

semaine/week 4

**24-28 Septembre 2018**

		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
petit déjeuner 9:45am	maternelle +CP	PUBLIC HOLIDAY Heritage Day	Baguette & cheese	Cocktail sausage roll	Cocktail vetkoek & jam	Chicken spring roll
	primaire		Fruit	Fruit	Fruit	Fruit
salades	Tomato & basil pesto salad		Herbed pasta salad	American potato salad	Corn salad with herbed dressing	
légumes	Garden salad		Garden salad	Garden Salad	Garden Salad	
végétarien	Sautéed baby marrow		Ratatouille	Mediterranean vegetables	Roastedcarrots	
plat principal	Sweet & sour veggie frikkadels		Vegetable galette	Tikka veggie bake	Vegetable quesadillas	
dessert	primaire & secondaire		Sweet & sour meatballs with stir fried couscous	Hake galette's with lemon & herb potatoes	Grilled Chicken Fillets with tikka sauce & buttered pasta	Pork quesadillas & potato wedges
	maternelle + CP		Fruit	Fruit salad	Cheese cake	Fruit
			Yoghurt	Yoghurt	Yoghurt	Yoghurt
			Fruit	Fruit Salad	Cheese Cake	Fruit