

**SAMPLE WEEKLY ROTATIONAL MENU - 2**

Day	Morning snack	Salads	Meat	Pasta/ noodles/ rice	Vegetables	starch	dessert
<b>Sunday</b>	1 fresh fruit + 1 packet juice or choco milk +1 yoghurt + cookies or energy bar or slice of homemade cake	Green salad Tabouleh salad Mushroom & chicken salad	BBQ Chicken  or Stir fried beef	Penne with Pesto sauce	Steamed broccoli with almonds	Jacket potatoes	Fresh fruit salad
<b>Monday</b>		Fattouch Russian salad Chick pea salad	Chicken Stroganoff or Grilled fish with lemon sauce	Mixed noodles	Sautéed vegetables	Parsley potatoes	Fruit custard
<b>Tuesday</b>		Greek Salad Hummus Thai Beef salad	Grilled chicken w/mushroom sce or Beef w/black bean sauce	Steamed rice	Glazed carrots	Potato layonnaise	Fresh watermelon slices
<b>Wednesday</b>		Mixed salad Potato & mushroom salad Sweet Corn salad	Chicken Stew  or Mutton kebab	Tagliatelle pasta	Steamed Vegetables	Roasted rosemary potatoes	Rice pudding
<b>Thursday</b>		Vegetable salad Pasta salad Chicken & Pine apple salad	Roasted chicken or Stmd fish with ginger & soya	Jasmine rice	Tofu and vegetables	Herb potatoes	Pine apple slices

Note: every day lunch – selection of breads available