

## SAMPLE MENUS FOR THE WEEK

### **BREAKFAST: \$6.00**

**MONDAY:** 1pc Danish, 1pc Croissant, Apple, 1 bot. Orange Juice, Tea or Coffee, Butter, Jam, Honey

**TUESDAY:** 1pc Muffin, 1pc Chocolate Croissant, Banana, 1bot. Apple Juice, Tea or Coffee, Butter, Marmalade, Honey

**WEDNESDAY:** 1pc Scones, 1pc Danish, Orange, Flavoured Yogurt, Cranberry Juice, Tea or Coffee, Jam, Honey

**THURSDAY:** 1pc Bagel with Cream Cheese, Banana Bread, Fruit Salad, 1bot. Orange Juice, Tea or Coffee,

**FRIDAY:** Breakfast Sandwich ( English Muffin with Egg & Cheese ), Apple, 1bot. Cranberry Juice, Tea or Coffee

**SATURDAY:** Spinach & Feta Cheese Puff, Banana, 1bot Apple Juice, Flavoured Yogurt, Tea or Coffee

**SUNDAY:** 1pc Muffin, 1pc Danish, Fruit Salad, 1bot. Orange Juice, Tea or Coffee, Butter, Jam, Honey

### **LUNCH: \$9.00**

**MONDAY:** Chicken Salad Sandwich, Green Salad with Vinaigrette Dressing, 1 Potato Chips Pkt. 1 Soft Drink

**TUESDAY:** Smoked Turkey Breast with Cheddar, Tomato and Lettuce Sandwich, Caesar Salad, 1 Potato Chips Pkt, 1 Soft Drink

**WEDNESDAY:** Beef Burger , French Fries, Spinach and Green Apple Salad, 1 Soft Drink

**THURSDAY:** Grilled Chicken Sandwich, French Fries, Greek Salad, 1 Soft Drink

**FRIDAY:** Crowne Club Sandwich, French Fries, Green Salad, 1 Soft Drink

**SATURDAY:** Roast Beef Sandwich, Corn Salad, 1 Soft Drink

**SUNDAY:** Chicken Wrap, French Fries, Caesar salad, 1 Soft Drink

### **DINNER: \$14.00**

**MONDAY:** Beer Battered Fried Fish & Chips, Green Salad, Brownies, 1 Soft Drink

**TUESDAY:** Beef Stroganoff, Buttered Rice, Seasonal Vegetables, Apple Crumble Squares, 1 Soft Drink

**WEDNESDAY:** Roast Chicken, Roast Herbed Red Skin Potatoes, Seasonal Vegetables, Tiramisu, 1 Soft Drink

**THURSDAY:** Roast Lamb Leg, Garlic Whipped Potatoes, Seasonal Vegetables, Cookie, 1 Soft Drink

**FRIDAY:** Grilled Salmon with Dill Sauce, Seasonal Vegetables, Buttered Rice, Lemon Tart

**SATURDAY:** Butter Chicken, Kachumber Salad, Naan, Carrot Cake 1 Soft Drink

**SUNDAY:** Beef in Hot Garlic Sauce, Stir Fried Rice, Vegetable Spring Roll, Chocolate Mousse