

Rc Red Cafe

Monday

Snack: beef sausage roll & fresh fruit

Meal: creamy chicken fettuccini pasta & a cocktail roll

Tuesday

Snack: bran muffin & fresh fruit

Meal: grilled beef burger & roasted potato wedges

Wednesday

Snack: chicken mayo roll & fresh fruit

Meal: sticky chicken leg quarter & chips

Dessert: malva pudding & custard

Thursday

Snack: chicken quiche & fresh fruit

Meal: malay chicken curry served with savoury rice

Friday

Snack: cocktail chicken hotdog & fresh fruit

Meal: macaroni and cheese & toasted bruschetta

Veg, Vegan, No Beef and Gluten Free options

Monday

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

Meal: creamy mushroom fettuccini pasta/gluten free creamy chicken fettuccini pasta & gluten free roll

Tuesday

Snack: gluten free muffin & fresh fruit

Meal: grilled chicken burger/veg burger/gluten free beef burger & roasted potato wedges

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: lentil moussaka/gluten free sticky chicken leg quarter & chips

Dessert: malva pudding & custard

Thursday

Snack: cheese quiche/gluten free chicken quiche & fresh fruit

Meal: malay potato and chickpea curry/gluten free malay chicken curry served with savoury rice

Friday

Snack: cocktail fries hotdog/gluten free chicken hotdog & fresh fruit

Meal: gluten free macaroni and cheese & toasted gluten free bread bites

Rc Lunch Menu

Week 1

salad valley and beverage offered daily

Rc Red Cafe

Monday

Snack: vanilla muffin & fresh fruit

Meal: beef lasagne & toasted bruschetta

Tuesday

Snack: savoury scones & fresh fruit

Meal: Portuguese grilled chicken breast, rice and gravy & cinnamon roasted butternut

Wednesday

Snack: banana bread & fresh fruit

Meal: grilled chicken wrap served with roasted potato wedges

Dessert: cheese cake

Thursday

Snack: beef sausage roll & fresh fruit

Meal: beef stew served with savoury rice

Friday

Snack: lemon square & fresh fruit

Meal: cajun chicken and pine burger served with chips

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit

Meal: gluten and egg free vegetable lasagne/chicken lasagne/gluten free beef lasagne & gluten free bread bites

Tuesday

Snack: gluten free scones & fresh fruit

Meal: fries crumbed veg schnitzel, rice and gravy & cinnamon roasted butternut

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: grilled butternut wrap/gluten free grilled chicken wrap served with roasted potato wedges

Dessert: cheese cake

Thursday

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

Meal: chicken stew/vegetable stew served with savoury rice

Friday

Snack: gluten free lemon square & fresh fruit

Meal: fries chicken burger/cajun chicken and pine gluten free burger served with chips

Rc Lunch Menu

Week 2

salad valley and beverage offered daily

Rc Red Cafe

Monday

Snack: cappuccino muffin & fresh fruit

Meal: macaroni and cheese & roasted vegetables

Tuesday

Snack: cheese sandwich & fresh fruit

Meal: grilled chicken drumsticks, rice and gravy & peas and corn

Wednesday

Snack: chicken pastry wheel & fresh fruit

Meal: beef steak roll served with chips

Dessert: rice crispy treat

Thursday

Snack: carrot muffin & fresh fruit

Meal: napolitana chicken fettuccini pasta

Friday

Snack: salad roll & fresh fruit

Meal: beef stroganoff & white rice

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit

Meal: gluten free macaroni and cheese/gluten free napolitana macaroni pasta & roasted vegetables

Tuesday

Snack: gluten free sandwich & fresh fruit

Meal: frys crumbed veg schnitzel, rice and gravy & peas and corn

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: chicken roll/gluten free frys beef strip roll served with chips

Dessert: rice crispy treat

Thursday

Snack: gluten free muffin & a fresh fruit

Meal: gluten free napolitana frys chicken fettuccini pasta

Friday

Snack: gluten free salad roll & fresh fruit

Meal: vegetable stroganoff/chicken stroganoff & white rice

Rc Lunch Menu

Week 3

salad valley and beverage offered daily

Rc Red Cafe

Monday

Snack: beef sausage roll & fresh fruit

Meal: chicken ala king & white rice

Tuesday

Snack: bran muffin & fresh fruit

Meal: cottage pie & honey glazed carrots

Wednesday

Snack: chicken mayo roll & fresh fruit

Meal: chicken stir-fry & chinese noodles

Dessert: jelly & custard

Thursday

Snack: chicken quiche & fresh fruit

Meal: chicken schnitzel, cheese sauce, rice & roasted butternut

Friday

Snack: cocktail chicken hotdog & fresh fruit

Meal: spaghetti bolognaise

Veg, Vegan, No Beef and Gluten Free options

Monday

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

Meal: vegetable curry & white rice

Tuesday

Snack: gluten free muffin & fresh fruit

Meal: chicken cottage pie/moussaka & honey glazed carrots

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: vegetable stir-fry & gluten and egg free noodles

Dessert: jelly & custard

Thursday

Snack: cheese quiche/gluten free chicken quiche & fresh fruit

Meal: frys chicken schnitzel, sauce, rice & roasted butternut

Friday

Snack: cocktail frys hotdog/gluten free chicken hotdog & fresh fruit

Meal: chicken spaghetti bolognaise/vegetable gluten free spaghetti bolognaise

Rc Lunch Menu

Week 4

salad valley and beverage offered daily

Rc Red Cafe

Monday

Snack: vanilla muffin & fresh fruit

Meal: chicken lasagne & toasted bruschetta

Tuesday

Snack: savoury scones & fresh fruit

Meal: beef curry & white rice

Wednesday

Snack: banana bread & fresh fruit

Meal: homemade chicken pie, gravy & roasted potato wedges

Dessert: sticky chocolate cake

Thursday

Snack: beef sausage roll & fresh fruit

Meal: boerewors served with mash and gravy

Friday

Snack: lemon square & fresh fruit

Meal: crumbed chicken bite wrap served with chips

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit

Meal: creamy vegetable lasagne/gluten free chicken lasagne & toasted bruschetta

Tuesday

Snack: gluten free scones & fresh fruit

Meal: chicken curry/vegetable curry & white rice

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: fry's nuggets with roasted potato wedges

Dessert: sticky chocolate cake

Thursday

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

Meal: fry's sausage/chicken breads served with mash and gravy

Friday

Snack: gluten free lemon square & fresh fruit

Meal: gluten free chicken wrap/tofu and ayo wrap served with chips

Rc Lunch Menu

Week 5

salad valley and beverage offered daily

Rc Red Cafe

Monday

Snack: cappuccino muffin & fresh fruit

Meal: creamy butter chicken served with savoury rice

Tuesday

Snack: cheese sandwich & fresh fruit

Meal: creamy beef penne pasta served with roasted baby marrow

Wednesday

Snack: chicken pastry wheel & fresh fruit

Meal: bbq chicken leg quarter & potato bake

Dessert: rice crispy treat

Thursday

Snack: carrot muffin & fresh fruit

Meal: home baked cornish pie & gravy

Friday

Snack: salad roll & fresh fruit

Meal: boerewors, caramelized onion served with chips

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit

Meal: frys schnitzel/gluten free creamy butter chicken served with savoury rice

Tuesday

Snack: gluten free sandwich & fresh fruit

Meal: gluten free egg free napolitana pasta/creamy chicken penne pasta/gluten free creamy beef penne pasta served with roasted baby marrow

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: frys chicken schnitzel served with potato and sweet potato wedges

Dessert: rice crispy treat

Thursday

Snack: gluten free muffin & a fresh fruit

Meal: homemade chicken cornish pie/frys vegetarian baked beef pie/gluten free cornish pie & gravy

Friday

Snack: gluten free salad roll & fresh fruit

Meal: gluten free frys sausage hotdog/chicken vienna hotdog served with chips

Rc Lunch Menu

Week 6

salad valley and beverage offered daily