

<b>MENU 1</b>					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b> 9-13 Feb	Catch of the day Mashed Potatoes Greek Green beans Stirfry Vegetables	Steak with pepper sauce Rice Cinnamon Pumpkin Cabbage with sour cream	Chicken & vegetable cottage pie Caramel sweet potatoes Baby marrow with feta cheese	Chilli con carne Rice Creamed spinach Sweet corn bake	Pork chops Carrot rice, Gravy Gem squash Mayo salad
<b>WEEK 2</b> 16-20 Feb	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
<b>WEEK 3</b> 23-27 Feb	Spaghetti bolognaise Mixed vegetables (5) Butternut	Chicken breyani 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
<b>WEEK 4</b> 2-6 Mrt	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
<b>WEEK 5</b> 9-13 Mrt	Boerewors Mashed potatoes Creamed spinach Julienne carrots	Baked Chicken Potato salad Lemon Baby marrow Sweet corn	Mince Macaroni & cheese Chutney beetroot salad Gem squash Sweet peas	Roast beef Brown rice Stewed green beans Creamed carrots	Chicken schnitzels Mashed potatoes Fried cabbage pumpkin
<b>WEEK 6</b> 16-20 Mrt	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	Chicken Ala king Rice Apple sweet potato Pea salad	Pork sausages Savoury potatoes Carrots & Sweet corn Curried green beans
<b>WEEK 7</b> 23-27 Mrt	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 Noodle salad Stirfry Vegetables Gem squash	Chicken Kebabs Fanned potatoes Curried carrots Three bean salad
<b>MENU 2</b>					
<b>WEEK 1</b> 9-13 Feb	Catch of the day Mashed Potatoes Greek Green beans Stirfry Vegetables	Scotch fillet steak with pepper sauce Rice Cinnamon Pumpkin Cabbage with sour cream	Smoked Chicken Brown rice risotto Caramel sweet potatoes Baby marrow with feta cheese	Lamb chops Rice Creamed spinach Sweet corn bake	Pork chops Carrot rice, Gravy Gem squash Mayo salad
<b>WEEK 2</b> 16-20 Feb	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
<b>WEEK 3</b> 23-27 Feb	Spaghetti bolognaise Mixed vegetables (5) Butternut	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
<b>WEEK 4</b> 2-6 Mrt	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	Pasta Alfredo Three bean salad Gem squash with sweet corn
<b>WEEK 5</b> 9-13 Mrt	Beef olives Mashed potatoes Creamed spinach Julienne carrots	Stuffed chicken breast Potato salad Lemon Baby marrow Sweet corn	Mince Macaroni & cheese Chicken kiev Chutney beetroot salad Gem squash, sweet peas	Roast beef Brown rice Stewed green beans Creamed carrots	Chicken schnitzels Mashed potatoes Fried cabbage pumpkin
<b>WEEK 6</b> 16-20 Mrt	Steak Noodle dish Swiss carrot Salad Stewed Green beans	Mutton Curry Yellow rice Sambals Ginger Sweet potatoes	Catch of the day Fanned potatoes Mixed mayo salad Sweet pumpkin	Baked chicken Rice Apple sweet potato Pea salad	Pork sausages Savoury potatoes Carrots & Sweet corn Curried green beans
<b>WEEK 7</b> 23-27 Mrt	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	Crumbed Fish Noodle salad Stirfry Vegetables Gem squash	Chicken Kebabs Fanned potatoes Curried carrots Three bean salad