

2020



BOARDS Week 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<i>Every Day: Fruit, Yogurt Cereal & Toast</i>						
BREAKFAST	Fried Beef Chipolatas with Poached Egg & Hollandaise Sauce	French Toast with Fresh Banana & Maple Syrup, Yogurt & Fruit Salad	Hash browns and Creamy Scrambled Egg & Bake Beans	Homemade Assorted Sweet Muffins, yogurt & Fresh Fruit Salad	Fried Eggs & Crispy Streaky Bacon	Freshly Baked Croissant with Cheese & Strawberry Jam Yogurt & Fresh Fruit Salad	Assorted Omelettes
AM SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	Honey & Balsamic Roasted Chicken served with Whole Mustard & Rosemary Baby Potato Salad & Crisp Butter Sautéed Summer Greens	Slow cooked Tender Beef Brisket Shredded in a Rich Neapolitano Sauce over Pappardelle Pasta topped with Parmesan Cheese	Salt & Pepper Crispy Fried Calamari Rings served with Homemade Tartare Sauce, Fresh Basil & Dukkah spiced Sweet Potato Fries	Barbequed Mustard Pork Shoulder, Shredded with Cilantro served in a Crispy Baked Taquito with Grilled Cheddar Cheese & Paprika spiced Potato Wedges	BBQ Lamb Burger served on a Toasted Sesame Bun with Mustard Mayo, Jalapeno Salsa & a slice of Havarti Cheese served with Crispy Potato Skins	Pan-fried Summer Vegetables Buttered with Soy served on Chow Mein style Sweet & Sour Noodles	Roasted Chicken Leg Quarters in an Orange Chipotle Marinade served with Cumin Buttered Sweet Potatoes & Butternut & a Green Onion Cream Cheese
VEGETARIAN	Leek, Feta & Sweet Corn Phyllo Roulade served with Green Beans & Sautéed Potatoes	Pappardelle Puttanesca with Red Beans & Spinach	Tempura Vegetables with Fried Basil Leaves, Tartare Sauce & Dukkah spiced Sweet Potato Fries	Swiss Chard Fried Bean & Lentil Chipotle Tacos	Miso Burgers with Mint & Pomegranate Slaw		Roasted Vegetable & Mozzarella Stack drizzled with Chipotle Orange Sauce
SALAD	Arugula Salad with Grapes, Cashew Nuts & a Black Pepper Vinaigrette	Cucumber, Celery & Sweet Onion Salad with Sour Cream Dressing	Herbed Citrus Salad with Tahini Dressing & Garden Greens	Roasted Chickpea Salad with Crunchy Romaine Lettuce, Red Onion, diced Zucchini & Corn with a Red Wine Vinaigrette	Layered Salad	Crisp Green Bean, Capsicum & Danish Feta Salad	Crunchy Broccoli & Crisp Apple Salad with Sweet & Tangy Mayo Dressing
DESSERT	Fresh Fruit	Bar One Swirl Cheesecake	Fresh Fruit	Peppermint Crisp Tart	Fresh Fruit	Fresh Fruit	Lime infused Jelly and Coconut Panna Cotta
PM SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	Hake Baked in a Cheesy Creamed Spinach Casserole served with Chunky Butternut, Parsnips & Sweet Potatoes Roasted with Maple Syrup	Smoked Paprika & Black Pepper crumbed Pork Schnitzels served with a Creamy Brown Mushroom Sauce, Garlic Roasted Green Beans & Dijon Mashed Potatoes	Italian Pan-fried Chicken Breast Piccata in a Creamy Lemon Butter with Fried Capers served with Couscous & Oven Roasted Root Vegetables	Boys favourite Assorted Pizzas	Oven Baked Parmesan crusted Chicken Strips served on a Creamy Sundried Tomato Risotto with crumbled Feta Cheese & Crispy Bacon	Beef Flank Steak Pan-fried in Garlic butter, Filled with Mozzarella Creamed Spinach served with a Medley of Oven Roasted Squash	Sweet Italian Pork Sausages Pan-fried with Kalamata Black Olives & Italian parsley served on Parmesan Polenta with Grilled Green Asparagus & Gremolata.
VEGETARIAN	Creamed Spinach & Red Pepper open Lasagna	Vegetable Schnitzels with a Creamy Mustard & Mushroom Sauce	Spinach & Feta stuffed Portobello Mushrooms with Piccata Sauce	Assorted Pizzas	Crispy Fried Baby Marrow & Cauliflower served with Basil pesto & Parmesan Fettuccini	Grilled Eggplant with Freekeh Pilaf & Pomegranate Molasses	Soya Sausages Grilled with Bell Peppers & Fresh Torn Basil
SALAD	Corn & Red Capsicum Summer Salad	Pomegranate & Pear Green Salad with a Ginger Dressing	Marinated Zucchini Salad with Cocktail Tomatoes, Balsamic Dressing & Feta Cheese	Traditional Chunky Greek Salad	Roasted Butternut, Spinach & Caramelized Onion Salad	Mediterranean Cauliflower Couscous Salad	Summer Cob Salad

SUMMER
TIME

This menu has been approved by a registered dietician. All meals are made using Fresh Local Ingredients.

origin

2020



BOARDERS Week 2

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<i>Every Day: Fruit, Yogurt Cereal & Toast</i>						
BREAKFAST	Streaky Bacon & Fried Eggs	Traditional Pancakes with Cinnamon, Sugar & Lemon Juice Fresh Fruit Salad & Yogurt	Savoury Baked Beans, Scrambled Egg & Pork Bangers	Homemade Cheese Scones with Strawberry Jam & Cream, Fresh Fruit Salad & Yogurt	Fried Egg & Bacon	Assorted Muffins, Fresh Fruit Salad & Yogurt	Assorted Homemade Omelettes
AM SNACK	Fresh Sandwiches & Fruit	Toasties & Fresh Fruit	Assorted Doughnuts & Fresh Fruit	Fresh Sandwiches & Fruit	Toasted Sandwiches & Fresh Fruit	Sandwiches & Fresh Fruit	Sandwiches & Fresh Fruit
LUNCH	Crispy Mongolian Rump Steak Strips coated with Ginger & Maple served with Sticky Spring Onion Jasmine Rice & Cinnamon Carrots	Smokey Pulled Pork Boston Burgers with Mustard & Pickles served with Skinny Fries	Char Grilled Tandoori Chicken Fillets with yogurt & Garam Masala served with Garlic Naan Bread, Caramelized Onion, Bulgur Wheat & a Traditional Curried Vegetable Piccalilli	Slow Roasted Bandits Lamb Shoulder Klefiko Marinated with Lemon & Thyme served with Baby Potatoes, Greek style Cinnamon & Sugar Roasted Vegetables	Hawaiian BBQ Chicken, Smoked Ham & Pineapple Tortillas with a Chipotle Mayo & Cold Slaw served with Kettle Fried Potato Crisps.	Maple Glazed Tofu & Balinese style Egg Fried Rice with Julienne Green Vegetables & Salsa Manta	Salisbury Steak made with French Onion Soup & Toasted Bread Crumbs Baked in a Brown Mushroom Gravy served with Spring Onion Mashed Potatoes & Green Beans
VEGETARIAN	Grilled Tofu with Ratatouille Vegetables in a Sweet & Salty Sauce	Homemade Chickpea Cakes with a Cumin, Lime & Dill Mayo	Creamy Mozzarella & Zucchini Scaloppini with Black Bean, Coriander & Mango Salsa	Spinach & Feta Frittata	Grilled Halloumi, Stir-fried Veggies & Pineapple Wraps		Grilled Cauliflower & Chickpea Patties with a Brown Mushroom Sauce
SALAD	Asian Peanut Vinaigrette & Broccoli Slaw with Dried Cranberries	Old Fashioned Cole Slaw with Dried Cranberries	Hearty Sweet Potato, Arugula & Wild Rice Salad with a Ginger Dressing	Chopped Kale Salad with a Creamy Almond & Ginger Dressing	Crisp Lettuce, Avo & Marinated Tomato Salad	Crisp Mangetout Bean Sprout Salad with Crispy Onions & a Mayo Dressing	Julienne Apple & Radish Slaw with Sweet & Sour Dressing
DESSERT	Fresh Fruit	Oreo & Fresh Cream Cupcakes	Fresh Fruit	Blackberry & White Chocolate Cream Puffs	Fresh Fruit	Fresh Fruit	Key Lime Pie
PM SNACK	Tahini Brownies	Blueberry & Lemon Curd Loaf	Strawberry Lamingtons	Giant M & M's Cookies	Lollies	Melting Moments	Peanut Crunch Biscuits
DINNER	Buttermilk & Mustard Ranch Chicken Mac & Cheese with Tender Elbow Pasta & Grilled Chicken Baked in a Cheesy Onion & Chive Sauce served with Home Baked Garlic Butter Rolls	Texas Roadhouse style BBQ Beef Short Ribs with Chicken Stock served with Mashed Potatoes, Green Beans with Crispy Bacon & Buttered Corn on the Cob	Thai Panko Breaded Smoked Fish Cakes with Fresh Lime & Oyster Sauce served with a Soya Sprout & Chilli Salad, Kewpie Mayo & Crispy Cumin Fried Potato Cubes	Roasted Summer Vegetables with Balsamic & Goji Berries served with Goats Cheese Puff Pastry Parcels	Authentic Mexican Chilli & Lime Barbacoa Beef Skewers served Skinny Fries & Sour Cream	Cajun spiced Fried Shrimp with cut Corn & Sweet Bell Peppers in a Creamy Chorizo Sauce served over Linguine Pasta	Apricot & Orange Glazed Chicken Leg Quarters Roasted with Thyme & Capers served with Garlic Roast Potatoes & Buttered Summer Veggies
VEGETARIAN	Sundried Tomato, Spinach & Ricotta Macaroni	Portobello Burger with Blue Cheese & Sautéed Red Onions	Tandoori style Tofu Strips with Garlic Naan, Caramelized Onion, Bulgur Wheat topped with a Cucumber & Dill Piccalilli		Soya Mince Enchiladas topped with Guacamole & chopped Spring Onion	Cut Corn & Sweet Bell Peppers in a Creamy Sauce served over Linguine Pasta	Butternut Filled with Apricot & Red Bean Tagine
SALAD	Grilled Marinated Vegetable Salad with a Creamy French Dressing	Grilled Broccoli Caesar Salad	Marinated Beetroot, Radish & Citrus Salad with Dill & Mint	Chunky Greek Salad	Tomato, Cucumber & Red Onion Salsa	Garbanzo Bean Salad with a Dill Dressing	Sweet Watermelon, Feta & Red Onion Salad with Mint Pesto

FUN
IN THE SUN

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BOARDERS Week 3

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<i>Every Day: Fruit, Yogurt Cereal & Toast</i>						
BREAKFAST	Hash Browns, Baked Beans & Poached Eggs	Flapjacks with Crispy Bacon Strips & Golden Syrup Fresh Fruit Salad & Yogurt	Scrambled Egg with Grilled Tomato & Savoury Fried Mushrooms	Freshly Baked Croissants with Grated Cheese, Strawberry Preserve Fruit Salad & Yogurt	Bacon and fried eggs	Assorted Muffins Fruit Salad & Yogurt	Bacon & Egg
AM SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	Trimmed Roasted Pork Shoulder served in a Whole Tomato & Black Olive Puttanesca Sauce, Pappardelle Pasta tossed with Fresh Basil & Chunks of Romano Cheese	Crispy crumbed Hake Goujons served with a Dill & Cucumber Tartar Sauce, Mushy Peas & Garlic crushed New Potatoes	Sriracha Buffalo Chicken Thighs made on the Braai topped with Chimichurri Sauce served with a Butternut & Spinach Bake & a Soft Home Baked Roll	Cheesy Ground Beef & Oregano Empanadas served with Caramelized Onion & Sautéed Potatoes	Southern Buttermilk Fried Chicken Strips served with Street Food style Baked Corn Tortilla Nachos with a Red Bean & Cilantro Salsa & Shredded Cheddar Cheese	Minced Lamb braised with Carrot, Rosemary & Bay Leaves served in a Whole Tomato & Pearl Barley Sauce served with Tagliatelle Pasta	Chinese 5 spice Roasted Pork Loin glazed with Palm Sugar, Citrus & Ginger served with Green Pea Fried Rice & Crispy Roasted Carrots
VEGETARIAN	Fried Floured Halloumi Sticks with a Cucumber & Dill Sauce	Sundried Tomato & Basil Pesto Macaroni & Cheese	Spinach, Ricotta & Sundried Tomato stuffed Mushrooms on the Braai	Asparagus, Pea & Ricotta Flatbreads	Soya Mince & Grilled Corn Tacos served with Grated Cheese & Guacamole	Roasted Summer Squash Casserole served with a Whole Tomato & Pearl Barley Sauce	Fondue Tomato, Roasted Aubergine & Chickpea Ratatouille Pot Pie
SALAD	Peach & Cherry Quinoa Salad	Charred Corn Salad with a Feta & Coriander Crème Fraiche	Crunchy Green Garden Salad with Roasted Tomatoes & Feta drizzled with Harissa spiced Balsamic Vinaigrette	Mexican Avocado & Corn Salad	Summer Salad with Green Beans, Peaches, Almond, Pesto & Arugula	Avocado & Feta Salad with Black Beans & chopped Jalapenos	Garden Green Salad with a Minted Yogurt Dressing
DESSERT	Fresh Fruit	Smores Poke Brownies	Fresh Fruit	Peach Pretzel Tart	Fresh Fruit	Fresh Fruit	Pineapple Delight
PM SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	Ranch Roast Chicken & Grilled Cheese Sub with Crispy Bacon, Spring Onion & Sour Cream served with Kettle Fried Root Vegetable Crisps	Paprika spiced Beef Stroganoff with Sautéed Mushrooms, Peppers & Crème Fraiche served with a Flat Leaf Parsley & Garlic Buttered Couscous	Tandoori style Grilled Lamb Cutlets Marinated with Greek Yogurt, Minced Garlic, Lemon Juice & Masala served with an Oven Baked Zucchini Casserole	Boys favourite Pork Ribs & Chips	Chinese style Chilli & Soy spiced Hunan Beef Stir-fried with Peppers, Asparagus & Oyster sauce served with Sticky Sesame Steamed Jasmine Rice	Grilled Chicken Bangers served with Tarragon & Apple Roasted Sweet Potatoes served with Crispy Mustard Kale & a Caramelized Onion Gravy	Mushroom & Mozzarella Calzone with Creamed Spinach & Homemade Napolitano Sauce
VEGETARIAN	BBQ Vegetable & Lentil Prego Roll with Grilled Cheese	Basil Summer Rolls with a Peanut Dipping Sauce	Tandoori style Grilled Cauliflower Steaks served with Home Baked Naan & Zucchini Casserole	Black Bean Burgers with Chipotle Ketchup a& Chips	Chinese Hot & Spicy Tofu Strips with Julienne Peppers & Asparagus	Sautéed Baby Marrow & Mushroom Ziti Pasta Bake	
SALAD	Kale & Blueberry Salad with a Buttermilk Dressing, Carrot Strips & Radishes	Summer Fiesta Mango, Avocado & Red Onion Salad	Curry Rainbow Pasta Salad with Peaches, Mixed Peppers & Mango Chutney Cream	Raw Zucchini & Corn Salad with Crumbled Feta	Fresh Black Eyed Pea Salad with Baby Spinach Leaves	Roasted Butternut & Broccoli Salad with Toasted Sunflower Seeds & Marinated Red Onion	Crispy Kale & Cranberry Salad with Lime Yogurt & Goats Cheese

SUMMER
PARADISE

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BOARDERS Week 4

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<i>Every Day: Fruit, Yogurt Cereal & Toast</i>						
BREAKFAST	Pork / Beef Chipolatas, Poached Egg & Hollandaise Sauce	Corn & Herb Fritters with Grated Cheese	Scrambled Egg, Hash Browns & Baked Beans	Pain au Chocolate Fruit Salad & Yogurt	Bacon & Eggs	Homemade Scones with Cheese & Strawberry Preserve	Cheese & Ham Omelettes
AM SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	Lemon & Paprika spiced Chicken Flaties on the braai served with a Fresh Herb, Cheddar, Potato & Pea Salad & with Buttered Corn on the Cob	Sirloin Steak Pan-fried with Butter served with a Creamy Peppercorn Sauce & Gratinated Garlic & Onion Potato Dauphinoise	Char Grilled Harissa & Yogurt Leg of Lamb served with Fresh Herbed Couscous with Cucumber, Baby Corn & Halloumi	Asian Ginger & Soy Marinated Pork Neck served with Chinese Pak Choy Stir-fry with Julienne Vegetables & Coconut Steamed Jasmine Rice	Grilled Philly Cheese Steak on a Crispy Baked Sub Roll topped with Fried Green Pepper, Onions & Melted Provolone Cheese served with Roasted Salt & Vinegar Potato Wedges	Crispy Parmesan Baked Chicken Milanese served with Tender Spaghetti tossed with Fresh Basil & Plum Tomatoes	Sautéed Ground Beef & Red Bean Baked Tortilla Wraps with Homemade Tomato Enchilada Sauce, Shredded cheese, Fresh Avocado Salsa & Sour Cream
VEGETARIAN	Caprese style stuffed Portobello Mushrooms on the Grill	Char Grilled Cauliflower Steaks, Peppercorn Sauce & Garlic & Thyme Potato Dauphinoise	Grilled Aubergine, Spinach, Cheese & Tomato au Gratin with a Crunchy Bread Crumb topping	Asian Vegetable & Pak Choy Stir-fry	Cajun Spiced Tofu Strips on a Long crusty Roll topped with Green Pepper, Onions & Melted Provolone Cheese	Roasted Vegetable Medley with Basil Pesto & Spaghetti	Tomato & Ricotta Tart served with Fresh Herb, Cucumber, Baby Corn & Grilled Halloumi Couscous Salad
SALAD	Nectarine, Fennel & Arugula Salad with Chilli & Lime Dressing	Broccoli Florets, Cubes Cheddar & Cocktail Tomato Salad Dressed with Balsamic Vinaigrette	Summer Marinated Vegetable Salad on a bed of Wild Rocket	Caesar Salad	Layered Salad	Grilled Rainbow Baby Carrot & Cos Lettuce Salad with a Dill & Lemon Vinaigrette	Green Bean, Asparagus, Snap Pea & Radish Salad
DESSERT	Fresh Fruit	Boys Favourite Jello & Custard	Fresh Fruit	Chocolate French Silk Pie	Fresh Fruit	Fresh Fruit	Custard Trifle Squares
PM SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	Fresh Tomato, Basil & Soft Mozzarella Caprese Mac & Cheese served with Home Baked Cheesy Garlic Bread	Brown Sugar & Pineapple Glazed Island style Pork Loin served with Sticky Rice, Crispy Prosciutto, Fried Broccoli & Asparagus	Smoked Haddock, Cheesy Spinach & Tomato Bake Gratinated with Panko Crumbs & Parmesan served with Crushed Potatoes & Buttered Gem Squash	Roast Chicken & Parmesan Ziti Pasta Bake with a Crispy Bacon Alfredo served with Steamed Broccoli & Homemade Focaccia	Roasted Butternut & Parmesan Risotto with a Peppered Watercress Cream & Crispy Fried Zucchini Batons	Oven Baked Hake Fillets drizzled with Chopped Fresh Garlic served with Coriander Aioli & Balsamic Kettle Fried Potato Crisps	Grilled Lamb Bangers & Mash served with Broccoli & Black Pepper Gravy
VEGETARIAN		Soya Mince Sautéed with Onions & Garlic served with Thyme & Black Pepper Roasted Tomato Bolognese Sauce & Spaghetti	Mushroom & Mixed Bell Pepper Stroganoff with Herb infused Couscous	Crispy Vegetable Schnitzels	Roasted Butternut & Parmesan Risotto with a Peppered Watercress Cream & Crispy Fried Zucchini Batons	Oven Baked Butternut Steaks with Garlic & Coriander Sauce	Baked Broccoli & Ricotta Phyllo Parcels served with Buttered Spring Baby Vegetables & a Black Pepper Gravy
SALAD	Blueberry, Citrus & Baby Spinach Salad	Chickpea Waldorf Salad	Grilled Vegetable & Sweet Chilli Salad	Peach & Berry Rocket Salad with Danish Feta, Roasted Pumpkin Seeds & Berry Balsamic Glaze	Grilled Asparagus & Fried Halloumi Salad	Curry Flavoured Rainbow Pasta Salad with Gouda Cheese, Sunflower Seeds & Mango Chutney	Crispy Wonton & Cos Lettuce Salad with Balsamic Fried Cocktail Tomatoes & Ranch Dressing

SUMMER
ADVENTURE

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BOARDERS Week 5

WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<i>Every Day: Fruit, Yogurt Cereal & Toast</i>						
BREAKFAST	Fried Eggs with Hash Browns & Savoury Baked Beans	Flapjacks served with Maple Syrup Fruit Salad & Yogurt	Creamy Scrambled Eggs with Crispy Bacon Bits	Cheddar Cheese, Paprika & Herb Savoury Muffin Fruit Salad & Yogurt	Poached Eggs with Beef Chipolatas & Oven Baked Mushrooms	Croissants served with Cheddar Cheese Fruit Salad & Yogurt	Assortment of Omelettes
AM SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	Char Siu Pork Shoulder Glazed with Honey & Soy served with Wok Fried Cabbage, Bean Sprouts & Egg Fried Rice	Roasted Chicken Thighs basted with Homemade Harissa served with Coriander Yogurt & a Buttery Leek & Potato Bake	Favourite Beef Lasagne	Garlic & Dijon Grilled Lamb Cutlets served with Lemon Roasted Red Potatoes & an Italian style White Bean Salad	Roast Chicken Pita Pockets with Roasted Lime Yogurt served with Chunky Tzatziki, Hummus, Feta Cheese & a Black Olive & Tomato Salsa	Assorted Pizzas	Thai style Chicken Poached in Coconut & Lime served with Fragrant Basmati Rice glazed Soy Carrot Batons & a Mango & Cucumber Relish
VEGETARIAN	Sweet & Sour Julienne Vegetables & Bean Sprouts with Stir-fried Egg Noodles	Harissa Spiced Cauliflower Steaks served with a Lemon & Chickpea Salad	Spinach & Butternut Lasagne	Baked Tomatoes with Quinoa, Corn & Green Chillies	Chickpea, Feta & Spinach Falafels with Tzatziki & Humus	Assorted Pizzas	Chickpea, Spinach & Butternut Thai Green Curry
SALAD	Ginger & Coriander Corn Salad with Soy Sauce, Red Pepper & Olive Oil	Cucumber, Watermelon & Basil Salad with Asian Soy Sauce Dressing	Avocado & Citrus Salad with a Lime & Poppy Seed Dressing	Tropical Salad with Pineapple, Chorizo & Crispy Fried Onions	Grilled Baby Marrow, Baby Corn & Marinated Feta Salad	French Salad with Julienne Carrots & Boiled Eggs	Crunchy Sesame & Soy Dressed Cabbage & Mixed Lettuce Salad
DESSERT	Fresh Fruit	Cherry Pie with Chantilly Cream	Fresh Fruit	Chocolate & Passion Fruit Mousse Cake	Fresh Fruit	Fresh Fruit	Oreo Cookies & Cream Cheesecake
PM SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	Grilled Skirt Steak with an Oregano Mojo Marinade served with Cinnamon & Sugar Pumpkin Fritters & Pan-fried Green Garden Vegetables	Summer Squash Dhal Curry served with Fried Garlic Naan Bread & Cucumber Raita	Mexican Corn Tacos filled with Spicy Lemon Grilled Chicken Strips topped with Homemade Guacamole & a Warm Tomato & Chilli Relish	Tender Togarashi Beef served with Pan-fried Broccoli, Pak Choi, Wild Mushrooms & Udon Noodles in a Traditional Ginger Dashi Broth	Minced Pork Sautéed in a Thyme & Roasted Tomato Bolognese Sauce served with Spaghetti, Cheesy Béchamel & Freshly Baked Garlic Bread	Old Favourite Dorito crusted Hake served with Chips, a Cabbage & Dried Fruit Coleslaw & a Dill & Cucumber Tartare Sauce	Sautéed Ground Beef Sauced with French Onion Soup Baked with Buttered Mashed Potatoes served with Roasted Hubbard Squash & Ricotta Cheese
VEGETARIAN	Cauliflower & Chickpea Patties with a Mojo Marinade & Herb Roasted New Potatoes		Veggie Sausage Corn Dogs	Creamy Vegan Carrot Mac with Walnuts & Herbs	Falafel stuffed Eggplant with Tahini Sauce & a Tomato Relish	Dorito crusted Mushrooms served with Chips	Zucchini & Sundried Tomato Pie with Steamed Broccoli
SALAD	Caprese Salad with Fried Capers & Basil	Tomato & Onion Sambal	Marinated Tomato & Mozzarella Salad with Chopped Lettuce & a Basil Pesto Dressing	Golden Beet & Barley Salad with Rainbow Chard	White Bean & Peppadew Salad	Thai Cucumber Salad with Toasted Nuts, Dill & Bean Sprouts	Shaved Cucumber, Strawberry & Poppy Seed Salad

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IN THE SUN

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BOARDERS Week 6

WEEK SIX

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Every Day: Fruit, Yogurt Cereal & Toast

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Crispy Streaky Bacon & Fried Eggs	Savoury Herbed French Toast with Grated Cheddar Cheese Fresh Fruit Salad & Yogurt	Scrambled Egg, Crispy Potato Has Browns & Baked Beans	Home Baked Cinnamon Buns Fruit Salad	Poached Eggs with Pan-fried Pork Chipolatas	Assortment of Home Baked Muffins Fresh Bananas & Yogurt	Savoury Mushroom & Bacon Frittata
AM SNACK	Sandwiches with Fresh Fruit	Toasties & Fresh Fruit	Assorted Doughnuts & Fresh Fruit	Sandwiches with Fresh Fruit	Toasties & Fresh Fruit	Sandwiches with Fresh Fruit	Sandwiches with Fresh Fruit
LUNCH	Grilled Hawaiian Huli Huli Chicken served with Minted Peas & Steamed Jasmine Rice flavoured with Toasted Sesame	Teriyaki Beef Strips seared with Garlic served with Raman Noodles Tossed in Sriracha & Oyster Sauce & Stir-fried Mangetout, Marrows & Baby Corn	Grilled Pork Kebabs with a Honey, Mustard & Yogurt Marinade served with a Greek style Roast Vegetable & Feta Cheese Puff Pastry Pie	Filleted Hake & Shrimps Oven Roasted with Garlic Butter & Thyme served with Creamy Peas & Parmesan Risotto	Slow Cooked Mexican Shredded Beef Tacos Topped with Sriracha Mayo & Tomato Salsa served with Potato Skins Loaded with Spring Onion & Cream Cheese	American BLT Subs with BBQ Chicken, Bacon, Lettuce & Tomato Topped with Shredded Cheese, Fresh Avo & a Mustard Mayo	Grilled Pork Tenderloin Marinated with Brown Sugar & Dijon Mustard served with a Caramel Onion BBQ Sauce, Pan-fried Brussel Sprouts & Buttered Mashed Potatoes
VEGETARIAN	Thyme & Black Pepper Infused Lentil & Parmesan Cauliflower Gratin	Garlic Wild Mushroom & Bok Choy Ramen Stir-fry	Grilled Tempura Vegetable Skewers	Summer Lemon & Pea Risotto	Grilled Zucchini & Chickpea Tacos	Grilled Tofu BLT Subs	Black Mushroom Grilled with Garlic Topped with Pan-fried Spinach & Feta
SALAD	Summer Fruit Salad with Apples, Peach, Baby Spinach, Rocket & a Lemon & Poppy Seed Dressing	Pomegranate & Pistachio Wild Rice Salad	Broccoli & Dried Cherry Keto Salad Dressed with Mayo, Yogurt & Toasted Sunflower Seeds	Kale & Cocktail Tomato Salad with Dates, Almonds & a Citrus Dressing	Tabbouleh Salad	Layered Summer Cob Salad	Chickpea Waldorf Salad
DESSERT	Fresh Fruit	Eton Mess Peach & Raspberry Cheesecake	Fresh Fruit	Espresso Cupcakes with Mascarpone Cream	Fresh Fruit	Fresh Fruit	Cranberry Flummery
PM SNACK	Rice Crispy Squares	Black Cherry Brownies	Honey & Pear Tea Cake	Cinnamon Snackers	Lollies	Chocolate Dipped Macaroons	Rocky Road Bars
DINNER	Steamed Spinach, Caramelised Onion, Cubed Butternut & Feta Cheese Filled Cannelloni Baked in a Mustard Béchamel Topped with Shredded Cheese	Panko Crumbed Chicken Schnitzels Pockets with Cherry Tomatoes & Mozzarella Topped with Crispy Fried Onions & a Creamy Mushroom Sauce	Chinese BBQ Basted Lamb Burger Patty with Red Cabbage on a Toasted Brioche Bun served with Thick cut Crispy Tempura Fried Onion Rings	Chicken Fillets Skillet-fried with Butter & Flaked Almonds Baked in a Creamy Casserole with Fine Beans & Pimentos served with Bacon & Parmesan Polenta	BBQ Basted Pork Ribs & Chips	Pan-fried Line Fish Fillets served on Fried Chorizo, Cannellini Beans & Spinach with Crispy Kale & Lemon Butter	Italian Meatballs flavoured with Parsley & Oregano served in a Creamy Portobello Mushroom Sauce on Tender Tagliatelle Pasta
VEGETARIAN		Sriracha & Lime Roasted Broccoli & Chickpea Tostadas	Coriander & Onion Spiced Chickpea Burger	Roasted Vegetable Tart with Eggplant Crust	Basil Summer Rolls with a Peanut Dipping Sauce	Sesame & Almond Buttered Zucchini Noodles	Creamy Wild Mushroom Tagliatelli Pasta
SALAD	French Salad	Orange Spiced Cauliflower & Couscous Salad	Confetti Salads & Cumber Raita	Roasted Carrot & Red Onion Salad with Fennel & Mint	Thai Cucumber Salad with Toasted Nuts, Dill & Bean Sprouts	Black Bean & Mango Salad	Corn, Coriander & Tomato Salad

HELLO SUMMER

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