

Grey High School Term: 1



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--|--|---|---|--|--|---|
| | 13,01,2020 | 14,01,2020 | 15,01,2020 | 16,01,2020 | 17,01,2020 | 18,01,2020 | 19,01,2020 |
| Breakfast | SCRAMBLE EGG BACON ASSORTED CEREALS MIELIE MEAL PORRIDGE | FRIED EGG AND CHICKEN CHEEZY BITES ASSORTED CEREALS OATS PORRIDGE | CROISSANTS WITH CHEESE AND HAM ASSORTED CEREALS MIELIE MEAL PORRIDGE | BOILED EGG AND FISH FINGERS ASSORTED CEREALS OATS PORRIDGE TOAST AND | HAM, GRILLED TOMATO, EGG, MUSHROOMS ASSORTED CEREALS MIELIE MEAL PORRIDGE | SCRAMBLE EGG AND BACON ASSORTED CEREALS TOAST AND | BRAN MUFFINS WITH CHEESE TOAST AND |
| Lunch | CHICKEN SCHNITZEL POTATO WEDGES GREEN SALAD PEACH SLICES AND CREAM | GAMMON STEAK WITH PINE APPLE PASTA SALAD SWEET CORN SALAD GREEN SALAD JELLY AND CUSTARD | GRILLED CHICKEN THIGHT POTATO SALAD GREEK SALAD ICE CREAM | BOERE WORS ROLLS WITH TOMATO AND ONION SAUCE SALAD BAKED VANILLIA CAKE | CHICKEN BURGER WITH PINE APPLE RINGS AND CHEESE CHIPS ICE CREAM AND SAUCE | SAUSAGE ROLL OR PEPPER STEAK PIES POTATO GREEK SALAD | BEEF TOP SIDE RICE JULIENNE CARROTS GREEN BEANS DESSERT |
| Dinner | GR 8 BRAAI | BEEF STEW RICE MIXED VEGETABLES | PORK CHOPS SAVORY RICE BUTTERNUT GREEN BEANS | GRILLED CHICKEN FILLET OVEN BAKED POTATO WEDGES GEMS PEAS | MACARONI AND CHEESE MIXED VEGETABLES | BRAAI: RUMP STEAK GARLIC ROLLS SALAD | COLLEGIATE SOCIAL EVENING |

Grey High School Term: 1



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|---|--|---|---|---|--|---|
| | 20.01.2020 | 21.01.2020 | 22.01.2020 | 23.01.2020 | 24.01.2020 | 25.01.2020 | 26.01.2020 |
| Breakfast | SCRAMBLE EGG ASSORTED CEREAL MEALIE MEAL PORRIDGE TOAST AND PRESERVES | CHEESE OMELET ASSORTED CEREAL OATS PORRIDGE TOAST AND | FRIED EGG AND CHEESY BITES ASSORTED CEREAL MEALIE MEAL PORRIDGE | GRILLED BACON AND CHEESE ROLL YOGURT ASSORTED CEREAL OATS PORRIDGE TOAST AND | BOILED EGG FISH CAKE WITH CHEESE SAUCE ASSORTED CEREAL MIELIE MEAL PORRIDGE TOAST AND | SCRAMBLE EGG CHEESE GRILLER ASSORTED CEREAL TOAST AND | CROISSANT WITH CHEESE AND HAM ASSORTED CEREAL TOAST AND |
| Lunch | CRUMBED CHICKEN FILLETS POTATO WEDGES MIXED VEG SALAD FRUIT COCKTAIL AND CREAM | PORK BANGERS MASH AND GRAVY SWEET CORN BEET ROOT SALAD CHOCOLATE MOUSSE | TORTILLA WRAPS FILLED WITH CHICKEN SALAD ICE CREAM AND SAUCE | CREAMY CHICKEN PASTA BAKE GREEK SALAD CUP CAKES | BEEF BURGERS FRIED ONIONS AND MUSHROOMS CHIPS ICE CREAM AND SAUCE | HAM/CHEESE AND TOMATO TRAMMAZINI SALAD DESSERT | LEG OF LAMB POTATO QUARTERS COUNTRY STYLE MIXED VEGETABLES WITH CHEESE SAUCE DESSERT |
| Dinner | BEEF LASANGE MIXED VEGETABLES | STICKY CHICKEN QUARTERS SAVORY RICE CARROT ROUNDELS BABY MARROW | SWEET&SOUR PORK CHOPS SWEET POTATO PEAS BUTTERED CORN | MARINATED CLUB STEAK BASMATI RICE BUTTERNUT GREEN BEANS | CHICKEN CURRY BUNNY CHOW GREEN SALAD | BRAAI: PORK CHOPS TOMATO AND CHEESE BRAAI BROODJIES SALAD | CHICKEN SCHNITZEL CHIPS GREEN SALAD JUICE FRUIT |

Grey High School Term: 1



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--|--|--|--|---|--|---|
| | 27.01.2020 | 28.01.2020 | 29.01.2020 | 01.02.2020 | 02.02.2020 | 03.02.2020 | 04.02.2020 |
| Breakfast | <p>SCRAMBLE EGG</p> <p>ASSORTED CEREAL MEALIE MEAL PORRIDGE</p> <p>TOAST AND PRESERVED FRUIT</p> | <p>CHEESE OMELETTE</p> <p>ASSORTED CEREAL OATS PORRIDGE</p> <p>TOAST AND PRESERVED FRUIT</p> | <p>FRIED EGG AND BACON</p> <p>ASSORTED CEREAL MEALIE MEAL PORRIDGE</p> | <p>FRENCH TOAST WITH CHEESE, TOMATO AND HAM</p> <p>YOGHURT</p> <p>ASSORTED CEREAL OATS PORRIDGE</p> <p>TOAST AND PRESERVED FRUIT</p> | <p>BOILED EGGS AND FISH FINGERS</p> <p>ASSORTED CEREAL MELIE MEAL PORRIDGE</p> <p>TOAST AND PRESERVED FRUIT</p> | <p>SCRAMBLE EGG</p> <p>ASSORTED CEREAL</p> <p>TOAST AND PRESERVED FRUIT</p> | <p>BRAN MUFFINS WITH CHEESE</p> <p>ASSORTED CEREALS</p> <p>TOAST AND PRESERVED FRUIT</p> |
| Lunch | <p>CRUMBED HAKE FILLET</p> <p>POTATO CHIPS</p> <p>SALAD</p> <p>FRUIT COCTAIL AND CUSTARD</p> | <p>SWEET AND SOUR PORK STIPS</p> <p>MASH AND GRAVY</p> <p>SWEET CORN</p> <p>BEET ROOT SALAD</p> <p>LEMON CHEESE CAKE</p> | <p>CHICKEN SALSA</p> <p>WINGS PASTA SALAD</p> <p>SWEET CORN</p> <p>ICE CREAM AND SAUCE</p> | <p>CREAMY CHICKEN PASTA BAKE</p> <p>GREEK SALAD</p> <p>CHOCOLATE CAKE</p> | <p>CHEESE GRILLES</p> <p>HOTDOG</p> <p>CHIPS</p> <p>SALAD</p> <p>ICE CREAM AND SAUCE</p> | <p>PIES AND OVEN BAKED POTATOES</p> <p>OVEN ROASTED POTATOES</p> <p>GREEN SALAD</p> <p>DESSERT</p> | <p>ROAST CHICKEN</p> <p>POTATO QUARTERS</p> <p>COUNTRY STYLY</p> <p>MIXED VEGETABLES WITH CHEESE SAUCE</p> <p>DESSERT</p> |
| Dinner | <p>COTTAGE PIE</p> <p>CARROT ROUNDEL</p> <p>BROCCOLI</p> | <p>LEMON AND HERB ROASTED CHICKEN</p> <p>QUARTERS</p> <p>SAVORY RICE</p> <p>CARROT ROUNDELS</p> <p>BABY MARROW</p> | <p>SWEET&SOUR PORK</p> <p>CHOPS</p> <p>SWEET POTATO</p> <p>PEAS</p> <p>BUTTERED CORN</p> | <p>BEEF STEW</p> <p>BASMATI RICE</p> <p>BUTTERNUT</p> <p>GREEN BEANS</p> | <p>GRILLED CHICKEN</p> <p>FILLETS</p> <p>OVEN ROASTED</p> <p>POTATOES</p> <p>JULIENNE CARROTS</p> | <p>BRAAI:</p> <p>RUMP STEAK</p> <p>TOMATO AND CHEESE</p> <p>BRAAI BROODJIES</p> <p>SALAD</p> | <p>BOEREWORS ROLLS</p> <p>SALAD</p> <p>JUICE</p> |

Grey High School Term: 1



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--|--|--|---|--|--|---|
| | 05.02.2020 | 06.02.2020 | 07.02.2020 | 08.02.2020 | 09.02.2020 | 10.02.2020 | 11.02.2020 |
| Breakfast | SCRAMBLE EGG WITH CHEESE GRILLER ASSORTED CEREAL MIELIE MEAL PORRIDGE | FRIED EGG AND BACON ASSORTED CEREAL OATS PORRIDGE | BEEF SAUSAGE, BOILED EGG AND TOMOATO AND ONION STEW ASSORTED CEREAL MIELEIE MEAL PORRIDGE | SCRAMBLE EGG AND CHICKEN LIVERS ASSORTED CEREAL OAST PORRIDGE | OMLETTES ASSORTED CEREAL MIELIE MEAL PORRIDGE | FRIED EGGS AND PORK SAUSAGE ASSORTED CEREAL | FRENCH TOAST WITH CHEESE AND SYRUP ASSORTED CEREALS TOAST AND |
| Lunch | CHICKEN OR TUNA WRAP SALAD VANILLIA CAKE | MACARONI AND CHEESE BAKE SALADS FRUIT COCKTAIL | SALSA CHICKEN WINGS PASTA SALAD GREEK SALAD ICE CREAM AND | PORK STIR FRY PITA BREAD SALAD CHOCOLATE MOUSSE | BEEF CHEESE BURGERS CHIPS SALAD ICE CREAM AND | TRAMAZINNI FILLED WITH CHICKEN MAYO SALAD | GAMMON OVEN ROASTED POTATOES BUTTERNUT GREEN BEANS DESSERT |
| Dinner | CHICKEN QUARTERS RICE VEGETABLES | PORK LOIN CHOPS RICE CORN MIXED VEGETABLES | CLUB STEAK POTATO WEDGES BUTTERNUT GREEN BEANS | GRILLED CHICKEN FILLET SAVORY RICE GEMS PEAS | MEATY PIZZA CARROT ROUNDLES | BRAAI: RUMP STEAK GARLIC ROLLS SALAD | CHICKEN STRIPS AND CHIPS AND SALAD JUICE FRUIT |