

# MENU

## Sample Menu of one day & Nutritional Analysis



	Chef Special	Meal of the Day	Traditional Meal	Health Meal	Ovo-lacto Vegetarian Meal
<i>Nutritional Analysis per serving portion</i>	Brie & Herb stuffed Chicken Breast wrapped in Bacon served with Roast Potato and Sweetened Peas	Orange Glazed Pork Chops with Chilli Spiced Rice and Cinnamon Roast Pumpkin	Grilled Beef Boerewors with Pap and Glazed Carrots	Teriyaki Marinated Seared Chicken Fillet served with Warm Buckwheat Noodle & Raw Vegetable Salad	Pan-fried Halloumi Steaks & Herbed Tomato Sauce on a bed of White Butter Beans
Kilojoules	2219 kJ	2357 kJ	3003 kJ	1539 kJ	1763 kJ
Protein	51.7 g	48.2 g	22.5 g	46.4 g	21.6 g
Carbohydrates	23.3 g	31.4 g	33.6 g	25.1 g	18.3 g
Fat	21.6 g	26.2 g	53.6 g	7 g	26.9 g
Sugar	5.9 g	7 g	5.9 g	0.3 g	3.6 g
Saturated Fat	7.87 g	9.11 g	18.46 g	1.71 g	12.51 g

### OR

the whole menu can be divided into the protein, carbohydrate and vegetable dish. It then also has extra information on how much are you consuming of your recommended daily allowances (RDA).

Food Item	Serving/Portion size	Energy	% energy(kJ) of RDA	Energy	Protein	% protein of RDA	Carbohydrate	% carbohydrate of RDA	Total Sugars	Dietary fibre	Fat	% fat of RDA	Saturated Fat	% saturated fat of RDA
Description / RDA	g	kJ	8400.00	Kcal	g	35% of kJ	g	40% of kJ	g	g	g	25 - 35% of kJ	g	7% of kJ
Beef & shallot stew	150	1283.0	15.27%	305.5	28.50	5.77%	5.20	1.05%	2.40	0.60	18.90	8.55%	8.79	3.98%
Beef sausage, spiced cassoulet	160	1273.0	15.15%	303.1	13.30	2.69%	16.00	3.24%	4.80	1.40	20.30	9.18%	7.67	3.47%