

**Catering: 27-30 September (4 days)**  
**Venue: 8<sup>th</sup> floor Boardroom, CGO Building**  
**Requested Menu: (15) Delegates**  
**Intermediate and Advanced Excel Course**

**27 September 2022**  
**BREAKFAST: 10H00**

- Coffee, Tea, with (Powder and fresh Milk), sugar
- Croissants (Plain)
- Sandwiches (Cheese, Lettuce, chicken mayo with white & brown bread)
- Bottled water (500ml) x15

**27 September 2022**  
**LUNCH: 12H30**

- Rice and Dumpling
- Grilled Chicken
- Beef Stew
- 2 veggies (Spinach and pumpkin)
- 2 Salads (Green salad and potato salad)
- 100% Fruit Juices (8) Cold drink (7) all cans
- Bottled water (500ml) x15

**28 September 2022**  
**BREAKFAST: 10H00**

- Coffee, Tea, with (Powder and fresh Milk), sugar
- Sandwiches (Cheese, Lettuce, polony and tomatoes with white & brown bread)
- Muffins
- Bottled water (500ml) x15

**28 September 2022**

**LUNCH: 12H30**

- Rice and Pap
- Chicken Stew
- Grilled Beef
- 2 Veggies ((Beetroot and green beans)
- 2 Salads (Green salad and Coleslaw )
- 100% Fruit Juices (8) Cold drink (7) all cans
- Bottled water (500ml) x15

**29 September 2022**  
**BREAKFAST: 10H00**

- Coffee, Tea, with (Powder and fresh Milk), sugar
- English scones with jam and cheese
- Sandwiches (Cheese, Lettuce, chicken mayo with white & brown bread)
- Bottled water (500ml) x15

**29 September 2022**

**LUNCH: 12H30**

- Samp and pap
- Lamb stew
- Grilled chicken
- 2 Veggies (Spinach and pumpkin)
- 1 Salads (Coleslaw and Green salad)
- 100% Fruit Juices (8) Cold drink (7) all cans
- Bottled water (500ml) x15

**30 September 2022**  
**BREAKFAST: 10H00**

- Coffee, Tea, with (Powder and fresh Milk), sugar
- Sandwiches (Cheese, Lettuce, polony and tomatoes with white & brown bread)
- Croissants (Plain)
- Bottled water (500ml) x15

**30 September 2022**  
**LUNCH: 12H30**

- Rice and Pap
- Beef stew
- Fish
- 2 Veggies (Spinach Beetroot)
- 2 Salads (Green salad & potato salad)
- 100% Fruit Juices (8) Cold drink (7) all cans
- Bottled water (500ml) x15