flava

Lunch Menu

Week 1

Monday
Snack: cappuccino muffin & fresh fruit
Meal: macaroni and cheese & roasted vegetables

Tuesday
Snack: cheese sandwich & fresh fruit
Meal: grilled chicken drumsticks, rice and gravy & peas and corn

Wednesday
Snack: chicken pastry wheel & fresh fruit
Meal: beef stroganoff with mushroom and bell pepper & white rice

Thursday
Snack: carrot muffin & fresh fruit
Meal: napolitana chicken and vegetable fettuccini pasta

Friday
Snack: salad roll & fresh fruit
Meal: beef steak roll served with chips

Veg, Vegan, No Beef and Gluten Free options

Monday
Snack: gluten free muffin & fresh fruit
Meal: gluten free macaroni and cheese/gluten free napolitana macaroni pasta & roasted vegetables

Tuesday
Snack: gluten free sandwich & fresh fruit
Meal: frys crumbed veg schnitzel, rice and gravy & peas and corn

Wednesday
Snack: gluten free sandwich & fresh fruit
Meal: vegetable stroganoff/chicken with mushroom and bell peppers stroganoff & white rice

Thursday
Snack: gluten free muffin & a fresh fruit
Meal: gluten free napolitana frys chicken and vegetable fettuccini pasta

Friday
Snack: gluten free salad roll & fresh fruit
Meal: chicken roll/gluten free frys beef strip roll served with chips

salad valley offered daily

flava

Lunch Menu

Week 2

Monday
Snack: beef sausage roll & fresh fruit
Meal: chicken ala king with mixed vegetables &white rice

Tuesday
Snack: bran muffin & fresh fruit
Meal: cottage pie & honey glazed carrots

Wednesday
Snack: chicken mayo roll & fresh fruit
Meal: chicken and vegetable stir-fry & chinese noodles

Thursday
Snack: chicken quiche & fresh fruit
Meal: chicken schnitzel, cheese sauce, rice & roasted butternut

Friday
Snack: banana bread & fresh fruit
Meal: grilled chicken wrap served with roasted potato wedges

Veg, Vegan, No Beef and Gluten Free options

Monday
Snack: chicken sausage roll/cheesy pie/gluten free sandwich & fresh fruit
Meal: vegetable curry & white rice

Tuesday
Snack: gluten free muffin & fresh fruit
Meal: chicken cottage pie/moussaka & honey glazed carrots

Wednesday
Snack: gluten free sandwich & fresh fruit
Meal: vegetable stir-fry & gluten and egg free noodles

Thursday
Snack: cheese quiche/gluten free chicken quiche & fresh fruit
Meal: frys chicken schnitzel, sauce, rice & roasted butternut

Friday
Snack: gluten free sandwich & fresh fruit
Meal: grilled butternut wrap/gluten free grilled chicken wrap served with roasted potato wedges

salad valley offered daily

flava

Lunch Menu

Week 3

Monday
Snack: beef sausage roll & fresh fruit
Meal: creamy chicken and vegetable fettuccini pasta & a cocktail roll

Tuesday
Snack: chicken quiche & fresh fruit
Meal: malay chicken and vegetable curry served with savoury rice

Wednesday
Snack: chicken mayo roll & fresh fruit
Meal: sticky chicken leg quarter & potato wedges

Thursday
Snack: cocktail chicken hotdog & fresh fruit
Meal: macaroni and cheese, roasted butternut & toasted bruschetta

Friday
Snack: bran muffin & fresh fruit
Meal: grilled beef burger & roasted potato wedges

Veg, Vegan, No Beef and Gluten Free options

Monday
Snack: chicken sausage roll/cheesy pie/gluten free sandwich & fresh fruit
Meal: creamy mushroom and vegetable fettuccini pasta/gluten free creamy chicken fettuccini pasta & gluten free roll

Tuesday
Snack: cheese quiche/gluten free chicken quiche & fresh fruit
Meal: malay potato and chickpea curry/gluten free malay chicken curry served with savoury rice

Wednesday
Snack: gluten free sandwich & fresh fruit
Meal: lentil moussaka/gluten free sticky chicken leg quarter & potatoes

Thursday
Snack: cocktail frys hotdog/gluten free chicken hotdog & fresh fruit
Meal: gluten free macaroni and cheese, Roasted Butternut & toasted gluten free bread bites

Friday
Snack: gluten free muffin & fresh fruit
Meal: grilled chicken burger/veg burger/gluten free beef burger & roasted potato wedges

salad valley offered daily

flava

Week 4 Lunch Menu

Monday
Snack: cappuccino muffin & fresh fruit
Meal: creamy butter chicken, potato and carrots served with savoury rice

Tuesday
Snack: cheese sandwich & fresh fruit
Meal: creamy beef and vegetable penne pasta served with roasted baby marrow

Wednesday
Snack: chicken pastry wheel & fresh fruit
Meal: bbq chicken thigh, roasted mediterranean vegetables & potato bake

Thursday
Snack: salad roll & fresh fruit
Meal: malay chicken and vegetable curry served with savoury rice

Friday
Snack: chicken quiche & fresh fruit
Meal: boerewors, caramelized onion served with chips

Veg, Vegan, No Beef and Gluten Free options

Monday
Snack: gluten free muffin & fresh fruit
Meal: frys schnitzel/gluten free creamy butter chicken, potato and carrots served with savoury rice

Tuesday
Snack: gluten free sandwich & fresh fruit
Meal: gluten free egg free napolitana pasta/creamy chicken penne pasta/gluten free creamy beef penne pasta served with roasted baby marrow

Wednesday
Snack: gluten free sandwich & fresh fruit
Meal: frys chicken schnitzel, roasted mediterranean vegetables served with potato and sweet potato wedges

Thursday
Snack: gluten free salad roll & fresh fruit
Meal: malay potato and chickpea curry/gluten free malay chicken curry served with savoury rice

Friday
Snack: cheese quiche/gluten free chicken quiche & fresh fruit
Meal: gluten free frys sausage hotdog/chicken vienna hotdog served with chips

salad valley offered daily

flava

Week 5 Lunch Menu

Monday
Snack: vanilla muffin & fresh fruit
Meal: chicken and veg lasagne & toasted bruschetta

Tuesday
Snack: savoury scones & fresh fruit
Meal: beef curry with vegetables & white rice

Wednesday
Snack: banana bread & fresh fruit
Meal: homemade chicken and veg pie, gravy & roasted potato wedges

Thursday
Snack: chicken sausage roll & fresh fruit
Meal: boerewors, minted peas served with mash and gravy

Friday
Snack: lemon square & fresh fruit
Meal: crumbed chicken bite wrap served with chips

Veg, Vegan, No Beef and Gluten Free options

Monday
Snack: gluten free muffin & fresh fruit
Meal: creamy vegetable lasagne/gluten free chicken lasagne & toasted bruschetta

Tuesday
Snack: gluten free scones & fresh fruit
Meal: chicken curry with vegetables/vegetable curry & white rice

Wednesday
Snack: gluten free sandwich & fresh fruit
Meal: frys nuggets with roasted potato wedges

Thursday
Snack: chicken sausage roll/cheesy pie/gluten free sandwich & fresh fruit
Meal: frys sausage, minted peas/chicken breast, minted peas served with mash and gravy

Friday
Snack: gluten free lemon square & fresh fruit
Meal: gluten free chicken wrap/tofu and avo wrap served with chips

salad valley offered daily

flava

Week 6 Lunch Menu

Monday
Snack: banana muffin & fresh fruit
Meal: beef and vegetable lasagne served with toasted bruschetta

Tuesday
Snack: savoury scones & fresh fruit
Meal: Portuguese grilled chicken breast, rice and gravy & cinnamon roasted butternut

Wednesday
Snack: cocktail chicken hotdog & fresh fruit
Meal: spaghetti bolognaise with mixed vegetables

Thursday
Snack: beef sausage roll & fresh fruit
Meal: beef and vegetable stew served with savoury rice

Friday
Snack: chocolate cake square & fresh fruit
Meal: cajun chicken and pine burger served with chips

Veg, Vegan, No Beef and Gluten Free options

Monday
Snack: gluten free muffin & fresh fruit
Meal: gluten and egg free vegetable lasagne/chicken and vegetable lasagne/gluten free beef and vegetable lasagne & gluten free bread bites

Tuesday
Snack: gluten free scones & fresh fruit
Meal: frys crumbed veg schnitzel, rice and gravy & cinnamon roasted butternut

Wednesday
Snack: cocktail frys hotdog/gluten free chicken hotdog & fresh fruit
Meal: chicken spaghetti bolognaise/vegetable gluten free spaghetti bolognaise

Thursday
Snack: chicken sausage roll/cheesy pie/gluten free sandwich & fresh fruit
Meal: chicken and vegetable stew/vegetable stew served with savoury rice

Friday
Snack: gluten free chocolate square & fresh fruit
Meal: frys chicken burger/cajun chicken and pine gluten free burger served with chips

salad valley offered daily