Waterford Kamhlaba

Capitol Caterers Menu - Term 2: Week 1,4,7,10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pancakes & Syrup	Cheese Omelette	Boiled Eggs	French Toast & Syrup	Baked Beans	Chicken/ Soya Sausage	Fried Egg/Bacon
				Yoghurt	Scones		Grilled Tomatoes
							Veg Strips
	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge
	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves
	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee
	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice
AM SNACK	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice		
	Ass. Sandwiches	Vegetable soup	Muffin	Chicken soup	Ass. Sandwiches		
LUNCH	Roast Chicken	Lamb Curry	Fish Fingers	Bean Curry with Coconut	Beef Stroganoff	Chicken Ala-king	Roast Of The Day
	Spinach & Feta Crepes	Veg Curry	Chickpea Fritters	Rice	Veg Stroganoff	Veg Ala-king	Soya Patty
	French Fries	Rotis	Roast Potatoes		Noodles	Rice	Roast Potatoes
							Ice Cream
	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg
	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water
3PM							Carrot Cake
SUPPER	Savoury Mince Curry	Brinjal & Dhal Melanzane	Beef Stew	Chicken Katsu	Grilled Pork /Prime Beef	Pasta Alfredo	Chicken Curry
	Veggie Bake	Rice	Vegetable Wraps	Capitol Veg Rolls	Veg Schnitzel	Veg Alfredo	Three Lentil Curry
	Spaghetti		Rice	Potato Bake	Pap Tart/Rice		Rice
	Apple Crumble	Fruit Salad	Malva Pudding	Guava Halves	Milk Tart	Banana Flan	Fresh Fruit
	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg
	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread
	Water	Water	Water	Water	Water	Water	Water
EVENING	Bread, Cheese Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit

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Capitol Caterers Menu - Term 2: Week 2,5,8,11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pancakes & syrup	Boiled Eggs	Baked Beans	Mexican Omelette	Chicken Gizzards	Scrambled Eggs	Fried Egg/Bacon
			Muffin		Veg strips	Veg Stir- fry	Grilled Tomatoes
							Soya Sausages
	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge
	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves
	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee
	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice
AM SNACK	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice		
	Ass. Sandwiches	Chicken Soup	Ass. Sandwiches	Butternut Soup	Ring doughnut		
LUNCH	Pork & Beef Schnitzel	Veg Frittata	Roast Chicken	Crumbed Fish	Lamb Curry	Flat Spare-ribs	Braai
	Veg Schnitzel	French Fries	Soya Sausages	Mushroom Pies	Coconut Bean curry	Capitol Veg rolls	Pap Tart
	Roast Potatoes		Rice	Boiled Sweet Potatoes	Rice/Rotis	Boiled potatoes	
							Ice Cream
	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg
	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice
3PM							Vanilla Cake
SUPPER	Pasta Alfredo	Sausage Rolls	Beef Casserole	Margarita Pizza	Grilled Beef/ Pork Chops	Chicken Wraps	Beef Curry
	Veg Alfredo	Mushroom Pie	Bean & Veg Casserole		Pap tart	Veg wraps	Savoury Asparagus Tart
			Rice /Pap		Veg Strudel		Rice
	Trifle	Pear Halves	Banana Flan	Peach Halves	Mocha Slice	Apple Crumble	Fresh fruit
	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg
	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread
	Water	Water	Water	Water	Water	Water	Water
EVENING	Bread, cheese Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit

Waterford Kamhlaba

Capitol Caterers Menu - Term 2: Week 3,6,9,12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pancakes & syrup	Cheese Omelette	Chicken Gizzards	Boiled Egg	Baked Beans	Chicken/ Soya Sausage	Fried Egg/Bacon
				Yoghurt	Scones		Grilled Tomatoes
							Veg Strips
	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge	Cereal/Porridge
	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves	Toast & Preserves
	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee
	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice
AM SNACK	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice		
	Butternut Soup	Swazi Bun	Lentil Soup	Muffin	Chicken soup		
LUNCH	Buttered Fish	Grilled Pork Chops/Chuck	Mutton Curry	Lentil Curry	Theme Day	Chicken Prego	Roast of The Day
	Spinach& Feta Crepes	Vegetable Omelette	Chickpea & Dhal Curry	Rotis		Veg Prego	Stuffed Butternut
	Parsley Boiled Potatoes	Roast Potatoes	Rice				Roast Potatoes
							Ice Cream
	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg
	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water	Chilled Fruit Juice/ Water
3PM							Chocolate Cake
SUPPER	Spinach & Lentil	Beef Sausage rolls	Mince Curry	Chicken Stew	Russian	Pasta Alfredo	Chicken Bake
	Lasagne	Capitol Veg Rolls	Veggie Bake	Veg Casserole	Mushroom Pies	Veg Alfredo	Vegetable Bake
			Spaghetti	Rice	Chips		Boiled Potatoes
	Apple Crumble	Fruit Salad	Malva pudding	Guava Halves	Milk Tart	Banana Flan	Fresh fruit
	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg
	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread
	Water	Water	Water	Water	Water	Water	Water
EVENING	Bread, cheese Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit