



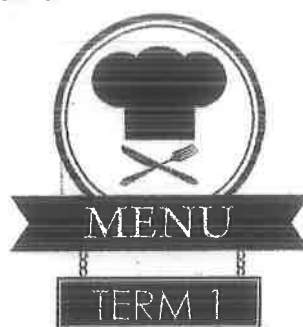
WEEK 1		
Monday	Classic pesto pasta with sundried tomatoes and chicken or marlin	Rs 85
Tuesday	Butter chicken, saffron rice and vegetables sauté	Rs 85
Wednesday	Chicken tikka, salad and yoghurt and mint dressing wrap	Rs 95
Thursday	Carrot, cabbage, broccolis, onion, baby corn stir-fry, with chicken or beef in Kikkoman sauce, served over noodles	Rs 85
Friday	Farata served with veg or chicken curry	Rs 25

WEEK 2		
Monday	Chicken mac and cheese	Rs 85
Tuesday	Moroccan chicken and veggies served over couscous or rice	Rs 85
Wednesday	Chicken or beef kebab in baguette served with cabbage, carrot & lettuce	Rs 85
Thursday	Briani(chicken or vegetarian)with carrots, peas, potatoes and green beans	Rs 85
Friday	Fried noodles with chicken and vegetables	Rs 85

WEEK 3		
Monday	Pasta with bolognaise sauce (beef, minced chicken or vegetarian)	Rs 85
Tuesday	Chicken curry with coconut milk, steamed rice, lentils and carrot and cucumber salad	Rs 85
Wednesday	Egg cheese burger with chicken, beef or sausages, with salad and chips	Rs 95
Thursday	Beef chilli con carne with coleslaw salad wrap	Rs 95
Friday	Chicken sesame and vegetables sauté, served with rice	Rs 85

WEEK 4		
Monday	Pasta salad with roasted chicken, cucumber, corn, tomatoes	Rs 85
Tuesday	Rougaille saucisse, lentils and rice	Rs 85
Wednesday	Swedish meatballs subs with chutney and cucumber	Rs 95
Thursday	Mash potatoes with chicken or beef stir-fry with onion and peas	Rs 85
Friday	Fried rice with chicken, eggs and vegetables sauté	Rs 85

*\*All Menus have a Veg option*



<b>2ND OPTIONS AVAILABLE</b>	Gourmet Sandwich with Salad; Choice of Fillings Chicken / Cheese / Tuna	Rs 80
	Sesame Baguette with chicken crumbs/ lettuce/ tomato	Rs 95
	Normal Morning Baguette with Choice of Fillings Chicken/Cheese/Chicken Ham	Rs 65
	Hotdog/ Toasted Sandwich; Choice of Fillings Chicken/ Chicken Ham	Rs 60
	Scrambled Eggs Toasted Sandwich (Cheese or Chicken Ham optional)	Rs 60
	Mediterranean Panini: Mushroom, Eggplant, Red Pepper, Tomato mixed with Pesto, Herbs and Mayo	Rs 80
	Panini filled with Pesto Olive Oil, Cheese & Marlin / Chicken & Cheese / Chicken Ham	Rs 80
	Panini filled with Pesto Olive Oil, Beef or Chicken Sausages (Wednesday Only)	Rs 80
	Mixed Salad with Roasted Chicken or Marlin (or chicken crumb- Weds only)	Rs 100
	Greek Salad	Rs 100
	Couscous Salad with Cucumber, Tomato, Red Onion, Chicken, Olive and Corn, Raddish (Half portion or Full)	Rs 80 / Rs 100
	Burgers Chicken breast or Beef with cheese and salad (Tuesdays / Fridays only)	Rs 65
	Morning wrap - Chicken & mixed salad or Vegetarian (Mondays / Thursdays only)	Rs 80
	Chick peas Delight, Carrots, Cucumber, Corn, Lettuce, Quinoa Salad – (Thursday Only)	Rs 125
	Pastries / Slice Banana Cake / Tarts	Rs 30
Muffin (Bran/Carrots, Apple and Raisins or Chocolat chips)	Rs 45	
Seasonal Fruits (Apple, Watermelon, Mandarine, Banana, Kiwi & Pineapple)	Rs 10	
Tea / Rooibos Tea	Rs 20	
o <b>Optional extras: Chicken, Cheese or Marlin (Additional Cost)</b>	Rs 25	