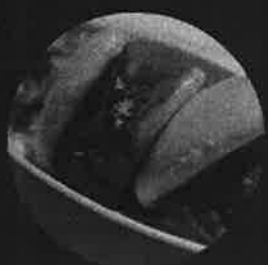


RATHFRILAND HIGH SCHOOL

Week Beginning:
Oct 13, Oct
27, Nov 10,
Nov 24, Dec
8, Jan 12, Jan
26, Feb 9,
Feb 23

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Dinner Kung Po Chicken Sweet + Sour Chicken Panini's Beefburger Pizza Potatoes Veg Steamed Rice	Lasagne Chicken Hotpot Fishfingers Hotdogs Panini's Pizza Chips Super Sauce Gravy Curry Potato/Veg Rice	Shepherd's Pie Roast Dinner Chicken Salad Wrap Honey Chilli Chicken Beefburger Panini's Pizza Potato/Veg Rice	Chicken Curry Meatballs in Tomato + Basil Sauce Chicken Supreme Hotdog Pizza Panini's Chips Curry Gravy Rice	Chicken Stack Vegetarian Pasta Bake Fish Goujons Chicken Burger Pizza Panini's Potatoes Veg Steamed Rice

FLAVOURS OF THE WORLD



Monday Bao Buns

1 Char Sui
BBQ Shredded
Pork

2 Teriyaki
Pulled Beef



Tuesday Tex Mex Grill

Too Tasty
Tacos!
Crispy chicken
in a soft tortilla
with salad, sour
cream and
salsa



Wednesday Feast From The East

Peking Duck
Spring Rolls
with Rice



Thursday Let's Wing It!

1 - Hot Honey,
Chilli & Garlic
wings

2 - Salt &
Chilli wings



Friday Global Street Eat

German
Currywurst
& Chips



RATHFRILAND HIGH SCHOOL

Week Beginning:
Oct 6, Oct 20,
Nov 3, Nov
17, Dec
1, Dec 15,
Jan 5, Jan 19,
Feb 2, Feb 16

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Dinner Spanish Chicken + Rice Chicken Pie Panini's Beefburger Pizza Potatoes Veg Steamed Rice	Beef Bolognese Irish Stew Chicken Supreme Hot dogs Panini's Pizza Chips Super Sauce Gravy Curry Rice	Chicken Curry Lasagne Roast Dinner Chicken Salad Wrap Panini's Pizza Beefburger Potatoes Veg Steamed Rice	Steak Pie Chicken al a King Stuffed Sausage + Bacon Roll Pizza Hotdog Panini's Chips Super Sauce Curry Rice	Roast Dinner Cheesy Bean Burrito Breaded Whiting Chicken Korma Pizza Chicken Burger Panini's Potato/veg Rice

FLAVOURS OF THE WORLD



Monday Bao Buns

1 - Pulled Beef
with 5 spice,
Hoisin Sauce

2 - Chicken
Katsu

Tuesday Tex Mex Grill

BBQ Pulled
Beef &
Cheese
Loaded
Fries/Nachos

Wednesday Feast From The East

Kung Pao
Chicken &
Noodles

Thursday Let's Wing It!

1- Korean
BBQ Glazed
Wings

2- Bangkok
Wings

Friday Global Street Eatz

South African
Bunny Chow