

MENU 6

Monday *

LUNCH: Lemon grass and coconut poached fish with steamed rice
dessert: Rhubarb and apple crumble with yoghurt
DINNER: Soup of the day, Cheese and spinach pie
dessert: Fresh fruit salad

Tuesday *

LUNCH: Hutspot met Klapstuk (Beef stew) with mashed potato
dessert: Lemon and coconut pudding with custard
DINNER: Soup of the day, Macaroni cheese
dessert: Fruit mouse and coulis

Wednesday *

LUNCH: Lamb fry and bacon with mashed potato
dessert: Pineapple parfait
DINNER: Soup of the day, Frittata and salad
dessert: Haagse Bluf (mousse)

Thursday *

LUNCH: Corned beef with mashed potato and mustard sauce
dessert: Lemon and Raspberry cake and cream
DINNER: Soup of the day, Pasta Carbonara
dessert: Fresh fruit platter

Friday *

LUNCH: Fish and Chips
dessert: Ice cream with chocolate fudge sauce
DINNER: Soup of the day, Cold cuts, salad and chutney
dessert: Bread and butter pudding

Saturday *

LUNCH: Beef cheeks with red cabbage and mashed potatoes
dessert: Apple pie and custard
DINNER: Soup of the day, Sausage with mash and gravy
dessert: Sago pudding

Sunday *

LUNCH: Roast Chicken with roast potatoes
dessert: fruit jelly and ice cream
DINNER: Soup of the day, Scrambled eggs on Toast
dessert: Pavlova with cream and fruit

- * **Breakfast: Porridge and or Toast
(Cooked breakfast on Wednesdays)**
- * **Morning and Afternoon teas:
A selection of cake, slices or biscuit**