVAILABLE DAILY

#### SNACKS

<b>LOW FAT YOGHURT</b> plain · strawberry · fruit salad	14
<b>FRESH FRUIT SALAD</b> selection of seasonal fresh fruit	16
<b>FRUIT SKEWERS</b> seasonal fresh fruit served on a skewer	10
<b>VEGETABLE FINGERS</b> carrots, cucumber, celery with tzatziki	12
<b>RUSKS</b> bran · buttermilk	6
<b>DROËWORS</b> beef droëwors	14
<b>CRUNCHIES</b> oats, honey	6
<b>DATE &amp; COCONUT BLISS BALLS</b> dates, coconut, cocoa	12
<b>PLAIN POPCORN</b> low-sodium plain popcorn	5
<b>JUMPIN JACK POPCORN</b> white cheddar	6

#### SANDWICHES (ON LOW GI BROWN)

<b>TOASTED CHEESE</b> white cheddar	18
<b>TOASTED CHICKEN MAYO</b> free-range chicken, mayo dressing	25
<b>SAVOURY MINCE SNACKWICH</b> beef mince	25
<b>TLC</b> tomato, lettuce, white cheddar	18
<b>CHICKEN</b> free-range chicken, mayo dressing, lettuce, white cheddar	25

## BEVERAGES

#### COLD

<b>MINERAL WATER</b> 500ml still & sparkling	12
<b>ICED TEA</b> home-made with rooibos, lemon, honey	9
<b>FRUIT JUICE</b> 100% pure	15
<b>MILK</b> fresh full cream	9

#### HOT

<b>FILTER COFFEE</b> dark roast blend	15
<b>TEA</b> dilmah rooibos · english breakfast · earl grey	15
<b>HOT CHOCOLATE</b> nomu	20

### MEALS OF THE DAY

#### MONDAY

baked crumbed chicken strips with grilled mielie (S)	26
three cheese mac & cheese	29
beef burger with sweet potato fries	33

#### TUESDAY

mini margarita pizza rounds (S)	20
traditional beef lasagne	33
chicken a la king with rice	33

#### WEDNESDAY

baked fish fingers with mashed potato (S)	24
grilled chicken burger with baked sweet potato fries	32
cottage pie with savoury mince, veg & cheesy mash	33

#### THURSDAY

mini meatballs with spaghetti (S)	26
chicken wrap with lettuce, tomato, cucumber	33
savoury beef mince sub topped with cheese	33

#### FRIDAY

boerewors roll (S)	24
classic spaghetti bolognese	33
chicken lasagne	33

(S) – smaller portion size

**ALTHOUGH NO NUTS ARE USED IN ANY OF OUR RECIPES, TRACES THEREOF MAY BE FOUND IN INGREDIENTS WE USE.**

**COFFEE IS ONLY AVAILABLE TO STAFF & PARENTS.**

**ALL FOOD ITEMS MUST BE PRE-ORDERED.**