

MENU 1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 26-30 Aug	Boerewors Mash Stirfry vegetables Coleslaw	Beef & Potato Goulash Rice Pumpkin Stewed green beans	Chutney Chicken Parsley potatoes Carrots with orange sauce Stewed spinach	Mince with macaroni and cheese Gem squash Mixed vegetables	Pork chops Savoury rice Sweat corn Baked cabbage
WEEK 2 2-6 Sept	Marinated fish Potato salad Peas Julienne carrots	Minute steaks with pepper sauce, Brown rice, Mixed vegetables Baby marrows	Chicken & vegetable cottage pie Sweet potatoes Creamed green beans	Beef Stew Samp Cinnamon pumpkin Broccoli	Chicken sosaties Paprika potatoes Stewed carrots Three bean salad
WEEK 3 9-13 Sept	Stirfry Beef Rice Stewed Spinach Sweet potatoes	Baked hake with Cheese Sauce Parsley potatoes Vegetable Stirfry Peas	Sweet and sour pork Rice Swiss carrot salad Cauliflower & White sauce	Monkey gland meatballs Mashed potatoes Mixed vegetables Cabbage & sour cream	Steak melts Rice Pumpkin Stewed Green beans
WEEK 4 16-20 Sept	Baked chicken Spicy rice Baby marrow Diced carrots	Cottage Pie Steamed Green beans Gem squash	Corned Beef with mustard sauce Samp Mixed vegetables Chutney beetroot	Pork Chops Savoury rice Sweet potatoes Peas	Beef kebabs Mashed potatoes Carrot rounds Curried green beans
WEEK 5 23-27 Sept	<u>"23 September 2019"</u> <u>Foodwagon closed</u>	<u>"24 September 2019"</u> <u>Heritage day</u> <u>Public Holiday</u>	Meatballs with mushroom sauce, Parsley potatoes Mixed vegetables Stewed cabbage	Crumbed fish Savoury rice Stewed carrots Baby marrow bake	Russians Creamed potatoes Mixed vegetables Creamed spinach
WEEK 6 30-4 Oct	Spaghetti Bolognese Peas Julienne carrots	Chicken sosaties Noodle salad Stewed green beans Gem squash	Savoury mince Rice coleslaw Sweet corn	Baked hake with cheese sauce, Parsley potatoes Sweet Potato Stewed spinach	Pork kebabs Carrot rice Pumpkin Pea salad
WEEK 7 7-11 Oct	Chicken ala king Rice Stewed green beans pumpkin	Beef Curry Rice Sweet potatoes Sambals	Chicken schnitzels Mashed potatoes Mixed vegetables Cut Corn	Fish pie Rice Mixed mayo salad pumpkin	Monkey gland steak Paprika potatoes Green beans Creamed carrots
MENU 2					
WEEK 1 26-30 Aug	Beef Olives Parsley potatoes Stirfry vegetables Coleslaw	Beef & Potato Goulash Rice Pumpkin Stewed green beans	Chutney Chicken Parsley potatoes Carrots with orange sauce Stewed spinach	Oxtail rice Gem squash Mixed vegetables	Pork chops Savoury rice Sweat corn Baked cabbage
WEEK 2 2-6 Sept	Kingklip with cheese sauce, Potato salad Peas Julienne carrots	Rump steaks with pepper sauce, Brown rice Mixed vegetables Baby marrows	Chicken & vegetable cottage pie Sweet potatoes Creamed green beans	Fried lamb chops Savoury Rice Cinnamon pumpkin Broccoli	Chicken sosaties Paprika potatoes Stewed carrots Three bean salad
WEEK 3 9-13 Sept	Stirfry Beef Rice Stewed Spinach Sweet potatoes	Baked hake with Cheese Sauce Parsley potatoes Vegetable Stirfry Peas	Sweet and sour pork Rice Swiss carrot salad Cauliflower & White sauce	Monkey gland meatballs Mashed potatoes Mixed vegetables Cabbage & sour cream	Steak melts Rice Pumpkin Stewed Green beans
WEEK 4 16-20 Sept	Baked chicken Spicy rice Baby marrow Diced carrots	Cottage Pie Steamed Green beans Gem squash	Corned Beef with mustard sauce Baby potatoes Mixed vegetables Chutney beetroot	Pork Chops Savoury rice Sweet potatoes Peas	Beef kebabs Mashed potatoes Carrot rounds Curried green beans
WEEK 5 23-27 Sept	<u>"23 September 2019"</u> <u>Foodwagon closed</u>	<u>"24 September 2019"</u> <u>Heritage day</u> <u>Public Holiday</u>	Meatballs with mushroom sauce, Parsley potatoes Mixed vegetables Stewed cabbage	Kingklip Savoury rice Stewed carrots Baby marrow bake	Kessler Chops Creamed potatoes Mixed vegetables Creamed spinach
WEEK 6 30-4 Oct	Spaghetti Bolognese Peas Julienne carrots	Marinated Chicken breasts Noodle salad Stewed green beans Gem squash	Beef fillet Rice coleslaw Sweet corn	Catch of the day Parsley potatoes Sweet Potato Stewed spinach	Pork kebabs Carrot rice Pumpkin Pea salad
WEEK 7 7-11 Oct	Chicken ala king Rice Stewed green beans pumpkin	Lamb curry Rice Sweet potatoes Sambals	Chicken schnitzels Mashed potatoes Mixed vegetables Cut Corn	Fish pie Rice Mixed mayo salad pumpkin	Monkey gland steak Paprika potatoes, green beans Creamed carrots

Subject to availability