



AMERICAN INTERNATIONAL SCHOOL OF CAPE TOWN

MENU

BREAKFASTS

- FRUIT CUPS** VEGAN 25
a selection of fresh seasonal fruit
- AVO TOAST** VEGAN 34
avo, lemon juice, slice of low gi toast
- CHEESY EGG WRAP** 40
free range scrambled eggs, white cheddar

SANDWICHES

- TOASTED CHEESE** 26
white cheddar
- TOASTED CHEESE & TOMATO** 29
white cheddar, tomato
- TOASTED CHICKEN & SRIRACHA MAYO** 40
free range chicken, sriracha mayo
(contains free range egg)
- TOASTED CHICKEN MAYO** 40
free range chicken, yoghurt mayo dressing
(contains free range egg)
- TOASTED BOLOGNAISE PITA** 40
beef bolognaise, whole wheat pita, white cheddar
- PULLED CHICKEN & CHEDDAR PITA** 45
free range chicken, toasted whole wheat pita, white cheddar

SALADS

- HARVEST SALAD** 43

WRAPS

VEGAN



MAKE IT YOUR OWN

SWAP FREE RANGE CHICKEN FOR FALAFEL
ADD FALAFEL +R12

15 DAY ROTATION MENU

	MEAL OPTION 1	MEAL OPTION 2	SMOOTHIES
MONDAY DAY 1	MAC & CHEESE served with broccoli & salad	MAC & CHEESE served with broccoli & salad	
TUESDAY DAY 2			MINT STRAWBERRY STINGER
WEDNESDAY DAY 3			
THURSDAY DAY 4	PASTA BOLOGNAISE served with salad	LENTIL BOLOGNAISE served with salad	
FRIDAY DAY 5	BEEF OR CHICKEN BURGER served with potato wedges	BLACK BEAN & MUSHROOM BURGER served with potato wedges	
MONDAY DAY 6			
TUESDAY DAY 7	BUTTA CHICKEN served with rice	BUTTA CURRY served with rice	
WEDNESDAY DAY 8		LENTIL COTTAGE PIE served with broccoli & salad	
THURSDAY DAY 9	BEEF LASAGNE served with salad		ALL THE GREENS VITAMIN SEE
FRIDAY DAY 10	BEEF OR CHICKEN BURGER served with potato wedges	BLACK BEAN & MUSHROOM BURGER served with potato wedges	

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15 DAY ROTATION MENU

	MEAL OPTION 1	MEAL OPTION 2	SMOOTHIES
MONDAY DAY 11	SMOKEY BBQ MAYO HARVEST WRAP served with potato wedges		
TUESDAY DAY 12			MINT STRAWBERRY STINGER
WEDNESDAY DAY 13			
THURSDAY DAY 14			
FRIDAY DAY 15	BEEF OR CHICKEN BURGER served with potato wedges	BLACK BEAN & MUSHROOM BURGER served with potato wedges	

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