Waterford Kamhlaba

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	French Toast	Boiled Egg	Pancakes	Cheese Omelette	Baked Beans	Chicken / Soya	Bacon / Veg Strips
	Syrup		Syrup		Scones	Sausages	Grilled Tomatoes
		Fresh fruit		Yoghurt		Fresh Fruit	
	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	Chicken / Veg soup	Tea/Coffee/Juice	Pea soup	Tea/Coffee/Juice		
	Muffin	Fresh bread	Ring doughnuts	Fresh bread	Ham / Egg Mayo Sandwiches		
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
LUNCH	Roast Chicken	Beef Stir-fry	Fish/ Chicken Fingers	Veg Bunny Chow	Mutton Curry	Chicken Wraps	Roast of the Day
	Spinach & Feta Crepes	Veg Stir-fry w Beans	Chickpea Fritters		Lentil and Veg Curry	Vegetable Wraps	Vegetarian Pies
	Roast Potatoes	Noodles	French Fries		Rice		Roast Potatoes
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	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	Rolls
	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice
3PM							Cake
SUPPER	Mince Curry	Macaroni Cheese	Beef Casserole	Chicken Katsu	Grilled Pork/Beef Sausages	Pasta Carbonara	Chicken Curry
	Veg bake		Brinjal & Dhal Melanzane	Stuffed Butternut Squash	Veg Burgers	Vegetable Pizza	Three Bean Curry
	Pasta		Rice	Boiled Sweet potatoes	Mash potatoes		Rice
	Banana Cake	Yoghurt	Fruit Salad	Fruit Cake	Pear Halves	Milk Tart	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 SNACK (hostels)	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	Mexican Omelette	Chicken Gizzard / Livers	Pancakes	Boiled Egg	French Toast	Scrambled Eggs	Bacon/ Veg Mince
		Veg Strips	Syrup	Scones	Syrup	Grilled Tomatoes	Grilled Tomatoes
		Yoghurt		Fresh Fruit		Yoghurt	
	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	Butternut Soup	Tea/Coffee/Juice	Tea/Coffee/Juice	Mushroom Soup		
	Muffin	Fresh Bread	Rock Buns	Chicken/Egg Mayo Sandwiches	Fresh Bread		
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
LUNCH	Chinese Chicken Stir-fry	Three Colour Lentil Curry	Pork / Beef Schnitzel	Crumbed Fish /Chicken	Lamb Curry	Pasta Carbonara	Capitol Braai
	Chinese Vegetable Stir-fry	Rice/ Roti	Soya Sausage	Crumbed Vegetables	Bean Curry w Coconut	Vegetable Pizza	Fry's Veg Strips
	Noodles		French Fries	Sweet Potatoes	Noodles		Roasted potatoes
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	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
	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice
3PM							Cake
SUPPER	Mushroom and Lentil	Chicken / Beef Prego	Beef Casserole	Sausage Roll	Grilled Beef/ Pork Chops	Grilled Beef/Chicken Sausages	Spanish Chicken
	Risotto	Veg Prego	Bean & Veg Casserole	Soya Roll	Pap Tart/ Rice	Spinach,Pea & Feta Quiche	Brinjal Melanzane
			Rice	Roasted Potatoes	Veg Strudel	Mashed Potato	Rice
	Apple Crumble & Custard	Yoghurt	Chocolate Cake	Yoghurt	Q2Q	Malva Pudding & Custard	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 SNACK (hostels)	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 3,6,9,12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Chicken Gizzards	Boiled Egg	Pancakes	Fried Eggs	French Toast	Chicken Sausages	Bacon / Potato Cake
			Syrup		Syrup	Soya Sausages	Fried Eggs
	Fresh Fruit		Yoghurt		Fresh Fruit		Yoghurt
	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	Chicken / Lentil Soup	Tea/Coffee/Juice	Vegetables Soup	Tea/Coffee/Juice		
	Ring Doughnuts	Fresh Bread	Swazi Buns	Fresh Bread	Cheese Sandwiches		
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
LUNCH	Fish / Chicken Cakes	Creamy Broccoli Macaroni	Mutton Curry	Grilled Pork / Chuck	Theme Day	Chicken Prego	Roast of the Day
	French Fries	Cheese	Vegetable Curry	Spinach & Lentil Lasagne		Veg Prego	Pap Tart
			Rice	Roasted Potatoes		Roast Sweet Potato	Fry's Veg Strips
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	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
	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice
3PM							Cake
SUPPER	Cottage Pie	Beef Sausages	Chicken Bake	Veg Alfredo	Beef Stew	Beef Stir Fry	Chicken Stir-fry
	Cottage Veg Pie	Soya Sausages	Vegetable Bake		Mushroom Risotto	Pea Fritters	Veg Stir-fry
		Potato Bake	Parsley Potatoes		Rice	Rice /Pasta	Lentil Rice
	Vanilla Cake	Fresh Fruit	Yoghurt	Peach Halves	Banana Flan	Chocolate Cake	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 SNACK (hostels)	Bread & Cheese Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit	Bread & Fresh Fruit