

# Menu – Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Breakfast: Everyday Bread, Toast, Butter, Jam, Honey, Peanut butter, Fresh fruits, Juice, Tea, Coffee, Chocolate, Milk, Yogurt, Oats (porridge), Weetabix and Cornflakes

		French Toast with Maple syrup and Honey, White and Brown Bread, and Koko krunch cereal	Spanish Omelet, White and Brown Bread and Chicken Bites	Pancakes with Maple syrup, White and Brown Bread, Muesli, Flavored Yogurt	Bacon, Plain Omelet, Grilled Tomatoes and Bread	Waffles with Nutella and Honey, Milo cereal, Bread
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Snack: Every day fresh fruit Juice, milk, tea, coffee, bread

		Banana Cake	Cinnamon Twists	Sausage Rolls		
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Lunch: Everyday Salad, yogurt and fresh fruit

	Beef curry Rice Chapatti Mixed vegetable curry Salad	Pepper steak with Brown sauce Mash Potatoes Grilled vegetables Veg: Stuffed Pepper Spicy sweet Potato wedges Buttered rolls	BBQ Pork Roast Lamb with Minty Yogurt Scalloped Potatoes Paneer Rolls for vegetarians Cheese Bread Salad	Chicken cooked in Coconut gravy Coconut rice Whole wheat tortillas Brinjal and potato curry Soup/Rolls Salad	Burgers and Chips Salad	Pizza Salad
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Dinner

	Tandoori chicken Chips Paneer Skewers Ice cream Salad	Vegetable Fried Rice Cantonese sweet and sour Beef Veg. Manchurian Garlic Mushrooms Sweet corn Chicken soup with rolls Salad Fruit salad	Sports Banquet Butter Chicken Butter Paneer Naans Rice Juice Samosas Ice cream Fruits	Tortilla soup Tortilla chips with guacamole and salsa Tortilla salad Crunchy and soft tacos Beef and Beans Salad Jelly and custard	Honey chili chicken Chili Paneer Sausage rice Lime Juice Fruits	Mishkaki Chips Mayai Ndizi Nyama Veg: Wada Pav (Potato cake with bread) Veg. Kebabs Chocolate éclairs Salad
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EVENING SNACK AND JUICE SERVED IN DORM

	Chocolate Fudge	Apples	Popcorns	Potato crisps	Fruit	Cheese straws
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