

DCR SUMMER MENU NOVEMBER – APRIL 2021/2 WEEK 1

	BREAKFAST	DINNER A	DINNER B	VEGETERIAN	SPECIAL DIETARY
FRIDAY	Creamy Meal, Cereals Poached Eggs and Sautéed Potatoes Flavoured Yoghurt Fruit Salad Toast, Preserves Fruit Juice, Tea & Coffee	Crumbed Fish with Chips, Greek Salad and Tartar Sauce Cupcakes	Chicken Breyani, Carrot Salad, Chutney & Chilli Cupcakes	Yellow Potato Curry, Veg Rice, Carrot Salad, Chutney & Chilli Cupcakes	Grilled Hake with Greek Salad Cupcakes
SATURDAY	LUNCH	Mince Sloppy Joe with Green Salad	Pulled Bbq Chicken Sloppy Joe with Green Salad	Spinach & Feta Quiche with Green Salad	Bbq Chicken with Beetroot Salad & Green Salad
	DINNER	Scrambled Eggs with Grilled Tomato Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Sweet and Sour Pork Stir Fry with Veg Rice Sorbet	Chicken And Broccoli Pasta with Butternut and Corn Sorbet	Roasted Veg Pasta with Butternut & Corn Sorbet
SUNDAY	LUNCH	Wors Rolls, Chips & Coleslaw Salad	Chicken Rolls, Chips & Coleslaw Salad	Veg Hot Dog, Chips & Coleslaw Salad	Lemon & Herb Chicken Fillet with Greek Salad
	DINNER	Maltabella, Cereals Fried Eggs and Bacon Greek Yoghurt Fruit Salad Toast, Preserves Fruit Juice, Tea & Coffee	Roast Pork with Roasted Baby Potatoes and Roasted Med Veg Milk tart	Roast Chicken with Baby Potatoes and Roast Med Veg Milk tart	Stuffed Butternut with Baby Potatoes and Roasted Med Veg Milk tart
MONDAY	Creamy Meal, Cereals Boiled Eggs with Baked Beans Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Cottage Pie with Gem Squash and Peas Peanut Butter Chocolate Chip Cookie with Ice-Cream	Chutney Chicken with Veg Rice, Gem Squash and Peas Peanut Butter Chocolate Chip Cookie with Ice-Cream	Potato & Broccoli Bake with Gem Squash and Peas Peanut Butter Chocolate Chip Cookie with Ice-Cream	Lemon And Herb Chicken Fillet with Gem Squash and Peas Peanut Butter Chocolate Chip Cookies with Ice-Cream
TUESDAY	Jungle Oats, Cereals French Toast, Syrup & Cheese Strawberry Yoghurt Fruit Salad Toast, Preserves Fruit Juice, Tea & Coffee	Beef Curry with Rice, Sambals, Chilli and Chutney Fruity Jelly and Custard	Chicken Kebabs with Egg Fried Rice, Sweet Carrots and Green Beans Fruity Jelly and Custard	Sweet And Sour Mushroom Stir Fry with Egg Fried Rice, Carrots and Green Beans Fruity Jelly and Custard	Crumbed Cornflour Chicken Strips with Steamed Carrots and Green Beans Fruity Jelly and Custard
WEDNESDAY	Maltabella, Cereals Poached Eggs & Cocktail Sausages Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Pork Sausages with Mash, Tomato Gravy, Creamy Spinach and Corn Chocolate Mousse	Chicken Sausages with Mash, Tomato Gravy, Creamy Spinach and Corn Chocolate Mousse	Macaroni And Cheese with Greek Salad Chocolate Mousse	Grilled Chicken with Cauliflower Rice, Sautéed Spinach and Corn Chocolate Mousse
THURSDAY	Creamy Meal, Cereals Cheese And Onion Omelette Plain Yoghurt Fruit Salad Toast, Preserves Fruit Juice, Tea & Coffee	Creamy Beef Pasta With Greek Salad Ice-Cream & Chocolate Sauce	Chicken Schnitzel with Pepper Sauce, Baby Potatoes & Greek Salad Ice-Cream & Chocolate Sauce	Broccoli, Cauliflower and Sweet Potato Pie Served with Greek Salad Ice-Cream & Chocolate Sauce	Stuffed Chicken Fillet with Mixed Vegetables Ice-Cream & Chocolate Sauce

DCR SUMMER MENU NOVEMBER – APRIL 2021/2 WEEK 2

		BREAKFAST	DINNER A	DINNER B	VEGETERIAN	SPECIAL DIETARY
FRIDAY		Jungle Oats, Cereals Fried Eggs with Scone/ Muffin Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Fish Curry with Garlic Naan Bread, Rice, Chutney and Chilli Lemon Cake with Custard	Butter Chicken with Rice, Sambals, Chutney and Chilli Lemon Cake with Custard	Veg Lasagne with Green Beans and Carrots Lemon Cake and Custard	Baked Hake with Green Beans and Carrots Lemon Cake and Custard
	SATURDAY	Maltabella, Cereals Flapjack With Syrup and Cheese Fruit Salad & Fruit Yoghurt Toast, Preserves Fruit Juice, Tea & Coffee	Russian Sausage, Sweet Potato Wedges and Coleslaw Salad Savoury Mince and Rice with Peas and Carrots Doughnut Balls	Crumbed Chicken Strips with Sweet Potato Wedges and Coleslaw Salad Rosemary Chicken with Roast Potatoes, Carrots and Peas Doughnut Balls	Crumbed Mushrooms with Chips and Coleslaw Salad Broccoli And Tagliatelle and Greek Salad Doughnut Balls	Chicken Salad Rosemary Chicken with Carrots and Peas Doughnut Balls
SUNDAY	LUNCH	Creamy Meal, Cereals Bacon And Cheese Quiche Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Bacon & Feta Pizza Roast Beef with Yorkshire Pudding, Gravy, Potato Salad and Greek Salad Peppermint Crisp Tart	Bbq Chicken and Pineapple Pizza Nandos Hot Style Chicken, Portuguese Roll and Greek Salad Peppermint Crisp Tart	Roasted Veg Pizza/ Margarita Pizza Roasted Stuffed Sweet Potato with Char Grilled Corn on The Cob and Steamed Broccoli Peppermint Crisp Tart	Bbq Chicken Wings with Gem Squash and Peas Roast Beef with Char Grilled Corn on The Cob and Steamed Broccoli Peppermint Crisp Tart
	DINNER					
MONDAY		Jungle Oats, Cereals Poached Eggs with Creamed Mushrooms Fruit Salad & Greek Yoghurt Toast, Preserves Fruit Juice, Tea & Coffee	Beef Bunny with Sambals, Chutney and Chilli Brownies And Cream	Chicken A La King with Rice, Peas and Gem Squash Brownies And Cream	Butternut Balls with Potato Bake, Peas and Gem Squash Brownies And Cream	Orange Chicken with Peas and Gem Squash Brownies And Cream
TUESDAY		Maltabella, Cereals Herbed Scrambled Eggs with Grilled Tomato Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Meatloaf Served with Garlic Baby Potatoes & Roast Vegetables Ice-Cream & Biscuit	Chicken Chow Mein with Egg Noodles Ice-Cream & Biscuit	Veg Stir Fry Ice-Cream & Biscuit	Salt And Pepper Chicken with Roasted Vegetables Ice-Cream & Biscuit
WEDNESDAY		Creamy Meal, Cereals Boiled Eggs and Spicy Chicken Livers Fruit Salad & Fruit Yoghurt Toast, Preserves Fruit Juice, Tea & Coffee	Beef Lasagne with Greek Salad Apple Crumble & Cream	Chicken & Mushroom Pie with Chips and Greek Salad Apple Crumble & Cream	Macaroni And Cheese with Greek Salad Apple Crumble & Cream	Bbq Chicken with Greek Salad Apple Crumble & Cream
THURSDAY		Jungle Oats, Cereals Fried Eggs with Hashbrown Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Pork Casserole with Rice, Gem Squash and Corn Jelly And Custard	Crumbed Chicken with Mash, Tomato Gravy, Gem Squash and Corn Jelly And Custard	Savoury Spinach with Rice / Phutu Jelly And Custard	Sweet And Sour Chicken Fillet with Gem Squash and Corn Jelly And Custard

DCR SUMMER MENU NOVEMBER – APRIL 2021/2 WEEK 3

		BREAKFAST	DINNER A	DINNER B	VEGETERIAN	SPECIAL DIETARY
FRIDAY		Maltabella, Cereals Poached Eggs with Sautéed Mushrooms Fruit Salad & Plain Yoghurt Toast, Preserves Fruit Juice, Tea & Coffee	Tin Fish and Tomato Chutney with Rice/Phutu, Carrot Salad, Chilli and Chutney Lamingtons with Cream	Chicken Bunny with Carrot Salad, Chilli and Chutney Lamingtons with Cream	Butterbean Curry, Roti, Carrot Salad, Chilli and Chutney Lamingtons with Cream	Grilled Hake with Steamed Butternut and Sautéed Baby Marrow Lamingtons with Cream
	LUNCH	Creamy Meal, Cereals	Ham, Cheese and Tomato Sub and Potato Salad	Chicken Mayo and Cucumber Sub and Potato Salad	Maas And Phutu	Grilled Chicken Fillet Served with Greek Salad and Chick Pea Salad
SATURDAY	DINNER	French Toast with Cheese and Syrup Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Spaghetti Bolognese with Carrots And Sautéed Baby Marrow Chocolate Chip Cookies with Ice-Cream	Pesto Chicken Pasta with Carrots and Sautéed Baby Marrow Chocolate Chip Cookies with Ice-Cream	Roasted Butternut Pesto Pasta with Carrots and Sautéed Baby Marrow Chocolate Chip Cookies with Ice-Cream	Chicken Strips with Carrots and Peas Chocolate Chip Cookies with Ice-Cream
	LUNCH	Jungle Oats, Cereals Fried Eggs with Bacon Fruit Salad & Flavoured Yoghurt Toast, Preserves Fruit Juice, Tea & Coffee	Beef Burger with Chips	Chicken Burger with Chips	Veg Burger with Chips	Lemon And Herb Chicken Fillet and Greek Salad
SUNDAY	DINNER		Roast Gammon with Roast Potatoes, Cauliflower Bake and Peas Trifle	Roast Chicken with Roast Potatoes, Cauliflower Bake and Peas Trifle	Large Stuffed Mushroom with Roast Potatoes, Cauliflower Bake and Peas Trifle	Roast Chicken Thigh with Steamed Cauliflower and Peas Trifle
	LUNCH					
MONDAY		Maltabella, Cereals Boiled Eggs with Baked Beans and Sausage Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Beef Stroganoff with Rice Sorbet	Chicken Bunny Chow with Carrot Salad, Chilli and Chutney Sorbet	Roasted Veg Cous Cous Salad Sorbet	Orange Chicken with Sautéed Spinach and Carrots Sorbet
		Creamy Meal, Cereals Cheese And Tomato Omelette Fruit Salad & Greek Yoghurt Toast, Preserves Fruit Juice, Tea & Coffee	Apricot Glazed Pork Shoulder Chops, Chips and Coleslaw Cupcakes	Sticky Bbq Chicken Wings with Chips and Coleslaw Cupcakes	Veg Lasagne with Coleslaw Cupcakes	Sticky Bbq Chicken Wings with Beetroot Salad and Green Salad Cupcakes
TUESDAY		Jungle Oats, Cereals Scrambled Eggs with Pork Sausage Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Saucy Beef Sausages with Mash, Peas and Gem Squash Jelly And Custard	Roast Chicken with Baked Potato, Peas and Gem Squash Jelly And Custard	Samp And Beans Jelly And Custard	Roast Chicken with Cauliflower Mash, Peas and Gem Squash Jelly And Custard
		Maltabella, Cereals Poached Eggs and Grilled Tomato Fruit Salad & Strawberry Yoghurt Toast, Preserves Fruit Juice, Tea & Coffee	Cold Meat Platter with Potato Salad, Greek Salad and Roll Ice-Cream and Chocolate Sauce	Chicken Tikka with Roti, Chips and Sambals Ice-Cream and Chocolate Sauce	Bean Bunny Chow with Carrot Salad Ice-Cream and Chocolate Sauce	Sweet Chilli Chicken with Cauliflower Mash and Roast Butternut Ice-Cream and Chocolate Sauce
WEDNESDAY						
THURSDAY						

DCR SUMMER MENU NOVEMBER – APRIL 2021/2 WEEK 4

		BREAKFAST	DINNER A	DINNER B	VEGETERIAN	SPECIAL DIETARY
FRIDAY		Creamy Meal, Cereals Poached Eggs and Savoury Muffin Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Creamy Fish Pasta with Greek Salad Chocolate Fridge Tart	White Wine Chicken Pasta served with Greek Salad Chocolate Fridge Tart	Mushroom, Onion and Spinach Quiche served with Greek Salad Chocolate Fridge Tart	Lemon And Herb Grilled Hake served with Sautéed Spinach and Corn Chocolate Fridge Tart
SATURDAY	LUNCH	Jungle Oats, Cereals Cheese And Onion Quiche Fruit Salad & Plain Yoghurt	Bacon And Feta Wrap with Green Salad	Crumbed Chicken Wrap with Green Salad	Crumbed Mushroom Wrap with Green Salad	Sweet And Sour Chicken Salad
	DINNER	Toast, Preserves Fruit Juice, Tea & Coffee	Beef Biryani Served with Dhal, Sambals and Chilli Sorbet	Chicken Biryani Served with Dhal, Sambals and Chilli Sorbet	Vegetable Biryani Served with Dhal, Sambals and Chilli Sorbet	¼ Chicken Served with Gem Squash and Peas Sorbet
SUNDAY	LUNCH	Maltabella, Cereals Waffles with Bacon & Syrup Fruit	2 x Toasted Bacon & Cheese Sandwich with Chips	2 x Toasted Chicken Mayo Sandwich with Chips	2 x Toasted Cheese and Tomato Sandwich with Chips	Chicken Strips, Sweetcorn and Baby Marrow
	DINNER	Toast, Preserves Fruit Juice, Tea & Coffee	Beef Braai with Pap & Chakalaka Sauce with Potato Salad & Greek Salad and A Roll Tiramisu	Chicken Braai with Pap & Chakalaka Sauce with Potato Salad & Greek Salad and A Roll Tiramisu	Stuffed Gem Squash with Potato Bake, Green Beans and Roasted Butternut Tiramisu	Chicken Braai with Greek Salad Tiramisu
MONDAY		Creamy Meal, Cereals Fried Eggs and Cocktail Sausages Fruit Salad & Fruit Yoghurt Toast, Preserves Fruit Juice, Tea & Coffee	Sweet And Sour Pork Stir Fry Served with Rice Strawberry Mousse	Butter Chicken with Rice, Sambals and Chilli Strawberry Mousse	Crumbed Cauliflower Bites with Chips and Sweet Chilli Mayo Strawberry Mousse	Orange Chicken Served with Steamed Broccoli and Carrots Strawberry Mousse
TUESDAY		Jungle Oats, Cereals Scrambled Eggs with Sweetcorn Fritters Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Wors, Pap and Chakalaka Chocolate Brownie and Cream	Chicken Kebabs with Baked Potato & Stir Fry Veg Chocolate Brownie and Cream	Creamy Mushroom Gnocchi Served with Green Salad Chocolate Brownie and Cream	Sweet And Sour Pork Stir Fry with Cauliflower Rice and Green Salad Chocolate Brownie and Cream
WEDNESDAY		Maltabella, Cereals Cheese And Bacon Omelette Fruit Salad & Greek Yoghurt Toast, Preserves Fruit Juice, Tea & Coffee	Steak, Egg & Chips served with a Pepper Sauce Ice-Cream & Chocolate Sauce	Mexican Chicken, Veg Rice and Greek Salad Ice-Cream & Chocolate Sauce	Spinach And Feta Pie with Greek Salad Ice-Cream & Chocolate Sauce	Salt And Pepper Chicken with Roasted Vegetables Ice-Cream & Chocolate Sauce
THURSDAY		Creamy Meal, Cereals Boiled Eggs and Grilled Tomato Fruit Toast, Preserves Fruit Juice, Tea & Coffee	Meatballs With Tomato Chutney, Spaghetti, Butternut & Green Beans Fruit Pavlova	Crumbed Chicken Drumsticks served with Potato Bake, Butternut & Green Beans Fruit Pavlova	Sugar Beans and Rice with Butternut & Green Beans Fruit Pavlova	Chicken Drumsticks served with Butternut Mash & Green Beans Fruit Pavlova