

MENU 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|--|--|--|---|---|
| WEEK 1 30-3 Apr | Sausage and potato dish Peas Orange carrots | Beef paprika Rice Pumpkin Green beans | Baked Chicken Potato salad Carrots Creamed spinach | Curried mince Coconut Rice Pineapple Sweet potatoes Sambals | <u>Good Friday</u> 3 April 2026 <u>PUBLIC HOLIDAY</u> |
| WEEK 2 6-10 Apr | <u>Family day</u> <u>6 April 2026</u> <u>PUBLIC HOLIDAY</u> | Chicken Pot Rice Pea salad Sweet corn | Mince & Green bean bake Cinnamon pumpkin Stewed Spinach | Catch of the day Paprika potatoes Stir fry vegetables Coleslaw | Chicken Kebabs Creamed potatoes Mixed vegetables Stewed Green beans |
| WEEK 3 13-17 Apr | Savoury Mince Rice Creamed Peas Sweet potatoes | Sweet and sour Battered fish Lemon Rice Creamed spinach Stir fry veg | Chicken & Vegetable Lasagne Pumpkin Beetroot salad | Tomato meatballs Mashed potatoes Carrots Stewed cabbage | Beef and vegetable pie Rice Pumpkin Green bean salad |
| WEEK 4 20-24 Apr | Stir fry pork Rice Peas Ginger sweet potatoes | Monkey gland steak Brown rice Green beans Stewed Carrots | Cottage Pie Mixed vegetables Pumpkin | Spicy chicken curry Yellow rice Sambals Sweet Potatoes | Tuna Lasagne Carrot rounds Stewed green beans |
| WEEK 5 27-1 May | <u>Freedom day</u> <u>27 April 2026</u> <u>PUBLIC HOLIDAY</u> | Baked mince and Sweet corn dish Risotto, Creamed Green beans Gem squash | Chicken & Bacon pasta Orange Carrots Coleslaw | Baked fish dish Savoury rice Mixed vegetables Beetroot salad | <u>Workers day</u> <u>1 May 2026</u> <u>PUBLIC HOLIDAY</u> |
| WEEK 6 4-8 May | Chicken Schnitzels Mashed potatoes Peas, Carrots | Savoury mince Brown rice Mixed vegetables Pumpkin | Sweet & Sour pork Savoury Noodles Baby marrows Curried carrot salad | Boboti Yellow rice Stewed green beans Apple Sweet Potatoes | Monkey gland chicken Rice Creamed spinach Mix vegetables |
| WEEK 7 11-15 May | Steak noodles Pumpkin Green beans | Chicken A La King Rice Peas Sweet corn | Spaghetti Bolognaise Mixed Vegetables Butternut | Greek Cottage Pie Stewed carrots Broccoli with cheese sauce | Pork chops Vegetable risotto Sweet potato Three bean salad |

MENU 2

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|----------------------------|--|---|--|---|---|
| WEEK 1 30-3 Apr | Sausage and potato dish Peas Orange Carrots | Beef paprika Rice Pumpkin Green beans | Baked Chicken Potato salad Carrots Creamed spinach | Curried lamb Coconut rice Pineapple Sweet potatoes Sambals | <u>Good Friday</u> 3 April 2026 <u>PUBLIC HOLIDAY</u> |
| WEEK 2 6-10 Apr | <u>Family day</u> <u>6 April 2026</u> <u>PUBLIC HOLIDAY</u> | Chicken Pot Rice Pea salad sweet corn | Oxtail Wheat Cinnamon pumpkin Stewed Spinach | Catch of the day Paprika Potatoes Stir fry vegetables Coleslaw | Chicken Kebabs Creamed potatoes Mixed vegetables Stewed Green beans |
| WEEK 3 13-17 Apr | Beef olives Rice Sweet potatoes Creamed Peas | Catch of the day Lemon Rice Creamed spinach Stir fry veg | Chicken & vegetable lasagne Pumpkin Beetroot salad | Tomato meatballs Mashed potatoes Carrots Stewed cabbage | Beef and vegetable pie Rice Pumpkin Green bean salad |
| WEEK 4 20-24 Apr | Stir fry pork Rice Peas Ginger Sweet potatoes | Monkey gland steak Brown rice Green beans Stewed carrots | Cottage Pie Pumpkin Mixed vegetables | Spicy chicken curry Yellow rice Sambals Sweet Potatoes | Catch of the day Mash Carrot rounds Stewed green beans |
| WEEK 5 27-1 May | <u>Freedom day</u> <u>27 April 2026</u> <u>PUBLIC HOLIDAY</u> | Fillet with mushroom sauce Potato salad Gem squash , Creamed Green beans | Chicken & Bacon pasta Orange Carrots Coleslaw | Catch of the day Savoury rice Mixed vegetables Beetroot salad | <u>Workers day</u> <u>1 May 2026</u> <u>PUBLIC HOLIDAY</u> |
| WEEK 6 4-8 May | Stuffed Chicken breasts Mashed Potatoes Peas, Carrots | Lamb chops Brown rice Mixed vegetables Pumpkin | Kessler Chops, Savoury noodles Baby marrow Curried carrot salad | Boboti Yellow rice Stewed green beans Apple Sweet Potatoes | Monkey gland chicken Rice Creamed spinach Mix vegetables |
| WEEK 7 11-15 May | Steak noodles Pumpkin Green beans | Chicken Gordon Blue Rice with cheese sauce Peas Sweet corn | Spaghetti Bolognaise Mixed Vegetables Butternut | Greek Cottage Pie Stewed Carrots Broccoli with cheese sauce | Pork chops Vegetable risotto Sweet potato Three bean salad |

Subject to availability