Waterford Kamhlaba

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pancakes syrup	Boiled Egg	Chicken Gizzards	Yoghurt	Mexican Omelette	Cocktail Beef sausages	Bacon / Veg Burgers
			Veg Nugget	Scones		Veg strips	Grilled tomatoes
					Soya mince		Fried Eggs
							Fried Eggs
	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		
	Butter & Ginger Soup	Ass. .Sandwiches	Scones	Mushroom Soup	Rocky bun		
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
LUNCH	Beef Curry	Lemon, Garlic & Pepper	Fried Hake	Dhali Curry	Grilled Pork /Chuck	Pasta Alfredo	Roast Of the day
	Vegetable Curry with Butter Beans	Chicken	Broccoli Cheese Patties	Roti/Rice	Paptart	Veg Alfredo	Rolls
	Savory Rice	Fried Rice	Roast Potatoes		Mushroom, Lentil & Asparagus		Vegetarian pies
		Black Bean Enchilada Bake			Stew		
	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
	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice
3PM							Carrot Cake
SUPPER	Creamy Mixed veg	Curried Mince Meat	Grilled Chicken Portuguese	Beef Burgers	Chicken Melanzane	Char Grilled Spare-Ribs	Chicken Briyani
	Macaroni	Potatoes, Peas Curry	Grilled Zucchini & Feta	Veg Burgers	Brinjal Melenzane	Grilled Soya Sausages	Veg Briyani
	Napolitan Sauce	Pasta Linguine	Bake		Mashed Potatoes	Savory Rice	
			Rice				
	Fruit salads	Yoghurt	Trifle	Canned Fruits	Coconut Slice	Yoghurt	Fruit
	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg
	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

Waterford Kamhlaba

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pancakes & syrup	Yoghurt	Sausage Casserole	Baked beans	Chicken Gizzard	French toast	Bacon/ Veg Burger
		Sliced Fruit	Soya Sausage Casserole	Scones	Veg Stir-Fry	Syrup	**Fried Eggs**
	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	Ass Sandwiches	Broccoli Soup	Doughnut	Lentil Soup	Ass Sand wiches		
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
LUNCH	Lemon & Herb Hake Fillet	Chinese Veg Stir-fry	BBQ Grilled Chicken	Grilled Chuck\ Pork	Smoked Russians	Pasta Cabanara	Capitol Braai
	Veg Strudel	With Red /Black Bean	Crumbed Veg	Spinach Feta Crepes	French Fries	Vegetable Pizza	Fry's veg strips
	Savory Rice	Noodles	Fried Rice	Pap/ Rice	Spicy Smoked Soya Sausages		Paptart &Cocktails
	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Ice Cream
	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg
	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice	Chilled Fruit Juice
3PM							Carrot Cake
SUPPER	Chicken Prego	Spanish Chicken	Mushroom Rissotto & Peas	Boiled Beef	Spicy Grilled Chicken	Beef/ Soya Sausages	Chicken Fricassee
	Veg Prego	Veg schnitzel		Eggplant Casserole	Chick Peas,Veg Fritters		Vegetable Fricassee with Lentil
		Rice		Rice	Mashed Butternut	Mashed Potato	Rice
	Yoghurt	Canned Fruit	Chocolate Chip Cake	Fruit Salad	Mocha Slice	Yoghurt	Fruit
	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg
	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

Waterford Kamhlaba

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pancakes syrup	Chicken / Soya sausage	Baked Beans	Scrambled Egg	French Toast & Syrup	Chicken Livers/ Gizzards	Bacon / V. Burger
			Scones			Soya Sausages	Fried Eggs
	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/ Vegetable Soup	Muffins	Peas Soup	Scones		
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
LUNCH	Vegetable Quiche	Beef Stir Fry	Pork/Beef Ribs	Tandoori Chicken	Grilled Pork Chops / Chuck	Pasta Alfredo	Roast Of the day
	French Fries	Veg Stir-fry with Kidney	Sweetcorn& Cheese Patties	Veg Burgers	Baked Egg Plant With Cheese	Veg Alfredo	Pap tart
		Beans	Rice	Boiled Jacket Potatoes	Pap tart		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
	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							Marble Cake
SUPPER	Beef lasagna	Grilled Pork & Chicken	Hot Dog Rolls	Beef Stew	Chicken & Mushroom	Beef Stroganoff	Coconut Lime Chicken
	Veg Lasagna	Veg Chill Con Carne	Soya Rolls	Three Bean Curry	Pizza & Veg Pizza	Veg Stroganoff with Mushroom & Chick peas	Asparagus Casserole
		Paptart\Rice		Rice		Rice	Pasta /Rice
	Vanilla Cake	Yoghurt	Banana Flan	Carrots Cake	Yoghurt	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
	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