

**ARUNDEL SCHOOL**  
Menu 1st term 2021 Week 1

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal	40g	Cornflakes	Rice Krispies	Branflakes	Muesli	Cerevita	Variety of Cereal	Variety of Cereal
	Milk	125ml	Milk	Milk	Milk	Yoghurt	Milk	Milk	Milk
	Sugar	10g	Sugar	Sugar	Sugar	Milk	Sugar	Sugar	Sugar
	Egg	1	Fried egg	pork sausages	Scrambled egg	Sugar	Fried egg	French toast	beef sausage
	Protein	50g	Savory mince	Baked Beans	Chicke chipolata	Minute steak	Bacon	cheese and m/ syrup	Baked Beans
	Bread	3 slices	Bread/Toast	Bread/Toast	Bread/Toast	Mushroom, Lyonnaise	Bread/Toast	Bread/Toast	Bread/Toast
	Margarine	10g	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	Preserves	20g	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade
	Milk	30ml	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
Beverage		Hot beverage	Hot beverage	Hot beverage	Hot beverage	Hot beverage	Hot beverage	Hot beverage	
Vegetarian	veg	mushroom ommelette	veg sausage and beans	egg and mushroom	egg, cheese and lyon	egg muffin cups		veg sausage and beans	
AM TEA	TEA								
	Bread	2each	mini pizza	Mixed sandwiches	2 x Sausage roll				
	Filling	25g		Cheese, Polony, Tomato		Tea Scones	2 x mini steak pies	2 x samoosas	cheese on toast
Margarine	10g		Margarine						
Milk	30ml								
Sugar	10g								
Beverage	30ml								
			Cordial	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial
LUNCH	LUNCH								
	Protein	160g	Beef Burger	Roast Sweet chilli chicken	Beef stir fry	Glazed Thighs	Fish fillet (Tartar sauce)	Diced beef	Kentucky fried Chicken
	Starch	100g	Chips	Yellow Rice	Fusili pasta with	Savory rice	Roast potato	Rice with peanut butter	Chips
	Veg/Salad	60g	French salad	mixed vegs	Chocolate Eclairs	Butternut & peas	greek garden salad	Mixed vegetables	coleslaw salad
Dessert or		Icecream	Fruit		Cake slice	Yoghurt	poorman's pudding	fruit salad n cream	
			Cordial	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial
PM TEA	Baked Item	1	Chelsea Buns	Queen cake	Marmalade Tarts	Doughnut	Banana Muffins	fruit scones	melting moments
	Beverage	30ml	cordial	cordial	cordial	cordial	cordial	cordial	cordial
		beverage	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee		
DINNER	DINNER								
	Protein	160g	Pork chop/ roast chicken	BBQ Sausage	Chicken Kiev	leg quarter roast, chips	Macaroni cheese	whole roast chicken	Rump steak
	Starch	100g	Rice	Parsley potato with	Rice		Deluxe	garlic potatoes	Rice
	Vegetable 1	30g	Salad	Mushroom sauce topping	Stuffed Brinjal	Broccoli salad	Coleslaw	garden salad	Mixed vegetables
	Vegetable 2	30g		Germsquash, carrots					
Cordial	30mls	Juice			Juice		Juice	Juice	
Fruit		Pineapple cream cake	malva pudding and custard		Fruit Jelly		Mousse	Supervisors special	
		vegetarian lunch	veg burger	veg Stirfry	veg pizza	veg kebabs	Vegan popstick	veg meatballs	vegetarian drumsticks
		vegetarian supper	veg lasagne	veg fritters	Vegan balls	veg pizza	veg sausages	cheese potato	Seitan Strips

**ARUNDEL SCHOOL**  
Menu 1st term 2021 Week 2

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal	40g	Branflakes	Cerevita	Cornflakes	Rice krispies	Oatmeal porridge	Variety of Cereal	Variety of Cereal
	Milk	125ml	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
	Egg	1	Paoched Egg	Tomato& onion omelete	Lyonnaise and mince	Minute steak	Fried egg	Baked beans	French toast/ Pan cake
	Protein	50g	Pork Sausage	Chicken burger pate	Bread/Toast	Concassee & Red onion	Bacon	beef sausage	Cheese and M/Syrup
	Bread	3 slices	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Margarine
	Margarine	10g	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Milk
	Preserves	20g	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Sugar
	Milk	30ml	Milk	Milk	Milk	Milk	Milk	Milk	Hot beverage
	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	
Beverage		Hot beverage	Hot beverage	Hot beverage	Hot beverage	Hot beverage	Hot beverage	Hot beverage	
AM TEA	TEA								
	Bread	2 each	Cheese puffs		Chicken Mayo	Tea scones	Sausage rolls	Half moons	Bacon & egg Sandwich
	Filling	25g		2 x Mini pizza -Beef					
Margarine	10g								
Milk	30ml								
Sugar	10g								
Beverage	30ml	Juice/ Hot Beverage	Juice/ Hot Beverage	Juice/ Hot Beverage	Juice/ Hot Beverage	Juice/ Hot Beverage	Juice/ Hot Beverage	Juice/ Hot Beverage	Juice/ Hot Beverage
Staff	Staff			Jam and butter					
LUNCH	LUNCH								
	Protein	160g	Macaroni cheese deluxe	Grilled Chicken Thighs wedges	Braised beef	Pizza	Crumbed hake fillet	Pork chop	Sticky Chicken
	Starch	100g			sauvoury rice	Chicken, Boerwors	Chips	Savory Fusili pasta	Rice
	Veg/Salad	60g	cucumber and tomato salad	Grarden Fresh Salad	Mixed vegetables	fresh garden salad	coleslaw salad	French Salad	fried Vegetables
Dessert or Starter		chocolate cup cake	fruit					Pepper sauce	
					Icecream	Tart	Apple crumble & custard	Malva pudding	Yoghurt
		30mls	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial
PM TEA	Baked Item	1	variety of biscuits	doughnuts	Cup cakes	Chelsea buns	Fudge	cookies	Cream Buns
	Beverage	30ml	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial	
			Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee		
DINNER	DINNER								
	Protein	160g	Chicken caserole	Beef & Chicken kebab	Pork wors	Grilled steak	Spaghetti bolognaise	Honey glazed	Rump steak
	Starch	100g	Mashed Potato	Rice	Fusili in Cheese sauce	Rice		chicken leg quarter	chips
	Vegetable 1	30g	Spinach	Green Salad	Coleslaw	Available vegetable	garden salad	Rice	3 bean salad
Vegetable 2	30g						Mixed vegetables		
Cordial	30mls	milk tart	cake and custard		Juice	chocolate iced cake	Juice	Juice	Juice
Fruit					Fruit		fruit	fruit	
							choc eclairs		
After Stud Tea	Snack	Vegetarian	macaroni veg and cheese	veg balls	mushroom stroganoff	veg pizza	veg enchilada		
	Beverage	Lunch							
From 3 Jun		Vegetarian supper	schnitzel	veg caserole	veg lasagne	bean curry	veg sausages		

Arundel School  
Menu 1st term 2021 Week 3

ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>								
Cereal	40g	Rice Krispies	Cornflakes	Cerevita	Branflakes	Muesli/ Cerevita	Variety of Cereal	Variety of Cereal
Milk	125ml	fresh milk	fresh milk	fresh milk	fresh milk	fresh milk	fresh milk	fresh milk
Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
Egg	1	Scrambled egg and	baked beans and	chicken strips	Savory Mince	Fried egg	Minute steak	fried mushroom
Protein	50g	Vienna sausage, Tomato	beef sausage	and lyonnaise	Baked beans	Bacon and tomato	Grilled tomato, Onion rings	pork sausage
Bread	2 slices	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast
Margarine	10g	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Preserves	20g	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade	Jam/ Marmalade
Milk	30ml	fresh milk	fresh milk	fresh milk	fresh milk	fresh milk	fresh milk	fresh milk
Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
Beverage		Hot beverage	Hot beverage	Hot beverage	Hot beverage	Hot beverage	Hot beverage	Hot beverage
		Mushroom omelete	veg sausage and beans	beans and egg/ Vegan Balls	lyonnaise and egg	egg muffin cups	Vegan burger pate	mushroom and beans
<b>TEA</b>								
Bread	2 slices		sandwich					
Filling	25g	cheese puffs	Polony and cheese	Mini pizza ( Chicken)	Tea Scones	2 x mini steak pies	2 x samoosas	mince on toast
Margarine	10g	Margarine						
Milk	30ml							
Sugar	10g							
Beverage	30ml	Juice	Juice	Juice	Juice	Juice	Juice	Juice
		tea/coffee	tea/coffee	tea/coffee	tea/coffee	tea/coffee		
<b>LUNCH</b>								
Protein	160g	beef stroganoff	honey glazed chicken	steak pie	Arundel fried chicken	beef lasagne	Oven Roast Chicken	Beef steaks , Pepper
Starch	100g	pasta twists	Savory rice	Potato salad	Chips		Savory Rice	& Mushroom sauce
Veg/Salad	60g	Mixed Veggies	2 bean salad	Coleslaw	feta and tomato salad	Greek Salad	Mixed Veggies	Roast potato
Dessert or fruit	1	Yoghurt	Fruit	Éclair	Iccream	Cake & Custard	Jelly & whipped cream	Coleslaw Salad
		Juice	Juice	Juice	Juice	Juice	Juice	Fruit Instant pudding
<b>Baked Item</b>	1	Cream Doughnut	Chocolate	melting moments	Chelsea Buns	Carrot cake	banana Muffins	Cream Buns
Beverage	30ml	Cordial	Cake Slice	Cordial	Cordial	Cordial	Cordial	Cordial
		Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee		
<b>DINNER</b>								
Protein	160g	Pork chops	Oxtail	Chicken	beef stirfry	Pork ribs	cottage pie	Chicken Kiev
Starch	100g	Wedges	Rice	macaroni cheese	Rice	Roast potato	feta cucumber & tomato	Rice
Vegetable 1	30g		Mixed Veg	Mixed vegetables	Mixed vegetables	French salad	Salad	Mixed vegetables
Vegetable 2	30g	Garden Salad					Juice	
Cordial	30mls	Juice			juice			
dessert		Fruit	Milk tart	Cake slice	Fruit	fruity yoghurt	apple strudel and cream	Choc Tart
vegetarian lunch	Veg stirfry	Veg Burger	Veg Pizza	Veg Quasadilla	Veg Nuggets	Veg Meatballs	Veg Drumsticks	
vegetarian supper	Veg lasagne	Veg fritters	Veg curry	Veg pizza	Veg sausages	Cheese potato	Bean Stew	