



BISHOPS WINTER MENU 2026

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Kung Pao Chicken with Egg Fried Rice	Braised Short Rib with Mustard Mash & Peas	Calamari Puttanesca with Linguine, Oven Roasted Vegetables & Homemade Rolls	Crispy Parmesan Pork Fillet Schnitzels with Mushroom & Pearl Onion Sauce served with Crushed Herb Potatos & Baby Marrow pan fried with Cocktail Tomato	Masala Steak Sandwich with Potato Fries
VEGETARIAN	Cauliflower Kung Pao	Stuff Sweet Potato with Black Bean Ragout	Tofu Puttanesca	Hasselback Halloumi traybake	Vegetarian Masala pattie
SALAD	Asian Sesame Slaw with Lime Vinegarette	Broccoli, Cranberry & Red Onion Salad	Ceaser Salad	Green Salad	Tomato, Cucmber & Lettuce
DESSERT	Fresh Fruit	Sticky Ginger & Caramel Pudding With Custard	Fresh Fruit	Chocolate Glazed Espresso Baked Cheese Cake	Lollies

Malinda Lennox
Registered Dietitian
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Malinda Lennox
14/12/2026



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WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Meatballs in Tomato, Cardamom and Lime Sauce with Oiled Spaghetti and Garlic Focaccia and Oven Roasted Winter Vegetables	Traditional Fish and Chips served with Peas and Homemade Tartar Sauce	Creamy Tuscan Chicken Supremes with Spinach, Cherry Tomatoes and Oregano Cream served with Hassleback Potatoes and Roasted Cinnamon Butternut	Mutton Biryani served with Poppadoms and Chutney	Boerewors Rolls with Caramelised Onions, and Skinny Fries
VEGETARIAN	Falafel "Meatballs"	Crumbed Haloumi	Grilled Paneer Skewers	Vegetable Biryani	Roasted Vegetable Quiche
SALAD	Chunky Greek Salad	Coleslaw	Garden Salad with Bean Sprouts	Tomato, Cilantro and Cucumber	Arugula Orange Salad with Lemon and Ginger Dressing
DESSERT	Fresh Fruit	Banoffee Bread and Butter Pudding with Toffee Custard	Fresh Fruit	Classic Chocolate Éclair filled with Chantilly Cream	Lollies

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BISHOPS WINTER MENU 2026

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Tempura Hake with Teriyaki Sauce & Sesame Broccoli	Parmesan ans Sage Pork Cutlets served with Spiced Tomatoe Relish and Oven Grilled Baby Potatoes	Inside-Out Chicken Cordon Blu with a ham and cheese sauce with Savory Brown Rice	Beef Estofado wih Fresh Herbs, topped with Tomatoes, Broadbeans and Cannellini Beans	Crispy Dunked Chicken Burger with French Fries
VEGETARIAN	Tempura Tofu with Teriyaki Sauce & Sesame Broccoli	Roasted Sweet Potato with Whole Grain Mustard	Fried halloumi with Spicy cherry tomatoe	Butterbean Curry	Panko Crumbed vegetable burgers
SALAD	Kale Salad with Carrot Ginger Dressing	Pesto Pasta Salad	Roasted Butternut salad with Avo and feta	Spiced Sambals	Cranberry Slaw
DESSERT	Fruit	Traditional Malva Pudding with Homemade custard	Fruit	Giant Buckeye Cookie Bake with Pouring Cream	Lollies

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BISHOPS WINTER MENU 2026

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Baked Chicken Ricotta Meatballs with Spinach Alfredo Sauce served with Tagliatelli Pasta and Homemade Bread	Crunchy Salt and Pepper Calamari served with Steamed Peas and Corn and French Fries	Morrocان Lamb Shephards Pie with Sweet Potato Topping served with Herb Gravy	Roasted Pork Bangers and Mashed Potatoes with a Red Onion Gravy and Honey Roasted Carrots	Chipotle Pulled Beef, Black Bean and Cheese Wrap with Fries
VEGETARIAN	Mushroom and Spinach Alfredo Pasta	Deep Fried Haloumi and Crumbed Mushrooms	Morrocان Vegetable Pie	Roasted Zucchini Bangers	Stirfried Veg and Black Bean Wraps
SALAD	Paprika Toasted Chick Peas with Baby Leaves	Mustard Broccoli Salad	Pineapple and Cucumber Salad	Chopped Chunky Greek Salad	Shredded Lettuce, Tomatoe and Red onion
DESSERT	Fresh Fruit	White Chocolate Brownie Fingers	Fresh Fruit	Winter Spiced Cupcakes with Cinnamon Butter Icing	Lollies

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK FIVE LUNCH	Pork Chops Huli Huli with Bulgar Wheat with Saute Beans	Chicken Korma with Cumin Jasmin Rice and Fried Onions with Dhal Sauce	Grilled Hake with Lemon Caper Sauce with Roasted Baby Potatoes and Steamed Peas	Mexican Chilli Baked topped with Creamy Mash and Corn Chips	Baked Italian Chicken Subs Sandwiches with Potato Skins
VEGETARIAN	Roated Onion Tarte Tatin with Cheddar and Mascarpone	Dhal Curry	Greek Courgette and Feta Frittata	Morrocan Vegetable Taging	Caramelised Onion, Mustard and Brie Subs
SALAD	Roasted Beet and Baby Spinach salad with Lentils	Sweet Potato Salad with Lemon Vinaigrette	Jalapeno Cheddar Corn Salad	Elote Quinoa Salad	Green Garden Salad
DESSERT	Fruit	Cream Cheese Custard Bars	Fruit	Biscoff Tiramisu	Lollies

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BISHOPS WINTER MENU 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK SIX LUNCH	Spaghetti Chickenaise- Chicken Mince in a Creamy Sauce with Fresh Herbs served with Homemade Rolls	Beef Short Rib and Green Bean Laksa in a Coconut Broth and Lemon Grass served with Sticky Coriander Rice	Pork Meatball Satimbocca with Fennel, Tomato and Parmesan served with Steamed Couscous and Pan Fried Baby Marrow	Deep Fried Calamari, Potato Wedges, Steamed Peas and 1000 Island Sauce	BB'q Beef and Cheddar Burgers with Fries
VEGETARIAN	Lentil Bolognese	Paneer, Bok choi and Green Bean Laksa	Aubergine Saltimbocca with Pesto, Mozzarella and Sage	Crumbed Mushrooms	Chickpea and Coriander Burger
SALAD	Roasted Vegetable Salad	Curry Roasted Cauliflower and Sweet Potatoe Salad	Classic Caesar Salad	Traditional Coleslaw	Layered Salad
DESSERT	Fresh Fruit	Strawberry and White Chocolate Blondies	Fresh Fruit	Tiramisu Cheese Cake	Lollies

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