

Sample menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Hot and continental breakfast served weekdays					Brunch Continental breakfast with a selection of pastries, a variety of hot food from the servery, including vegetarian, and seasonal fruits.	
Lunch	Honey & sesame seed chicken pieces with wedges	Butter chicken pieces with rice	Chicken schnitzel or salmon patties, green vegetables and pommes sauté	Chicken, or ham & pineapple pizzas	Beef or chicken pie with salad		
Lunch (vegetarian)	Sauté vegan sausages and tofu with honey and soy sauce	Butter paneer & vegetables with rice	Falafel patties, green vegetables and pommes sauté	Vegetarian pizzas	Vegetarian pie with salad		
Dinner option 1	Chilli lime chicken with stir-fried vegetables	Slow-cooked beef with steamed & mixed vegetables	Lamb navarin with mashed potatoes and vegetables	Pork loin roast with grain mustard sauce with mixed vegetables	Chicken & spinach linguini with stir-fried vegetables	Beef	Tomato cauliflower & lamb curry with baked vegetables
Dinner option 2	Tortellini with pumpkin, spinach and mushrooms	Chicken & mushroom spaghetti with mixed vegetables	Lemon & capers fish with mashed potatoes and vegetables	Peking style roast chicken with mixed vegetables	Beef steak with tomato & onion sauce, with potato, carrots & beans	Chicken & chorizo gumbo with farfalle pasta, zucchini & peas	Sticky hoisin chicken pieces with baked coloured vegetables
Dinner (vegetarian)	Vegetables, beans & cashew curry	Yellow squash sauté served with couscous	Fragrant egg curry	Sweet potato & red kidney bean pot	Stir-fried barley, vegetables & macadamias	Kale & vegetable quinoa pilaf	Vegetarian dhal with baked coloured vegetables