

# JANUARY Menu week 2

CHOOSE ONE MAIN - VEGETARIAN OPTION AVAILABLE

## Sunday

07/01/2018

STARTER  
LENTIL SOUP

MAIN 1  
BEEF BURGER  
WITH BUN  
TOMATO  
LETTUCE KETCHUP  
& ROAST POTATO

MAIN 2   
PASTA WITH  
TOMATO CREAM  
SAUCE


DESSERT  
MARBEL COOKIES

## Monday

08/01/2018

STARTER  
GARDEN SALAD

MAIN 1  
CORN AND  
TOMATO PIZZA

MAIN 2   
CHICK PEAS &  
VEGETABLE IN  
TOMATO SAUCE  
& RICE

DESSERT  
CARROT CAKE

## Tuesday

09/01/2018

STARTER  
COLESLAW SALAD

MAIN 1  
CHICKEN  
CURRY IN  
COCONUT MILK  
& RICE

MAIN 2   
CORN AND  
TOMATO PIZZA


DESSERT  
FRESH FRUIT SALAD

## Wednesday

10/01/2018

STARTER  
MINI PRETZEL

MAIN 1  
PASTA WITH  
TOMATO, HAM  
& VEGETABLE  
IN PINK SAUCE

MAIN 2   
BARLEY WITH  
VEGETABLE IN  
TAMARI SAUCE


DESSERT  
FRESH BANANA

## Thursday

11/01/2018

STARTER  
POTATO SALAD

MAIN 1  
BEEF GLOUSH  
WITH CARROT  
& STEAM RICE

MAIN 2   
QUINOA WITH  
VEGETABLE IN  
TOMATO BASE

DESSERT  
DATE CAKE

# JANUARY Menu Week 3


CHOOSE ONE MAIN - VEGETARIAN OPTION AVAILABLE

## Sunday

14/01/2018

STARTER  
GARDEN SALAD

MAIN 1  
CHICKEN  
SCHNITZEL  
WITH MASH  
& GRAVY SAUCE

MAIN 2   
FUSILLI PASTA  
IN CREAM  
CHEESE SAUCE


DESSERT  
FRUIT COMPOTE WITH  
VANILA SAUCE

## Monday

15/01/2018

STARTER  
TOMATO SOUP

MAIN 1  
PASTA IN  
TOMATO  
CREAM  
SAUCE

MAIN 2   
QUINOA GRILLED  
VEG WITH OLIVE  
OIL

DESSERT  
FRESH DATE CAKE

## Tuesday

16/01/2018

STARTER  
CARROT & PINEAPPLE SALAD

MAIN 1  
BEEF  
MEAT BALL  
IN TOMATO  
SAUCE & RICE

MAIN 2   
PASTA IN  
TOMATO SAUCE  
[ PINK SAUCE]

DESSERT  
WATER MELON

## Wednesday

17/01/2018

STARTER  
TOMATO SALAD

MAIN 1  
CHICKEN  
SAUSAGE  
WITH ROAST  
POTATO &  
GRAVY SAUCE

MAIN 2   
VEGETABLE PIE

DESSERT  
STRAWBERRY SWISS ROLL

## Thursday

18/01/2018

STARTER  
LENTIL & APPLE SOUP

MAIN 1  
BEEF  
BOLOGNESE  
PIZZA

MAIN 2   
CORN & TOMATO  
PIZZA

DESSERT  
FRESH FRUIT SLICE

# JANUARY Menu Week 4

CHOOSE ONE MAIN - VEGETARIAN OPTION AVAILABLE

## Sunday

21/01/2018

STARTER  
VEGETABLE SOUP

MAIN 1  
BEEF BURGER  
PATTIE WITH  
BUN & ROAST  
POTATO

MAIN 2   
BAKED TOMATO  
PASTA


DESSERT  
CUSTARD PUDDING

## Monday

22/01/2018

STARTER  
GARDEN SALAD

MAIN 1  
CORN AND  
TOMATO PIZZA

MAIN 2   
COUSCOUS  
WITH  
VEGETABLE

DESSERT  
MARBEL COOKIES

## Tuesday

23/01/2018

STARTER  
MINI PRETZEL

MAIN 1  
CHICKEN  
STIR FRY  
IN SOYA  
SAUCE & RICE

MAIN 2   
CORN &  
TOMATO  
PIZZA

DESSERT  
FRESH FRUIT SALAD

## Wednesday

24/01/2018

STARTER  
CUCUMBER SALAD

MAIN 1  
SEAFOOD PIE

MAIN 2   
SPAGAUTTIE  
PASTA WITH  
SPINASH  
CREAM SAUCE


DESSERT  
FRESH BANANA

## Thursday

25/01/2018

STARTER  
POTATO SALAD

MAIN 1  
BEEF  
GOULASH  
WITH STEAM  
BROWN RICE

MAIN 2   
QUINOA WITH  
VEGETABLE IN  
COCONUT OIL

DESSERT  
DATE CAKE

JANUARY  
**Menu**  
week 5

CHOOSE ONE MAIN - VEGETARIAN OPTION AVAILABLE

## Sunday

28/01/2018

STARTER  
PUMPKIN SOUP

MAIN 1  
BEEF  
BRATWURST  
WTH CURRY  
SAUCE AND  
POTATO SALAD

MAIN 2   
CORN AND  
TOMATO PIZZA

DESSERT  
FRESH APPLE

## Monday

29/01/2018

STARTER  
BEETROOT SALAD

MAIN 1  
PASTA WITH  
HAM &  
TOMATO  
CREAM SAUCE

MAIN 2   
SEASONAL  
VEGETABLE PIE

DESSERT  
APPLE CRUMBLE

## Tuesday

30/01/2018

STARTER  
GARLIC & TOMATO TOAST

MAIN 1  
CHICKEN  
STROGANOFF  
WITH RICE

MAIN 2   
CHICK PEAS  
WITH CARROT  
IN COCONUT  
TOMATO & RICE

DESSERT  
FRESH FRUITS SLICE

## Wednesday

31/01/2018

STARTER  
POTATO SOUP

MAIN 1  
SEAFOOD PIZZA

MAIN 2   
VEGETABLE  
PIZZA

DESSERT  
VANILLA SWISS ROLL