

FA PLATFORM - WEEKLY MENU - WEEK 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH							
SOUP	Lentil Soup	Cream of Tomato	Bean Soup	Minestrone	Chunky Vegetable	Creamy Pea Soup	Cream of Mushroom
MEAL 1	Pan Fried Gurnard	Braised Liver	Spicy Meatballs	Southern Fried Chicken	Beef Smoortjie	Hake	Roast Eye with Yorkshire Pudding
MEAL 2	Lasagne	Roast Pork Neck	Chicken Curry	Cottage Pie	Crumbed Pork Chop	Beef Burgers VetKoek	Roast BBQ Chicken (Whole)
MEAL 3	Steak & Kidney Pie	Macaroni Cheese	Grilled Russians	Pasta Shells with Neapolitan Sauce	Pasta	Seasonal Pasta Bake	Pasta with Creamy Seafood Sauce
STARCH	French Fries Spicy Rice	Mashed Potatoes Savoury Rice	French Fries Parsley Rice	Parsley Potatoes Savoury Rice	Saute Potatoes Samp	Parsley Potatoes Spicy Rice	Roast Potatoes Parsley Rice
VEGIES	Roast Mixed Vegetables	Spanish Green Beans Braised Cabbage	Creamed Spinach Roasted Butternut	Buttered Peas Julienne Carrots	Green Bean Fritters Sweet Potatoes	Minted Peas Roasted Butternut	Baby Marrow Glazed Fresh Carrots
DINNER							
MEAL 1	Pasta Ala Chef	Deedp Fried Hake Fillets	Grilled Russians Gurnard	Pan Fried Snoek	Yellowtail	Sticky Chicken Wings	Grilled Hake Fillets
MEAL 2	Tenderised Steak with Peppers	Chicken Casserol	Grilled Club Steak with Pepper Sauce	Oxtail Harriot	Tripe & Trotters	Boerewors with Tomato Stew	Lamb Curry
MEAL 3	Chicken Strips	Ox Tongue with Mustard	Glazed Gammon	Bangers	Chicken Shnitzel	Grilled Lamb Chops	Grilled Pork Bangers
STARCH	Potato Wedges Mash / Parsley Rice	Potato Wedges Savoury Rice	French Fries Spicy Rice	French Fries Spicy Rice	Baby Parsley Potatoes White Rice	Potato Bake Pap	Chips Raisin Rice
VEGIES	Gemsquash Sweet Potatoes	Buttered Peas Fresh Carrots	Cauliflower au Gratin Vegetable Stir Fry	Brussel Sprouts Glazed Pumpkin	Creamed Spinach Corn with Peppers	Roast Mixed Vegetables	Broccoli & Cheese Sc Cinnamon Pumpkin
SALADS of the DAY	Salad Selection Mixed Garden Salad Curried Egg Salad 3 Bean Salad Potato Salad	Salad Selection Mixed Garden Salad Beetroot Salad Sousboontjies Carrot & Pineapple	Salad Selection Mixed Garden Salad Seafood Salad Curried Green Beans Potato Salad	Salad Selection Mixed Garden Salad Beetroot Salad Tomato & Onion Banana & Yoghurt	Salad Selection Mixed Garden Salad Mixed Salad Garden Pea & Egg Potato Salad	Salad Selection Mixed Garden Salad Beetroot Salad Slaphakskeentjies Baked Bean & Banana	Salad Selection Mixed Garden Salad Tomato & Onion Banana & Yoghurt Butterbean & Peppadew