

MENU 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 14-18 Jun	Catch of the day Mashed Potatoes Greek green beans Stirfry vegetables	Steak with pepper sauce Rice Cinnamon Pumpkin Cabbage with sour cream	"Public Holiday" 16 June 2021 Youth day	Chilli con carne Rice Creamed spinach Sweet corn bake	Pork chops Carrot rice, Gravy Gem squash Mayo salad
WEEK 2 21-25 Jun	Chicken with Orange Sauce Rice Creamed mixed vegetables Peas	Meatballs with mushroom sauce Mashed potatoes Baked cabbage Pumpkin	Pork schnitzel Savoury rice Mixed veggies (5) Ginger sweet potatoes	Tuna noodle dish Ratatouille Stewed carrots	Chutney chicken Rice Peas Beetroot salad
WEEK 3 28-2 Jul	Spaghetti bolognese Mixed vegetables (5)	Chicken bryani Julienne carrots Broccoli with cheese sauce	Beef kebabs Paprika potatoes, Baby marrow Fried cabbage	Bobotie Yellow Rice Sweet potatoes Stewed Green beans	Chicken pie Rice Creamed spinach Parsley carrots
WEEK 4 5-9 Jul	Beef stew Samp Caramel pumpkin Stewed cabbage	Hake with cheese sauce Parsley potatoes Orange sweet potatoes Mixed vegetables	Curried chicken with pineapple Yellow Rice Cauliflower with white sauce Sambals	Monkey gland meatballs Mashed potatoes Mustard green beans carrots	Pizza pasta Three bean salad Gem squash
WEEK 5 12-16 Jul	Boerewors Mashed potatoes Creamed spinach Pineapple carrots	Italian Chicken Butternut Lemon Baby marrow	Frankfurters Mashed potatoes Fried cabbage pumpkin	Roast beef Brown rice Stewed green beans Creamed carrots	Mince Macaroni & cheese Chutney beetroot salad Gem squash, sweet peas
WEEK 6 19-23 Jul	Steak noodle dish Swiss carrot salad Stewed Green beans	Curried mince Yellow rice Sambals Ginger Sweet potatoes	Battered Fish Mashed potato Mixed mayo salad Sweet pumpkin	Baked chicken Noodle salad Apple sweet potato Pea salad	Pork sausages Savoury potatoes Carrots & Sweet corn Curried green beans
WEEK 7 26-30 Jul	Cottage pie Cinnamon pumpkin Green beans	Tenderised steak Chinese rise Stewed spinach Stewed carrots	Pork stirfry Rice Cauliflower with white sauce Tomato baby marrows	Crumbed fish Potato salad Stirfry vegetables Gem squash	Chicken kebabs Fanned potatoes Curried carrots Three bean salad

MENU 2

WEEK 1 14-18 Jun	Catch of the day Mashed Potatoes Greek green beans Stirfry vegetables	Scotch fillet steak with pepper sauce Rice Cinnamon Pumpkin Cabbage with sour cream	"Public Holiday" 16 June 2021 Youth day	Lamb chops Rice Creamed spinach Sweet corn bake	Pork chops Carrot rice, Gravy Gem squash Mayo salad
WEEK 2 21-25 Jun	Chicken with Orange Sauce Rice Creamed mixed vegetables Peas	Meatballs with mushroom sauce Mashed potatoes Baked cabbage Pumpkin	Kässler chops Savoury rice Mixed veggies (5) Ginger sweet potatoes	Lemon fish Creamed potatoes Ratatouille Stewed carrots	Chutney chicken Rice Peas Beetroot salad
WEEK 3 28-2 Jul	Spaghetti bolognese Mixed vegetables (5)	Marinated Chicken breast Stuffed potatoes Julienne carrots Broccoli with cheese sauce	Rump kebabs Paprika potatoes, Baby marrow Fried cabbage	Bobotie Yellow Rice Sweet potatoes Stewed Green beans	Chicken pie Rice Creamed spinach Parsley carrots
WEEK 4 5-9 Jul	Tenderised steak & pepper sauce Parsley potatoes Caramel pumpkin Stewed cabbage	Butter fish with tartare sauce Parsley potatoes Orange sweet potatoes Mixed vegetables	Curried chicken with pineapple Yellow Rice Cauliflower with white sauce Sambals	Monkey gland meatballs Mashed potatoes Mustard green beans carrots	Bacon Quiche Three bean salad Gem squash with sweet corn
WEEK 5 12-16 Jul	Beef olives Mashed potatoes Creamed spinach Pineapple carrots	Stuffed chicken breast Potato salad Lemon Baby marrow Butternut	Pork Chops Mashed potatoes Fried cabbage pumpkin	Roast beef Brown rice Stewed green beans Creamed carrots	Chicken kiev Macaroni With Cheese sauce Chutney beetroot salad Gem squash, sweet peas
WEEK 6 19-23 Jul	Steak noodle dish Swiss carrot salad Stewed Green beans	Mutton Curry Yellow rice Sambals Ginger Sweet potatoes	King klip Baked potatoes Mixed mayo salad Sweet pumpkin	Baked chicken Noodle salad Apple sweet potato Pea salad	Pork sausages Savoury potatoes Carrots & Sweet corn Curried green beans
WEEK 7 26-30 Jul	Cottage pie Cinnamon pumpkin Green beans	Rump steak Chinese rise Stewed spinach Stewed carrots	Pork schnitzel Savoury rice Cauliflower with white sauce Tomato baby marrows	Catch of the day Potato salad Stirfry vegetables Gem squash	Chicken kebabs Fanned potatoes Curried carrots Three bean salad

Subject to availability