

BRONTE HARBOUR YACHT CLUB
SAILING SCHOOL LUNCH PROGRAMME
 \$70 / SESSION (10 DAYS)
 includes one drink and one fruit choice each day

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	CHICKEN NUGGETS FRIES COLESLAW RICE KRISPY COOKIES	MAC & CHEESE WITH OR WITHOUT MEAT GARLIC BREAD SALAD JELLO	HOT DOGS FRIES COLESLAW FREEZIES	PIZZA CAESAR SALAD YOGURT TUBES	HAMBURGERS/ CHEESEBURGERS CHIPS PICKLES HOUSE SALAD MAKE YOUR OWN SUNDAE
2	GRILLED HAM AND CHEESE FRIES COOKIES	CHICKEN WRAP CHIPS POTATO SALAD JELLO	BREAKFAST FOR LUNCH (EGGS, BACON, TOAST ETC) FREEZIES	SPAGHETTI WITH MEATBALLS CAESAR SALAD FRESH FRUIT	HAMBURGERS/ CHEESEBURGERS CHIPS PICKLES HOUSE SALAD MAKE YOUR OWN SUNDAE

DRINKS:
 POP
 MILK
 WATER
 JUICE

FRUITS:
 APPLES
 ORANGES
 BANANAS