

GREY COLLEGE WINTER MENU

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Frankfurter & Baked Beans	Fish Fingers	Boiled Eggs	Cheese Griller	Scrambled Egg & Ham	Sweetcorn Fritters with Grated Cheese	Bacon & Fried Egg
	Toast & Preserves: choice of white / low GI whole wheat)	Low fat yoghurt Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)	Toast & Preserves: choice of white / low GI whole wheat)
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Oats	Cereal	Krummel Pap	Cereal	Taystee Wheat	Cereals	Cheerios
	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice	Tea/Coffee/Juice
LUNCH	Pork Stir-Fry	Beef Curry	Boerewors Rolls with Relish	Chinese Chicken Chow Mein	Steak Prego Roll	Pasta Alfredo	Roasted Lamb with Garlic and Rosemary
	Chutney and Mayo Chicken Strips	Kassler Chops with Pineapple	Chicken Thighs with Feta, Lemon and Herbs	Thai Fish Cakes with Sweet Chilli Mayo	Mexican Beef Prego		
	Savoury Rice	Brown Rice	Sweet Potato	Noodles	Potato Wedges		Baked Potato with Herbed Butter
	Steamed Mixed Vegetables	Stir Fried Cabbage	Sautéed Green Beans with Garlic	Stir-Fried Vegetables	Garden salad	Greek Salad	Creamed Spinach and Feta
	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Roast Butternut
		Whole Wheat Rolls				Whole wheat rolls & spread	Fruit Juice
			Apple Tart & Custard				Maiva Pudding & Custard
DINNER	Penne Bolognese	Greek Roast Chicken with Garlic and Oregano	Pork Stroganoff	Homemade Beef & Onion Pie	Chicken Breast with Fresh Basil, Tomato & Mozzarella	Braai: T-bone Steak & Boerewors	Tuna Mayo Subs
	Broccoli with Cheese Sauce Gem Squash	Creamy Potato Bake	Tagliatelle Pasta	Mashed Potato	Savoury Cous-Cous	Potato Salad	Simba chips
		Baby carrots	Roast Beetroot & Butternut	Sweet Pumpkin	Roasted Vegetables	Hot Dog Roll	
			Steamed Peas	Country Style Mixed Vegetables	Courgette & Mushrooms with White Sauce		
	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit juice
	White / low GI whole wheat bread & spreads	White / low GI whole wheat bread & spreads	White / low GI whole wheat bread & spreads	White / low GI whole wheat bread & spreads	White / low GI whole wheat bread & spreads		
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit		Fresh fruit