

DURBAN CHRISTIAN RESIDENCE

JUNE - DECEMBER 2025

Week 1		Breakfast	Dinner A	Dinner B	Vegetarian	Special dietary
FRIDAY		Oats & Cereals Fried Eggs & Sauteed Potato Yoghurt & Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	Carrot Soup Hake Bonne Femme served with Mash, Tartare Sauce & Coleslaw Brownies & Cream	Carrot Soup Chicken Stir-Fry served with Spaghetti & a Green Salad Brownies & Cream	Carrot Soup Vegetable Stir-Fry served with Spaghetti & a Green Salad Brownies & Cream	Carrot Soup Chicken Stir-Fry served with Cauliflower Rice & a Green Salad Brownies & Cream
SATURDAY	LUNCH	Mealie Meal & Cereals Poached Eggs & Creamy Corn Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	Wors Roll served with Chips Caramelised Onions	Chicken Sausage Roll served with Chips Caramelised Onions	Soya Sausage Roll served with Tomato Relish & Chips	Lemon & Herb Chicken Strips served with Butternut & Peas
	DINNER	Poached Eggs & Creamy Corn Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	Tripe served with Steam Bread Ice-Cream & Choc Sauce	Chicken Strips Served with Garlic Baby Potatoes & 2 x Seasonal Vegetables Ice-Cream & Choc Sauce	Mac & Cheese Ice-Cream & Choc Sauce	Honey Mustard Chicken Strips served with Roasted Beetroot & 2 x Seasonal Vegetables Ice-Cream & Choc Sauce
SUNDAY	LUNCH	Oats & Cereals Cheese & Tomato Omelette Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Homemade Curried Mince Pie served with Chips & Gravy	Homemade Chicken Pie served with Chips & Gravy	Homemade Vegetable Curry Pie served with Chips & Gravy	BBQ Grilled Chicken Fillet served with a Greek Salad
	DINNER	Cheese & Tomato Omelette Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Vegetable Soup BBQ Steak served with Egg, Wedges & 2 x Seasonal Vegetables Flapjacks served with Syrup & Ice-Cream	Vegetable Soup Roast Chicken served with Roast Potatoes, Gravy & 2 x Seasonal Vegetables Flapjacks served with Syrup & Ice-Cream	Vegetable Soup Soya Mince Cottage Pie Served with a Green Salad & Coleslaw Flapjacks served with Syrup & Ice-Cream	Vegetable Soup Roast Chicken served with Roasted Sweet Potato & 2 x Seasonal Veg Flapjacks served with Syrup & Ice-Cream
MONDAY		Mealie Meal & Cereals Fried Eggs & Bacon Fruit Toast/ Preserves Fruit Juice, Tea & Coffee	Sweet Chilli Pork Stir Fry Served with Noodles Lemon Sponge Cake & Custard	Chicken Pilaf served with a Green Salad Lemon Sponge Cake & Custard	Brinjal & Tomato Chutney Stack served with a Green Salad Lemon Sponge Cake & Custard	Mexican Pork Stir Fry Served with Cauliflower Mash Lemon Sponge Cake & Custard
TUESDAY		Oats & Cereals French Toast Cheese & Syrup Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	Butternut Soup Beef Bunny served with Carrot Salad Milk Tart	Butternut Soup Chicken Bunny served with Carrot Salad Milk Tart	Butternut Soup Creamy Spinach Puff Cups served with a Green Salad Milk Tart	Butternut Soup Honey Mustard Pork Steak served with Cauliflower Rice & Greek Salad Milk Tart
WEDNESDAY		Mealie Meal & Cereals Boiled Eggs with Tomato Chutney Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Garlic Pork Shoulder Chop served with Chips & Seasonal Veg Baked Apple Halves & Custard	Chicken Casserole Served with Savoury Rice Baked Apple Halves & Custard	Sugar Bean Bunny served with Carrot Salad Baked Apple Halves & Custard	BBQ Chicken served with Med Veg and a Green Salad Baked Apple Halves & Custard
THURSDAY		Oats & Cereals Scrambled Eggs with Spur Style Onion Rings Fruit Toast/ Preserves Fruit Juice, Tea & Coffee	Spinach Soup Mince Bake served with Mash & 2 x Seasonal Vegetables Malva Pudding with Ice Cream	Spinach soup Butter Chicken Pasta Served with a Green Salad Malva Pudding with Ice Cream	Spinach Soup Grilled Vegetable Pasta Served with a Green Salad Malva Pudding with Ice Cream	Spinach Soup Chicken Kebabs served with Sweet Potato Wedges Green Salad Malva Pudding with Ice Cream

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Week 2		Breakfast	Dinner A	Dinner B	Vegetarian	Special dietary
FRIDAY		Mealie Meal & Cereals Cheese & Onion Omelette Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	Grilled Hake served with Chips Tartar Sauce, Greek Salad & Coleslaw Salted Caramel Cake	Chutney Chicken served with Rice & Medley of Vegetables Salted Caramel Cake	Sugar Bean Curry served with Rice, Carrot Salad & Chutney Salted Caramel Cake	Cornflour Chicken Strips with Sweet Potato Fries Coleslaw & Green Salad Salted Caramel Cake
SATURDAY	LUNCH	Oats & Cereals	Beef Burger & Chips	Crumbed Chicken Burger & Chips	Soya Burger & Chips	Grilled Chicken with Moroccan Cous Cous Salad
	DINNER	2 Fried Eggs served with 1 x Bran Muffin Fruit Toast/ Preserves Fruit Juice, Tea & Coffee	Creamy Tomato Soup Chicken Liver served with Pap & Chakalaka Jelly & Custard	Creamy Tomato Soup Chicken Sausages served with Mash, Gravy, Corn & Green Beans Jelly & Custard	Cream Tomato Soup Vegetable Curry served with Rice & Tomato Sambals Jelly & Custard	Creamy Tomato Soup Chicken Sausages served with Cauliflower Mash, Green Beans & Green Salad Jelly & Custard
SUNDAY	LUNCH	Mealie Meal & Cereals Scrambled Eggs Served with Vienna Chutney Yoghurt & Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	2 x Toasted Ham & Cheese served with Wedges Roast Pork served with Roast Potatoes, Gravy, Beans & Roast Butternut Banoffee Tart	2 x Toasted Chicken & Mayo served with Wedges Sticky BBQ ¼ Chicken Leg served with Roast Potatoes, Gravy, Beans & Roast Butternut Banoffee Tart	2 x Toasted Cheese & Tomato served with Wedges Stuffed Butternut Served with Rice & 2 x Seasonal Vegetables Banoffee Tart	Grilled Chicken Fillet served with Roasted Sweet Potato & Greek Salad Sticky BBQ Chicken Fillet served with 2 x Seasonal Vegetables Banoffee Tart
MONDAY		Oats & Cereals Fried Eggs served with Baked Beans Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	Pea Soup Mince, Samp & Beans Vanilla Sponge & Cream	Pea Soup Creamy Chicken Cottage Pie served with 2 x Seasonal Veg Vanilla Sponge & Cream	Pea Soup Curried Cabbage served with Phutu & Sambals Vanilla Sponge & Cream	Pea Soup Grilled Chicken Fillets served with Sautéed Spinach, Butternut & Green Salad Vanilla Sponge & Cream
TUESDAY		Mealie Meal & Cereals Boiled Eggs Served with Tomato Chutney Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Pork Bangers served with Mash, Gravy & 2 x Seasonal Veg Banana Cake with Custard	Chicken Banger & Bean Casserole Served with Mash Banana Cake with Custard	Vegetable Breyani served with Sambals & Chilli Banana Cake with Custard	Chicken Bangers served with Roasted Sweet Potato & Green Salad Banana Cake with Custard
WEDNESDAY		Oats & Cereals Poached Eggs Served with Sautéed Potato Fruit Toast/ Preserves Fruit Juice, Tea & Coffee	Potato Soup Beef & Onion Stew served with Rice Choc Malva with Cream	Potato Soup Chicken Livers in Tomato Chutney served with Pap Choc Malva with Cream	Potato Soup Sugar Beans served with Steam Bread Choc Malva with Cream	Potato Soup Garlic & Herb Fish Goujons served with Butternut, Green Salad & Coleslaw Choc Malva with Cream
THURSDAY		Mealie Meal & Cereals Cheese & Vienna Omelette Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	Mince Mac & Cheese Served with Greek Salad Ice-Cream & Chocolate Sauce	Butter Chicken Curry served with Naan Bread, Sambals & Chilli Ice-Cream & Chocolate Sauce	Yellow Potato Curry served with Rice, Sambals & Chilli Ice-Cream & Chocolate Sauce	2x Chicken Kebab Served with Roast Sweet Potato & Greek Salad Ice-Cream & Chocolate Sauce

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Week 3		Breakfast	Dinner A	Dinner B	Vegetarian	Special dietary
FRIDAY		Oats & Cereals Scrambled Eggs with Bacon Bits Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Carrot Soup Grilled Hake served with Chips Tartar Sauce Greek Salad, Beetroot Salad Baked Apple Halves & Custard	Carrot Soup Chicken Curry served with Rice Sambals & Chilli Baked Apple Halves & Custard	Carrot Soup Curried Butternut served with Rice & Greek Salad Baked Apple Halves & Custard	Carrot Soup Lemon & Herb Chicken Fillet served with Sweet Potato Mash Carrots & Baked Apple Halves & Custard
SATURDAY	LUNCH	Mealie Meal, Cereals	Russian Footlong Gatsby	Chicken Gatsby	Baked Beans & Cheese Gatsby	Chicken Salad with Blue Cheese Dressing
	DINNER	Flapjacks, Cheese & Syrup Fruit Salad & Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Creamy Rosemary Pork Fillet served with Mash Seasonal Vegetables x2 Chocolate Brownie served with Cream	Chicken Strips served with Creamy Mustard Sauce, Mash & Seasonal Vegetables x2 Chocolate Brownie served with Cream	Mixed Bean Curry served with Rice Carrot Salad Chocolate Brownie served with Cream	Pork Sausage, served with Gravy, Sweet Potato Mash & Greek Salad Chocolate Brownie served with Cream
SUNDAY	LUNCH	Oats & Cereals Poached Eggs Baked Beans Fruit Toast/ Preserves Fruit Juice, Tea & Coffee	Savoury Mince Buns Served with Wedges Vegetable Soup Beef Braai Ice-Cream in a Cone	Chicken & Mayo Buns Served with Wedges Vegetable Soup Chicken Braai Ice-Cream in a Cone	Maas & Phutu Vegetable Soup Veg Braai Ice-Cream in a Cone	Grilled Chicken Strips Served with Sweet Potato Fries & Green Salad
	DINNER					
MONDAY		Mealie Meal, Cereals Cheese & Tomato Omelette Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Mince, Samp & Beans Jelly & Custard	Chicken Stew with Rice Jelly & Custard	Veg Breyani served with Dahl & Carrot Salad Jelly & Custard	Chicken Stew served with Cauliflower Rice & Salad Jelly & Custard
TUESDAY		Oats & Cereals Fried Eggs with Bacon Hash Fruit Salad & Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Butternut Soup Tripe served with Steam Bread Lemon Sponge with Cream	Butternut Soup Chicken Tikka Thigh served with Rice & Seasonal Vegetables x2 Lemon Sponge with Cream	Butternut Soup Basil Pesto Pasta served with a Cocktail Roll & Salad Lemon Sponge with Cream	Butternut Soup Basil Pesto Chicken served with Basmati Rice, Butternut & Salad Lemon Sponge with Cream
WEDNESDAY		Mealie Meal, Cereals Scrambled Eggs with Plain Chicken Livers Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	Beef Curry served with 2 x Roti & Carrot Salad Apple Crumble with Cream	Creamy Chicken & Spinach Pasta served with a Cocktail Roll & Salad Apple Crumble with Cream	Moroccan Vegetable Stew served with Rice & Roasted Mixed Veg Apple Crumble with Cream	Stuffed Butternut served with a Savoury Mince Salad Apple Crumble with Cream
THURSDAY		Oats & Cereals French Toast served with Cheese & Syrup Fruit Toast/ Preserves Fruit Juice, Tea & Coffee	Spinach Soup Mince Pilaf served with Dahl & Carrot Salad Lamington	Spinach Soup Chicken Breyani served with Dahl & Carrot Salad Lamington	Spinach Soup Mac & Cheese Served with a Green Salad Lamington	Spinach Soup BBQ Chicken Fillet served with a Baked Sweet Potato, Greek Salad & Coleslaw Lamington

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Week 4		Breakfast	Dinner A	Dinner B	Vegetarian	Special dietary
FRIDAY		Mealie Meal & Cereal Cheese & Mince Omelette Fruit Salad & Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Hake & Calamari Served with Savoury Rice, Tartare Sauce & Coleslaw Malva Pudding served with Custard	Chicken & Vegetable Pasta Bake served with a Greek Salad Malva Pudding served with Custard	Spinach & Butternut Bake served with Rice & Greek Salad Malva Pudding served with Custard	Spinach & Feta Kiev served with a Greek Salad & Beetroot Salad Malva Pudding served with Custard
SATURDAY	LUNCH	Oats & Cereal Fried Eggs served with Savoury Mince Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	Beef Burger & Chips Creamy Tomato Soup Cottage Pie served with 2 x Seasonal Vegetables Jelly & Custard	Crumbed Chicken Burger & Chips Creamy Tomato Soup Spicy Saucy Chicken Livers served with Chips and a Roll Jelly & Custard	Soya Burger & Chips Creamy Tomato Soup Vegetable Biryani served with Dhall & Carrot Salad Jelly & Custard	Grilled Chicken with Moroccan Cous Cous Salad Creamy Tomato Soup Cornflour Chicken Strips served with Baby Marrow & Butternut Jelly & Custard
	DINNER	Oats & Cereal Fried Eggs served with Savoury Mince Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	Beef Burger & Chips Creamy Tomato Soup Cottage Pie served with 2 x Seasonal Vegetables Jelly & Custard	Crumbed Chicken Burger & Chips Creamy Tomato Soup Spicy Saucy Chicken Livers served with Chips and a Roll Jelly & Custard	Soya Burger & Chips Creamy Tomato Soup Vegetable Biryani served with Dhall & Carrot Salad Jelly & Custard	Grilled Chicken with Moroccan Cous Cous Salad Creamy Tomato Soup Cornflour Chicken Strips served with Baby Marrow & Butternut Jelly & Custard
SUNDAY	LUNCH	Mealie Meal & Cereal Flapjacks served with Cinnamon & Syrup Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Savoury Mince Vetkoek served with wedges Roast Beef served with Roast Potato, Gravy & 2 x Seasonal Vegetables Pavlova with Cream & Berry Sauce	BBQ Pulled Chicken Vetkoet served with wedges Portuguese Peri - Peri ¼ Chicken Leg served with Rice & Medley of Vegetables Pavlova with Cream & Berry Sauce	Maas & Phutu Broccoli & Cauliflower Bake served with Rice & Medley of Vegetables Pavlova with Cream & Berry Sauce	Grilled Chicken served with Salad & Beetroot Salad Lemon & Herb 1/4 Chicken Leg served with Cauliflower Rice & Roasted Med Veg Pavlova with Cream & Berry Sauce
	DINNER	Mealie Meal & Cereal Flapjacks served with Cinnamon & Syrup Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Savoury Mince Vetkoek served with wedges Roast Beef served with Roast Potato, Gravy & 2 x Seasonal Vegetables Pavlova with Cream & Berry Sauce	BBQ Pulled Chicken Vetkoet served with wedges Portuguese Peri - Peri ¼ Chicken Leg served with Rice & Medley of Vegetables Pavlova with Cream & Berry Sauce	Maas & Phutu Broccoli & Cauliflower Bake served with Rice & Medley of Vegetables Pavlova with Cream & Berry Sauce	Grilled Chicken served with Salad & Beetroot Salad Lemon & Herb 1/4 Chicken Leg served with Cauliflower Rice & Roasted Med Veg Pavlova with Cream & Berry Sauce
MONDAY		Oats & Cereal Herbed Scrambled Eggs served with Sautéed Potato Fruit Salad & Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Pea Soup Pork Stir-Fry served with Egg Fried Rice Milk Tart	Pea Soup Chicken-a-la-King served with Rice and a Green Salad Milk Tart	Pea Soup Sautéed Spinach served with Phutu Milk Tart	Pea Soup Sweet & Sour Pork served with Stir-Fry Veg & Salad Milk Tart
TUESDAY		Mealie Meal & Cereals Poached Eggs served with Grilled Tomato Fruit Salad Toast/ Preserves Fruit Juice, Tea & Coffee	Wors, Pap & Chakalaka Ice-Cream & Choc Sauce	Chicken Sausage & Bean Stew served with Mash Ice-Cream & Choc Sauce	Roasted Veg Pasta served with Salad Ice-Cream & Choc Sauce	Chicken Kebabs served with Med Veg & Salad Ice-Cream & Choc Sauce
WEDNESDAY		Oats & Cereal Boiled Eggs served with Tomato Chutney Yoghurt Toast/ Preserves Fruit Juice, Tea & Coffee	Potato Soup Hearty Beef Stew served with Rice Flapjacks, Cream & Syrup	Potato Soup Chicken Biryani served with Dhall & Carrot Salad Flapjacks, Cream & Syrup	Potato Soup Soya Mince served with Rice, Carrots & Broccoli Flapjacks, Cream & Syrup	Potato Soup Sweet Chilli Chicken Thigh served with Carrots, Peas & Salad Flapjacks, Cream & Syrup
THURSDAY		Mealie Meal & Cereals Cheese & Tomato Omelette Fruit Salad & Yoghurt Toast/Preserves Fruit Juice, Tea & Coffee	Mince Biryani served with Dhall & Carrot Salad Banoffee Tart	Chicken Tikka Sotatie served with 2 x Roti, Chips & Green Salad Banoffee Tart	Veg Stir Fry served with Egg Fried Rice Banoffee Tart	Cottage Pie (Sweet Potato Mash) served with Butternut, Green Beans & Salad Banoffee Tart