

ISM Menu Week 3

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, White and Brown Bread, Weetabix and Cornflakes	Plain Omelet, White and Brown Bread, Weetabix and Cornflakes, Muesli, Baked Beans	Pancakes with Honey, White and Brown Bread, Weetabix and Cornflakes, Flavored Yogurt	Croissant, Nutella, Boiled eggs, Muffins, White and Brown Bread, Weetabix and Cornflakes	Spanish Omelet, Beef Viennas, White and Brown bread, Weetabix and Corn Flakes, Granola	Waffles with Cream and Nutella, White and Brown bread	Sausages, Baked Beans and Scrambled eggs White and Brown bread
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Snack: Every day fresh fruit Juice, milk, tea, coffee, bread

Banana Cake	Spring rolls	Pop corns, Nuts, Vegetable sticks, Dips	Stuffed pita pockets	Pin wheel Pizzas		
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Lunch: Everyday Salad, yogurt and fresh fruit

Beef and Veg. Lasagna Rice Vegetable curry Garlic Bread Salad	Roast Beef with BBQ Sauce Mash Potatoes Grilled Mushrooms Caramelized Onions For veg. Lentil with Tortillas Soup with Rolls Salad	Fish and Beef Curry in Coconut Sauce Rice cooked in Coconut Ugali Brinjal curry with potatoes/ Parothas salad	Pizza Beans and rice Salad	Chicken cooked in tomato gravy Rice Naans Potato curry Salad	Philly Cheese steak Sandwich Salad	Spinach Rice Blenda Ugali Beef curry in tomato gravy Salad Dagga
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Dinner

Butter Chicken Butter Paneer Rice Garlic Naans Fruits	Sandwich with Shredded Beef, Fish nuggets, salami tomato, cucumber, lettuce and cheese slices Trifle	Chips Maryland chicken Salad Bar Chick Pea Fajitas Ice cream cake	Thai Red and Green Curry Rice Cheesy Bacon Potatoes Veggie Thai Red Curry Salad Apple crumble	Beef and Veg Samosas Sweet and Sour Chicken wings Kebabs Vegetable Fried Rice and Vegetable Manchurian Caramel Pudding	Pork Chops Sausage Choma Masala Chips Tandoori Lamb Ribs Stir Fried Noodles Fruits	Chicken Peri Peri Potato wedges Salad Chocolate Milkshake Vegetable Pie
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EVENING SNACK AND JUICE SERVED IN DORM

Tortilla chips	Cinnamon rolls	Apples	Cheese pretzels	Cassava with chilli	Red velvet cupcakes	Chocolate croissants
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