

Rc Red Cafe

Monday

Snack: Vanilla Muffin & fresh fruit pieces

Meal: fish fingers, mashed potato & gravy

Tuesday

Snack: bran muffin & fresh fruit pieces

Meal: napolitana, spaghetti & carrot sticks

Wednesday

Snack: cocktail beef sausage roll & fresh fruit pieces

Meal: chicken ala king, butternut & white rice

Thursday

Snack: banana bread & fresh fruit pieces

Meal: macaroni and cheese & carrot sticks

Friday

Snack: chicken mayo sandwich & fresh fruit pieces

Meal: chicken burger & chips

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten Muffin & fresh fruit pieces

Meal: zucchini baby marrow strips, mashed potato & gravy

Tuesday

Snack: pumpkin fritters & fresh fruit pieces

Meal: napolitana with gluten free spaghetti & carrot sticks

Wednesday

Snack: cocktail chicken sausage roll/cheesy pie/gluten free sandwich & fresh fruit pieces

Meal: veg ala king, butternut & white rice

Thursday

Snack: rice cake & fresh fruit pieces

Meal: gluten free macaroni pasta & carrot sticks

Friday

Snack: gluten free jam sandwich & fresh fruit pieces

Meal: fries vegetarian burger/gluten free chicken burger & chips

Rc ELS Menu

Week 1

Rc Red Cafe

Monday

Snack: chocolate muffin & fresh fruit pieces

Meal: chicken bolognaise & carrot sticks

Tuesday

Snack: chicken mayo sandwich & fresh fruit pieces

Meal: chicken stew & white rice

Wednesday

Snack: pumpkin fritters & fresh fruit pieces

Meal: crumbed chicken strips & potato wedges

Thursday

Snack: carrot muffin & fresh fruit pieces

Meal: napolitana penne & carrot sticks

Friday

Snack: vetkoek & fresh fruit pieces

Meal: fish fingers, mashed potato & gravy

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit pieces

Meal: frys strips napolitana sauce/gluten free chicken bolognaise & carrot sticks

Tuesday

Snack: gluten free sandwich & fresh fruit pieces

Meal: vegetarian stew & white rice

Wednesday

Snack: pumpkin fritters & fresh fruit pieces

Meal: frys crumbed strips/gluten free crumbed chicken strips & potato wedges

Thursday

Snack: rice cakes & a fresh fruit pieces

Meal: gluten free napolitana penne & carrot sticks

Friday

Snack: gluten free vetkoek & fresh fruit pieces

Meal: zucchini baby marrow strips, mashed potato & gravy

Rc ELS Menu

Week 2

Rc Red Cafe

Monday

Snack: vanilla muffin & fresh fruit pieces

Meal: grilled chicken breast, rice, gravy & pumpkin

Tuesday

Snack: savoury scones & fresh fruit pieces

Meal: macaroni and cheese & carrot sticks

Wednesday

Snack: bran muffin & fresh fruit pieces

Meal: fish fingers and roasted potato wedges

Thursday

Snack: flapjack & fresh fruit pieces

Meal: chicken stew, savoury rice & cucumber sticks

Friday

Snack: lemon square & fresh fruit pieces

Meal: hot dog & roasted potato wedges

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit pieces

Meal: gluten free grilled chicken breast/frys chicken schnitzel, rice, gravy & pumpkin

Tuesday

Snack: gluten free scones & fresh fruit pieces

Meal: gluten free macaroni and cheese served with carrot sticks

Wednesday

Snack: gluten free muffin & fresh fruit pieces

Meal: sissini baby marrow strips & potato wedges

Thursday

Snack: gluten free flapjack & fresh fruit pieces

Meal: gluten free vegetarian stew, savoury rice & cucumber sticks

Friday

Snack: gluten free lemon square & fresh fruit pieces

Meal: Vegetarian sausage and roasted potato wedges

Rc ELS Menu

Week 3

Rc Red Cafe

Monday

Snack: carrot muffin & fresh fruit pieces

Meal: fish fingers, mashed potato & gravy

Tuesday

Snack: bran muffin & fresh fruit pieces

Meal: napolitana, spaghetti & carrot sticks

Wednesday

Snack: cocktail beef sausage roll & fresh fruit pieces

Meal: chicken ala king, butternut & white rice

Thursday

Snack: banana bread & fresh fruit pieces

Meal: macaroni and cheese & carrot sticks

Friday

Snack: chicken mayo sandwich & fresh fruit pieces

Meal: chicken burger & chips

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten Muffin & fresh fruit pieces

Meal: zucchini baby marrow strips, mashed potato & gravy

Tuesday

Snack: pumpkin fritters & fresh fruit pieces

Meal: napolitana with gluten free spaghetti & carrot sticks

Wednesday

Snack: cocktail chicken sausage roll/cheesy pie/gluten free sandwich & fresh fruit pieces

Meal: veg ala king, butternut & white rice

Thursday

Snack: rice cake & fresh fruit pieces

Meal: gluten free macaroni pasta & carrot sticks

Friday

Snack: gluten free jam sandwich & fresh fruit pieces

Meal: frys vegetarian burger/gluten free chicken burger & chips

Rc ELS Menu

Week 4

Rc Red Cafe

Monday

Snack: cappuccino muffin & fresh fruit pieces

Meal: chicken bolognese & carrot sticks

Tuesday

Snack: chicken mayo sandwich & fresh fruit pieces

Meal: chicken stew & white rice

Wednesday

Snack: pumpkin fritters & fresh fruit pieces

Meal: crumbed chicken strips & potato wedges

Thursday

Snack: carrot muffin & fresh fruit pieces

Meal: napolitana penne & cucumber sticks

Friday

Snack: vetkoek & fresh fruit pieces

Meal: fish fingers, mashed potato & gravy

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit pieces

Meal: frys strips napolitana sauce/gluten free chicken bolognese & carrot sticks

Tuesday

Snack: gluten free sandwich & fresh fruit pieces

Meal: vegetarian stew & white rice

Wednesday

Snack: pumpkin fritters & fresh fruit pieces

Meal: frys crumbed strips/gluten free crumbed chicken strips & potato wedges

Thursday

Snack: rice cakes & a fresh fruit pieces

Meal: gluten free napolitana penne & carrot sticks

Friday

Snack: gluten free vetkoek & fresh fruit pieces

Meal: Zucchini baby marrow strips, mashed potato & gravy

Rc ELS Menu

Week 5

Rc Red Cafe

Monday

Snack: blue berry muffin & fresh fruit pieces

Meal: grilled chicken breast, rice, gravy & pumpkin

Tuesday

Snack: savoury scones & fresh fruit pieces

Meal: macaroni and cheese & carrot sticks

Wednesday

Snack: bran muffin & fresh fruit pieces

Meal: fish fingers and roasted potato wedges

Thursday

Snack: flapjack & fresh fruit pieces

Meal: chicken stew, savoury rice & cucumber sticks

Friday

Snack: lemon square & fresh fruit pieces

Meal: hot dog & roasted potato wedges

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit pieces

Meal: gluten free grilled chicken breast/frys chicken schnitzel, rice, gravy & pumpkin

Tuesday

Snack: gluten free scones & fresh fruit pieces

Meal: gluten free macaroni and cheese served with carrot sticks

Wednesday

Snack: gluten free muffin & fresh fruit pieces

Meal: sissini baby marrow strips & potato wedges

Thursday

Snack: gluten free flapjack & fresh fruit pieces

Meal: gluten free vegetarian stew, savoury rice & cucumber sticks

Friday

Snack: gluten free lemon square & fresh fruit pieces

Meal: Vegetarian sausage and roasted potato wedges

Rc ELS Menu

Week 6