

# 2020



## Day Scholars Week 1 & 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>					
<b>LUNCH</b>	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 Napolitano 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
<b>VEGETARIAN</b>	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
<b>SALAD</b>	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
<b>DESSERT</b>	Fresh Fruit	Bar One Swirl Cheesecake	Fresh Fruit	Peppermint Crisp Tart	Fresh Fruit
<b>WEEK TWO</b>					
<b>LUNCH</b>	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 Kleftiko 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.
<b>VEGETARIAN</b>	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
<b>SALAD</b>	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, Avocado & Marinated Tomato Salad
<b>DESSERT</b>	Fresh Fruit	Oreo & Fresh Cream Cupcakes	Fresh Fruit	Blackberry & White Chocolate Cream Puffs	Fresh Fruit

**SUMMER  
TIME**

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# 2020



## Day Scholars Week 3 & 4

### WEEK THREE

#### LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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 Beans, Cilantro Salsa & Shredded Cheddar Cheese
<b>VEGETARIAN</b>	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
<b>SALAD</b>	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
<b>DESSERT</b>	Fresh Fruit	Smores Poke Brownies	Fresh Fruit	Peach Pretzel Tart	Fresh Fruit

### WEEK FOUR

#### LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Lemon & Paprika spiced Chicken Flatties 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 & 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
<b>VEGETARIAN</b>	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
<b>SALAD</b>	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
<b>DESSERT</b>	Fresh Fruit	Boys Favourite Jello & Custard	Fresh Fruit	Chocolate French Silk Pie	Fresh Fruit

**FUN**  
IN THE SUN

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# 2020



## Day Scholars Week 5 & 6

### WEEK FIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	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
<b>VEGETARIAN</b>	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
<b>SALAD</b>	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
<b>DESSERT</b>	Fresh Fruit	Cherry Pie with Chantilly Cream	Fresh Fruit	Chocolate & Passion Fruit Mousse Cake	Fresh Fruit

### WEEK SIX

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	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	Filletted 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
<b>VEGETARIAN</b>		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
<b>SALAD</b>	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
<b>DESSERT</b>	Fresh Fruit	Eton Mess Peach & Raspberry Cheesecake	Fresh Fruit	Espresso Cupcakes with Mascarpone Cream	Fresh Fruit

SUMMER  
PARADISE

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