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SUMMER MENU

for the week

ENJOY YOUR MEAL

BISHOPS SUMMER MENU CYCLE PLANNER 2024/2025							
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Braai Chicken Leg Quarters with Corn on the Cob, and Curried Pasta Salad	Battered Fish and Chips with Steamed Peas, Tartar Sauce and Lemon	Beef Red Kidney Bean Chilli Con Carne with Oregano, Salsa and Sour Cream Served with Basmati Rice	Macaroni & 3 Cheeses with Basil Pesto, Bacon Bits & Sundried Tomato served with Homemade Garlic Bread	Cumin Spiced Beef Burgers with Creamy Avocado Tzatziki served with Potato Skins	Assorted Pizza	Whole Chicken, slow roasted with Balsamic and Brown Sugar served with Baby Roasted Potatoes and Green Beans
VEGETARIAN	Turmeric Chick Pea Sweet Potato Fritters with Roasted Maple Syrup Butternut	Brown Lentil, Butternut and Carrot Babotie topped with Toasted Almond, Baked Custard	Coriander and Black Pepper Cream Cheese Filled Zucchini Burrito Boats	Macaroni & 3 Cheeses with Basil Pesto, Spinach & Sundried Tomato served with Homemade Garlic Bread	Roasted Vegetable Enchilada covered and Baked in Cheesy Peppercorn Sauce	Assorted Pizza	Grilled Goats Cheese, Caramelised Red Onion and fried Zucchini Phyllo Pastry Mille Feuille
SALAD	Roasted Butternut, Spinach and Caramelized Onion	Greek Salad	Classic Cob Salad	Sweet potato, Avocado and Feta Salad	Rustic Slaw	Avo Pulp and Chopped Chillies	Cucumber and Carrot Salad
DESSERT	Fresh Fruit	Orange Creamsicle Cupcakes	Fresh Fruit	Pina Colada Lush with Crumb Crust	Lollies	Fresh Fruit	Ice Cream and Chocolate Sauce

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WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Seared Sirloin Steak, Peppercorn Sauce with Jacket Potato, Sour Cream, Butter and Roasted Butternut Squash	Fried Calamari with Dukkh Spiced Potato Wedges, Steamed Peas and Homemade Tartar Sauce	BBQ Glazed Chicken Flatties on the Braai with Creamy Potato Salad and Corn on the Cob	Harissa Spiced Lamb Skillet Lasagna served with Garlic Bread	Crumbed Chicken Burgers with Guacamole, Coleslaw and Thin Cut Chips	Assorted Homemade Pizzas	Beef Short Rib Braised in a Rich Beef Jus with Tomato and Bay Leaves with Creamy Cheddar Mashed Potatoes
VEGETARIAN	Sweet Potato, Butternut and Green Peas Pot Pie in a Vegetable Cream Sauce	Red Lentil and Potato Fritters with Homemade Humus	Caprese Style Filled Portobello Mushrooms on the Grill	Classic Vegetable and Red Kidney Bean Pie	Sweet Potato and Quinoa Burgers	Assorted Homemade Pizzas	Vegetarian Meatloaf
SALAD	Tomato, Cucumber with Avocado, Mozzarella and Basil Pesto	Chickpea, Feta and Cucumber Salad	Cauliflower and Carrot Salad with Mustard Seed Dressing	Creamy Pea and Feta Salad with Red Onion	Layered Salad	Summer Corn Salad	Cobb Salad with Caesar Dressing
DESSERT	Fresh Fruit	Lemon Meringue Pie	Fresh Fruit	Philadelphia No Bake Cheese Cake with Raspberry Sauce	Lollies	Fresh Fruit	Coffee Layered Mocha Cake with Ganache Cream and Chocolate shavings

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Deep Fried Hake Fillets with Creamed Green Peas, Tartare Sauce and Salted Rosemary Fries	Creamy Balsamic Pork Tenderloin served with Creamy Mashed Potatoes and Green Beans	Apricot and Thyme Glazed Chicken Leg Quarters with Pasta Rice Salad and Steamed Broccoli	Braided Boerewors Rolls, Caramelised Onions and Tomato "Smootjie" and Potato Wedges	Pastrami, Cheese and Whipped Feta Mayo Mini Subs with Pickled Cucumber	Sweet and Sour Tempura Fried Shrimp Stir fry with Egg Fried Rice and Asian Vegetables	Sunday Roasted Topside of Beef, served Herbed Potatoes, Cauliflower and Broccoli Au Gratin and Thyme Jus
VEGETARIAN	Thai Green Curry Rice Balls	Margherita Pizza with Portobello Mushroom Crust	Sweet Potato and Feta tart	Braided Spinach and Feta Stuffed Butternut	Asian Style Vegetable and Pineapple with Teriyaki Sauce served in a Flour Wrap	Sweet and Sour Tofu Stir fry with Egg Fried Rice and Asian Vegetables	Brown Mushroom and Creamed Spinach Gratin with Parmesan Cheese and Italian Parsley
SALAD	Grilled Summer Vegetable Salad	Summer Slaw with Tomatoes	Tangy Thai Cucumber Salad	Shredded Carrot Salad with Honey and Mustard Dressing	Cucumber and Tomato Salad with Fresh Mint, Red Onions	Tropical Pineapple and Red Pepper Salad	Cilantro Lime Slaw
DESSERT	Fresh Fruit	Profiteroles with Mocha Creme Patisserie	Fresh Fruit	Boston Cream Pie	Lollies	Fresh Fruit	Raspberry Tiramisu

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WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Chicken Schnitzels served with Roasted Butternut, Potato Wedges and Cheese Sauce	Pan Fried Hake smothered in a Creamy Lemon and Caper Sauce served with Garlic, Peppered Green Beans and Roasted Butternut, Beet and Feta Salad	Lamb Kofta Kebabs on the Braai, Homemade Flatbread, Tzatziki and Cumin Spiced Potato Wedges	Apricot, Thyme and Balsamic Marinated Pork Chops served with Whole Roasted Sweet Potatoes and Creole Butter	Teriyaki Beef Burgers with Crispy Fried Onions, Cheddar and Skinny Fries	Vietnamese Yellow Coconut and Coriander Chicken Curry with Oiled Whole Wheat Spaghetti	Roasted Leg of Lamb, Butternut, Seasonal Green Vegetables and Gravy
VEGETARIAN	Zucchini Burrito Boats	Spinach, Sundried Tomato and Goats Cheese Stuffed Sweet Potato	Moroccan Style Chick Pea Kofta's with Cucumber Tzatziki	Potato and Pea Vegan Taquitos	Teriyaki Vegetable and Legume Burgers with Crispy Fried Onions, Cheddar and skinny Fries	Vietnamese Style Yellow Coconut Curry with Sweet Potato	Mushroom, Pesto and Pepper Strudel
SALAD	Chunky Cut Salad	Herb Lemon and Orzo Salad	Black Bean and Corn Salad	Summer Couscous Salad	Layered Salad	Classic Caesar Salad	Baby Potato Salad
DESSERT	Fresh Fruit	Custard Trifle Squares	Fresh Fruit	Mint Oreo Cookie Bars	Lollies	Fresh Fruit	Strawberry Poke Tart

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WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Garlic and Rosemary Pork Loin Chops served Ranch Pasta Salad with Peas and Grilled Zucchini	Cajun Butter Chicken Thighs served with Spring Onion Couscous and Glazed Carrot Batons	Deep Fried Calamari served with Fresh Diced Tomato, Spring Onion and Teriyaki Glaze and Lemon and Thyme Roasted Potato Wedges	Beef Lasagna with Homemade Garlic Focaccia	Crispy Chicken and Avo Wraps with Salted Potato Skins	Harissa Spiced Lamb Meatballs served with Homemade Naan Bread, Hummus, Minted Yoghurt and Roasted Sweet Potato Wedges	Sundried Tomato, Bacon and Basil Cream Fusilli Pasta served with Homemade Bread and Grated Cheddar
VEGETARIAN	Corn Fritters	Falafel Curry with Spinach	Deep Fried Malay Kofta	Pumpkin and Lentil Lasagna	Teriyaki Cauliflower Lettuce Wraps	Cumin Spiced Falafels	Sundried Tomato, Spinach and Basil Cream Fusilli Pasta
SALAD	French Salad with Boiled Egg Slices	Asian Chopped Salad	Cabbage and Corn Salad	Chopped Tomato & Cucumber Salad with Mint, Feta and Lemon	Layered Salad	Rocket and Red Onion Salsa	Caprese Salad with Cherry Tomatoes
DESSERT	Fresh Fruit	S'more Poke Brownies	Fresh Fruit	Churro Cheese Cake Bars	Lollies	Fresh Fruit	Mexican Milk Tart

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WEEK SIX	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Chicken Leg Quarters on the Braai with Chipotle Gouda Scaloped Sweet Potato Bake and a Home baked Caramelised Onion and Cheddar Roosterkoek	Braised Beef Brisket served with Lemon and Garlic Potatoes, Salted Carrots and Gravy	Smothered Pork Chops in a Sour Cream Sauce served with Summer Vegetable Au Gratin and Savory Brown Rice	Crumbed Calamari served with Sauteed Potatoes, Lemon Wedges and Seafood Mayo	Beef Frego Steak Rolls with Caramelised Onions and Skinny Fries	Chicken Gordon Bleu served with Parmesan Mashed Potatoes, and Cauliflower and Broccoli	Indian Lamb Biryani with Cilantro and Fresh Mint
VEGETARIAN	Spinach, Ricotta and Sundried Tomato stuffed Mushrooms on the Braai	Lentil and Aubergine Moussaka with Fresh Coriander	Vegetable Wellington with Napolitana Sauce	Spicy Vegan Sloppy joes	Tahini Miso Covered Cauliflower Steaks	Sweet Potato and Blue Cheese Frittata	Indian Vegetable Biryani
SALAD	Crunchy Broccoli and Parmesan Salad with Cocktail Tomatoes	Herby Cauliflower Salad with Chick Peas	Tomato and Feta Salad	Mediterranean Green Bean Salad	Layered Salad	Chopped Wedge Salad with Buttermilk Feta dressing	Italian Salad with Lemon Dijon Dressing
DESSERT	Fresh Fruit	Chocolate Glazed Brownie Cup Cakes	Fresh Fruit	Key Lime Pie	Lollies	Fresh Fruit	Peppermint Fridge Tart