



CANTEEN MENU

**OTHER
OPTIONS
AVAILABLE**

Gourmet Baguette with Choice of Fillings Chicken/ Veg. / Ham	Rs75
Normal Baguette with Choice of Fillings Chicken/ Veg. / Ham	Rs55
Hotdog/ Toasted Sandwich	Rs55
Scrambled Eggs Sandwich (Cheese and Ham) – (Tuesday Only)	Rs60
Panini Chicken/ Cheese & Tomato/ Ham	Rs75
Panini Marlin	Rs80
Panini Beef (Wednesday Only)	Rs80
Mixed Salad with Braised Chicken or Marlin	Rs90/ Rs95
Greek Salad	Rs90
Couscous Salad with Cucumber, Tomato, Chicken and Corn (Half portion or Full) – (Wednesday Only)	Rs60/ Rs90
Burgers Chicken breast or Beef (Thursday only)	Rs65 / Rs60
Morning wrap- Chicken/ lettuce or Cheese/ lettuce (Friday only)	Rs75
Savoury Muffin (Cheese and Chicken Ham) with side Salad – (Thursday Only)	Rs80
Pastries / Slice Banana Cake	Rs25
Muffin	Rs45
Seasonal Fruits	Rs10
Tea / Rooibos Tea	Rs20



**CANTEEN
MENU**

WEEK 1 MENU

Monday	Chicken Pesto & Peppers served with Penne Pasta	Rs80
Tuesday	Chicken Salmi, Rice & Sautéed Vegetables	Rs80
Wednesday	Chicken Chop Soy in Baguette	Rs80
Thursday	Potato & Carrot Salad (Egg Dressing), BBQ Sausages	Rs80
Friday	Tasty Rice Mince Meat & Vegetables with Cucumber Salad	Rs80

WEEK 2 MENU

Monday	Rougaille Saucisse Lentils & Rice	Rs80
Tuesday	Pasta with Tomato & Basilic Sauce	Rs80
Wednesday	Chicken Sesame wrap with Vegetables (Courgette, Lettuce, Tomatoes, Cucumber) OR Egg Cheese Burger	Rs95
Thursday	Fish Vindaye, Kidney Beans and Rice	Rs80
Friday	Portuguese Spice Chicken with Pasta Salad (Tomato, Olive & Corn)	Rs80

WEEK 3 MENU

Monday	Spaghetti with Mince Beef Sauce	Rs80
Tuesday	Farata with Vegetable Curry	Rs20
Wednesday	Chicken Crumb in Roll with Salad (Tomato Lettuce)	Rs80
Thursday	Macaroni and Cheese	Rs80
Friday	Fish in Rougaille Sauce with White Rice	Rs80

WEEK 4 MENU

Monday	Chicken Curry Red Lentils & Rice	Rs80
Tuesday	Stir Fried Chicken & Vegetables with Noodles	Rs80
Wednesday	Chicken Kebab (Cabbage, Carrot, Lettuce, Corn and Onion)	Rs80
Thursday	Spaghetti with Tuna in Arabiata Sauce	Rs80
Friday	Special Fried Rice (Chicken Egg Veg)	Rs80

**All Menus have a Veg option*