



SOUTH AFRICAN AIRWAYS

A STAR ALLIANCE MEMBER 

Economy Class Dinner Menu - LHR to JNB

Spanish Potato Salad



Pan Fried Tilapia

On a bed of stir-fried noodles with vegetables and sliced spring onions
garnished with light soya and ginger sauce

or

Sausages in Red Onion Sauce

With mashed potatoes, garden peas and mushroom risotto with spinach



Carrot Cake



Cheese and Crackers

Economy Class Breakfast Menu

Fresh Seasonal Fruit Salad

Fruit Yoghurt



Streaky Bacon

With pancakes, cherry tomato and chunky tomato sauce
Parma ham, mild cheddar salad mix

or

Continental Breakfast

A selection of cold meats and cheese