



TERM 3 MENU
MENUS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCTS AND LOAD SHEDDING
We prepare a limited quantity of each item daily so pre-orders are encouraged
Place your order via WhatsApp one day in advance or at Under The Oaks from 07h30
Jenny Mobile +27 82 337 6103 or jennybu62@gmail.com

MENU ITEM	INGREDIENTS	PRICE	
EARLY START	DAILY		
BOILED EGG BREAKFAST QUICHE MUESLI & YOGURT – 280ML YOGURT – 280ML BERRY SMOOTHIE – 280ML PEANUT BUTTER & BANANA SMOOTHIE – 280ML BREAKFAST WRAP	EGG AND BACON BITS IN A PASTRY NEST CHOICE OF PLAIN OR FRUIT YOGURT CHOICE OF PLAIN OR FRUIT YOGURT MIXED BERRIES, BERRY YOGURT PEANUT BUTTER, BANANA, PLAIN YOGURT SCRAMBLED EGG, BACON & WHITE CHEDDAR		R5.00 R24.00 R20.00 R12.00 R20.00 R20.00 R30.00
SANDWICHES & QUICHES	DAILY		
CHEESE CHEESE & TOMATO EGG MAYO HAM & CHEESE BASIL PESTO, TOMATO & CHEESE HAM CHEESE & TOMATO CHICKEN MAYO CHICKEN MAYO & CHEESE BACON, EGG (SLICE BOILED)& CHEESE BEEF MINCE & CHEESE QUICHE SPINACH & FETA QUICHE HAM & MUSHROOM QUICHE	TOASTED OR UN-TOASTED ON WHITE OR BROWN BREAD PASTRY, EGG, SPINACH, FETA PASTRY, EGG, HAM, MUSHROOM		R15.00 R17.00 R16.00 R22.00 R22.00 R25.00 R26.00 R26.00 R26.00 R24.00 R24.00
DAILY SPECIALS			
MONDAY AND FRIDAY TRAMEZZINI DAY CHICKEN MAYO TRAMEZZINI SAVOURY MINCE TRAMEZZINI *NEW* BASIL PESTO TRAMEZZINI	CHICKEN MAYO, CHEESE SAVOURY MINCE, CHEESE BASIL PESTO, TOMATO, CHEESE	FULL R30.00 R30.00 R30.00	HALF R18.00 R18.00 R18.00
TUESDAY & THURSDAY WRAP DAY CHICKEN WRAP (WARM) SPICY PORK & CHICKPEA WRAP (COLD) SPICY CHICKPEA & SALSA WRAP(COLD)	CHICKEN, CHEESE PORK, CHICKPEAS, PAPRIKA, PLAIN YOGURT, AVO GUACAMOLE CHICKPEAS, PAPRIKA,SALSA, PLAIN YOGURT, AVO GUACAMOLE		R30.00 R30.00 R30.00
WEDNESDAY PIE AND FRESH ROLL DAY CHICKEN PIE STEAK PIE	HOME MADE PIES WITH CHICKEN FILLING HOME MADE PIES WITH STEAK FILLING		R24.00 R24.00
FAVOURITES	CHECK DAYS ON WHICH THESE ARE SERVED		
CHICKEN STRIPS MON, TUES CHICKEN POPS WED, THUR, FRI FISH FINGERS WED, THUR, FRI *NEW* HOT CHIPS DAILY HOT DOGS WED, THUR, FRI SOUP OF THE DAY DAILY *NEW* CHICKEN MAYO ROLL DAILY *NEW* TUNA MAYO ROLL DAILY *NEW* SLAW ROLL DAILY *NEW*	4 CHUNKY STRIPS PER PORTION 8 NUGGETS PER PORTION 4 FISH FINGERS PER PORTION FRESH ROLL, CHICKEN MAYO, LETTUCE FRESH ROLL, TUNA MAYO, LETTUCE FRESH ROLL, COLESLAW, LETTUCE		R23.00 R20.00 R12.00 R15.00 R12.00 R20.00 R26.00 R26.00 R24.00
HOT MEALS	SELECTION CHANGES DAILY. NOT ALL AVAILABLE EVERYDAY. ENQUIRE ABOUT DAILY SELECTION		
MONDAY SPAGHETTI BOLOGNAISE SPINACH & BASIL PESTO SPAGHETTI *NEW* TUESDAY SAUSAGE AND POTATO CASSEROLE *NEW* WEDNESDAY VEG CASSEROLE *NEW* THURSDAY SNACK BOX *NEW* FRIDAY PORK STIRFRY *NEW* VEG STIRFRY *NEW*	BEEF MINCE COOKED IN A BOLOGNAISE SAUCE SERVED WITH SPAGHETTI SPAGHETTI TOSSED WITH BABY SPINACH AND BASIL PESTO BEEF SAUSAGE, ONION, PEPPERS, SWEET POTATO, POTATO, BROWN ONION GRAVY SPINACH, SWEET POTATO, POTATO, ONION, PEPPERS, BROWN ONION GRAVY BEEF MINCE LAYERED WITH WHITE SAUCE BETWEEN LASAGNE SHEETS MACARONI BAKED WITH A CREAMY CHEESE SAUCE SELECTION OF SAUSAGES AND CHICKEN NUGGETS, SERVED WITH CHIPS PORK STRIPS, VEG, SWEET & SOUR SAUCE VEG, SOYA SAUCE, RICE		R35.00 R35.00 R35.00 R35.00 R35.00 R35.00 R35.00 R35.00
SALADS	DAILY		
GREEK SALAD CHICKEN SALAD	LETTUCE, TOMATO, ONION, OLIVES, FETA, DRESSING LETTUCE, CHICKEN, APPLE, CELERY		R22.00 R22.00
SOMETHING SWEET	THIS SELECTION MAY CHANGE DEPENDING ON DEMAND		
FRUIT DAILY CINNAMON PANCAKES DAILY WAFFLES DAILY MUFFINS DAILY PEANUT BUTTER FUDGE BALLS DAILY DOUGHNUTS MON CUP CAKES TUES CHOC BROWNIES WED CHOC CHIP COOKIES THURS DOUGHNUTS FRI	WHOLE FRUIT – SELECTION OF SEASONAL FRUIT SPRINKLED WITH SUGAR & CINNAMON DRIZZLED WITH SYRUP WITH A SRINKLE OF ICING SUGAR ASSORTED PEANUT BUTTER BALL ROLLED IN CHOCOLATE RING DOUGHNUT DIPPED IN CINNAMON SUGAR VANILLA CUP CAKE TOPPED WITH VANILLA ICING DELICIOUS CHOCOLATE BROWNIE LARGE CHOC CHIP COOKIE RING DOUGHNUT DIPPED IN CINNAMON SUGAR		R5.00 R6.00 R16.00 R10.00 R6.00 R10.00 R12.00 R10.00 R10.00 R8.00 R10.00