

FORR 2010

September 2010

Thursday

Breakfast

Sausages
Scrambled Eggs
Bacon
Tomato

Dinner

Cottage Pie
Baked Fish
Chicken Pieces
Vegetables
Savory Rice
Green Salad

Sunday

Breakfast

Sausage
Scrambled Eggs
Bacon
Tomato
Baked Bean Mix
Pão

Dinner

Steak & Kidney Pie
Seafood Bake
Chicken Pie
Vegetables
Rice
Gravy
Green Salad

Friday

Breakfast

Sausages
Scrambled Eggs
Potato & Onion Mix
Tomato

Dinner

Beef Casserole
Chicken Casserole
Lamb Curry
Rice
Vegetables
Green Salad

Monday

Breakfast

Sausages
Eggs
Pap
Sheba
Mince

Saturday

Breakfast

Sausages
Eggs
Pap
Sheba
Mince

Dinner

Fish Kebabs
Portuguese Chicken
Steak
Pap Tert
Green Salad
Potato Salad

Pão served with all meals
Juice or Coffee or Tea served with breakfast