

MENU 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 8-12 Mrt	Macaroni and vegetable bake, Peas Beetroot salad	Beef Casserole Brown Rice Carrots Creamed spinach	Beef Lasagne Pumpkin Stewed green beans	Chicken & pineapple curry Yellow Rice Sweet potatoes Sambals	Frankfurters Mashed potatoes Ratatouille Carrots
WEEK 2 15-19 Mrt	Crumbed fish Potato salad Stirfry vegetables Gem squash	Chicken Breyani Sweet potatoes Peas	Cottage pie Cinnamon pumpkin Green beans	Beef Stew with prunes Wheat Stewed cabbage sweet corn	Pizza pasta Stewed carrots Three bean salad
WEEK 3 22-26 Mrt	<u>PUBLIC HOLIDAY</u> <u>22 March 2021</u>	Sweet and sour pork rice Cauliflower and broccoli White sauce, Gem squash	Tenderised steak Pepper Sauce, Mashed potatoes Mixed vegetables Sweet potatoes	Monkey gland meatballs Parsley potatoes Carrots Green bean salad	Chicken pie Rice Pumpkin Creamed spinach
WEEK 4 29-2 Apr	Chutney chicken Wheat Parsley carrots Tomato Baby marrow	Stroganoff Samp Green beans Sweet potatoes	Savoury mince Rice Baked cabbage Pumpkin	Italian chicken Mixed vegetables Beet rood salad	<u>"Good Friday"</u> <u>PUBLIC HOLIDAY</u> <u>2 April 2021</u>
WEEK 5 5-9 Apr	<u>"Family day"</u> <u>PUBLIC HOLIDAY</u> <u>5 April 2021</u>	Monkey gland steak Paprika potatoes Green beans, Carrots	Chicken and Sweetcorn fricassee Mixed Vegetables Coleslaw	Fish and vegetable risotto Sweet potatoes Creamed peas	Pork chops Carrot rice, Gravy Gem squash Mayo salad
WEEK 6 12-16 Apr	Chicken Schnitzel Noodle salad Mixed Vegetables Baked Green bean dish	Bobotie with fruit Yellow rice Sambals Sweet potatoes	Italian Chicken Mixed Vegetables Beetrood salad	Spaghetti bolognaise Mixed vegetables Coal slaw	Baked chicken Savoury potatoes Pumpkin Spinach
WEEK 7 19-23 Apr	Beef paprika Samp Curried beans, Carrots	Chicken with orange sauce Rice Creamed mixed vegetables Peas	Meatballs with mushroom sauce Mashed potatoes Pumpkin, Green beans	Beef & vegetable pie Rice Sweet potatoes Cole slaw	Battered fish Potato salad Gem squash Mayo salad

MENU 2

WEEK 1 8-12 Mrt	Chicken Kiev , Macaroni and vegetable bake Peas Beetroot salad	Beef casserole Brown rice Carrots Creamed spinach	Beef lasagne Pumpkin Stewed green beans	Curried lamb Yellow rice Sweet potatoes Sambals	Pork Chops Mashed potatoes Carrots Ratatouille
WEEK 2 15-19 Mrt	Catch of the day, cheese sauce, Parsley potatoes, Stir fry vegetables, Gem squash	Chicken Breyani Sweet potatoes Peas	Cottage pie Cinnamon pumpkin Green beans	Beef Stew with prunes Wheat Stewed cabbage sweet corn	Fried lamb chops Stuffed potatoes Three bean salad Stewed carrots
WEEK 3 22-26 Mrt	<u>PUBLIC HOLIDAY</u> <u>22 March 2021</u>	Sweet and sour pork rice Cauliflower and broccoli White sauce, Gem squash	Rump steak Pepper Sauce, Mashed potatoes Mixed vegetables Sweet potatoes	Monkey gland meatballs Parsley potatoes Carrots, Green bean salad	Oxtail Brown rice Pumpkin Fried Baby marrows
WEEK 4 29-2 Apr	Chutney chicken Wheat Parsley carrots Tomato Baby marrow	Stroganoff Samp Green beans Sweet potatoes	Beef fillet, Rice Mustard gravy, Baked cabbage, Pumpkin	Italian chicken Mixed vegetables Beet rood salad	<u>"Good Friday"</u> <u>PUBLIC HOLIDAY</u> <u>2 April 2021</u>
WEEK 5 5-9 Apr	<u>"Family day"</u> <u>PUBLIC HOLIDAY</u> <u>5 April 2021</u>	Monkey gland steak Paprika potatoes Green beans Carrots	Chicken and Sweetcorn fricassee Mixed Vegetables Coleslaw	Seafood Risotto Sweet potatoes Creamed peas	Kessler chops Carrot rice, gravy Gem squash Mayo salad
WEEK 6 12-16 Apr	Chicken Schnitzel Noodle salad Mixed Vegetables Baked Green bean dish	Bobotie with fruit Yellow rice Sambals Sweet Potatoes	Pork Kebabs Rice and gravy Cauliflower	Spaghetti bolognaise Mixed vegetables Coal slaw	Smoked chicken Savoury potatoes Pumpkin Spinach
WEEK 7 19-23 Apr	Beef paprika Samp Curried beans, Carrots	Chicken with orange sauce Rice Creamed mixed vegetables Peas	Meat balls with mushroom sauce Mashed potatoes Pumpkin Green beans	Mutton and vegetable pie Rice Sweet potatoes Cole slaw	Battered fish Potato salad Gem squash Mayo salad

Subject to availability