Waterford Kamhlaba

Capitol Caterers Menu 2023 - Term 1: Week 1,4,7,10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pancakes Syrup	Boiled Egg	Cocktail Sausages	Yoghurt	Cheese Omelette	Gizzards	Bacon / Veg Burgers
			Soya Sausages	Scones	Soya Mince	Veg Strips	Grilled Tomatoes
							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		
	Muffins	Ass. Sandwiches	Ring Donut	Ass. Sandwiches	Rocky Bun		
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
LUNCH	Beef Curry	Grilled Pork Chops / Chuck	Chicken & Mushroom	Fried Hake	Veg Bunny Chow	Russians & French Fries	Roast of The Day
	Vegetable Curry	Crumbed Veggies	Pizza & Veg Pizza	Roast Potatoes		Soya Sausages	Rolls
	Roti /Rice	Paptart/Rice		Stuffed Peppers			Vegetarian Pies
	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							Carrot Cake
SUPPER	Macaroni Mixed Veg	Roast Chicken	Savoury Mince	Chicken Prego	Chicken Melanzane	Pasta Alfredo	Chicken Biryani
	Napolitan Sauce	Butternut, Feta & Chick Pea	Lentil Bolognaise	Veg Prego	Brinjal Melenzane	Veg Alfredo	Veg Biryani
		Roast Potatoes			Mashed Potatoes	Rice	
	Fruit salads	Chocolate Cake	Trifle	Guava Halves	Coconut Slice	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 2023 - Term 1: Week 2,5,8,11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pancakes & Syrup	Scramble Egg	Sausage Casserole	Baked Beans	Chicken Gizzard/ Livers	French Toast	Bacon/ Veg Mince
			Soya Mince Stew	Scones	Soya Sausages	Syrup	Grilled Tomatoes
							Fried Eggs
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	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	Ass. Sandwiches	Muffins	Ass. Sandwiches	Ring Donut	Ass. Sandwiches		
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
LUNCH	Indian Chicken Curry	Chinese Veg Stirfry	Crumbed Chicken	Grilled Chuck\Pork	Lemon & Herb Hake Fillet	Pasta Cabonara	Capitol Braai
	Veg Curry		Crumbed Veg	Spinach Feta Crepes	Veg Strudel	Vegetable Pizza	Fry's Veg Strips
	Roti /Rice		Lyonnaise Potatoes	Rice \Pap	Colourful Rice		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
	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							Carrot Cake
SUPPER	Russian & Chips	Spanish Chicken	Chicken /Beef Prego	Pork Ribs	Mushroom Risotto & Peas	Beef/ Soya Sausages	Chicken Fricassee
	Soya Sausage & Chips	Veg Schnitzel	Veg Prego	Asparagus Casserole			Vegetable Fricassee
		Rice		Rice		Mashed Potato	Rice
	Apple Crumbled	Mocha Slice	Banana Flan	Yoghurt	Fruit Salad	Peach Halves	Fruit
	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg	Seasonal Salads & Veg
	Fresh Bread & Cheese	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 Menu2023 - Term 1: Week 3,6,9,12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pancakes Syrup	Chicken / Soya Sausage	Baked Beans	Fried Eggs	French Toast & Syrup	Chicken Livers/ Gizzards	Bacon / Veg. 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	Swazi Buns	Ass. Sandwiches	Muffin	Ass. Sandwiches		
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
LUNCH	Chicken Stirfry	Vegetable Quiche	Beef / Pork Ribs	Grilled Hake	Roast Chicken	Pasta Alfredo	Roast of The Day
	Veg Stirfry	French Fries	Mushroom Pies	Falafel Stuffed peppers	Baked Egg Plant With Cheese	Veg Alfredo	Pap Tart
	Rice/Pasta		Rice	Parsely Boiled 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
	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread
	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	Vegetable Risotto	Beef Stroganoff
	Veg Lasagna	Veg Chill ConCarne	Soya Rolls	Three Bean Curry	Pizza	Rice	Veg Stroganoff
		Paptart\Rice		Rice	Veg Pizza		
	Vanilla Cake	Coconut Slice	Malva Pudding	Peach Halves	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
	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