



**food | food | i | love | you | so**  
**you | are | the | thing | that | makes | our | company | grow**  
**you | keep | our | staff | nourished | you | keep | them | alert**  
**what | can | i | say | except | that | i | can't | wait | for | dessert**



the forum | deli to you

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**let's | get | fresh**

## Weekly menu 6-10 Feb 2011

	chef's special	grill	selection of the day	grab and go wraps	grab and go meals	value meal 1:00-2:30pm daily
<b>mon</b>	hake florentine R31 rice R5 grilled beans & carrots R6	<b>grilled sirloin steak with tomato salsa R36</b>	wok: <b>chicken green curry R36</b> <b>meatless monday option:</b> aubergine dauphinoise R28	chicken cheddar & bacon wrap R35 <b>halloumi &amp; roast veg wrap R27 V</b>	mac n cheese R20 <b>tuna niscoise salad R34</b> nuggets R24	chicken stew & rice R21
<b>tues</b>	beef schnitzel R35 crushed fried baby potatoes R5 roasted carrots R5 ¼ chicken & roll R26	<b>spiced grilled chicken breast with cucumber yoghurt sauce R 29</b>	pizza  assorted halaal sandwiches R23	nugget wrap R33 <b>chickpea &amp; roast veg wrap R22 V</b>	roast chicken & herb pasta R25 chicken avo bacon salad R35	beef curry & rice R21
<b>wed</b>	chicken butternut lasagne R27 broccoli & green peas R7	<b>calamari cajun R34</b>	chicken pesto R36 mushroom pasta R29	beef prego wrap R31 <b>chimichurri veg wrap R33 V</b>	chicken pita melt R29 <b>broccoli &amp; lentil salad with chili &amp; pine nuts R30 V</b> nuggets R24	boerewors & pap R21
<b>thur</b>	three cheese mac n cheese R24 roasted veggies R7 ¼ chicken & roll R26	beef piadini R35	halaal: chicken prego R28 wok: <b>beef plum R39</b>	beef roasted tomato rocket aioli wrap R37 <b>roast veg, sundried tomato &amp; potato wrap R24 V</b>	chicken stir-fry R25 chicken caesar pasta R32	chicken wings & rice R21
<b>fri</b>	buttermilk fried chicken R30 mash potato R7 roast butternut R5	grilled hake with parsley sauce R29	<b>beef &amp; avo pita R38</b>	chicken caesar wrap R28 <b>morrocan veg wrap R21 V</b>	spaghetti bolognaise R29 cobb salad R25 nuggets R24	tuna bake R21