

MENU 1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 18-22 May	Boerewors Mash Stir-fry vegetables Coleslaw	Beef and 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 Kebabs Savoury rice Sweat corn Baked cabbage
WEEK 2 25-29 May	Marinated fish Potato salad Peas Julienne carrots	Minute steaks with pepper sauce, Brown rice, Mixed vegetables Baby marrows	Chicken & vegetable cottage pie Cinnamon pumpkin Creamed green beans	Beef Stew Samp Sweet potatoes Broccoli	Chicken Kababs Paprika potatoes Stewed carrots Three bean salad
WEEK 3 1-5 Jun	Stir-fry Beef Rice Stewed Spinach Sweet potatoes	Baked hake with Cheese Sauce Parsley potatoes Vegetable Stir-fry 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 8-12 Jun	Baked chicken Spicy rice Baby marrow Diced carrots	Cottage Pie Steamed Green beans Gem squash	Fish Quiche Noodle Salad Mixed vegetables Chutney beetroot	Pork leg and apple sauce Savoury rice Sweet potatoes Peas	Beef kebabs Mashed potatoes Carrot rounds Curried green beans
WEEK 5 15-19 Jun	<u>FOODWAGON CLOSED</u> <u>15 JUNE 2026</u>	<u>YOUTH DAY</u> <u>16 JUNE 2026</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 22-26 Jun	Spaghetti Bolognese Peas Julienne carrots	Chicken and Noodle salad Stewed green beans Gem squash	Savoury Mince Rice Coleslaw Sweetcorn	Baked hake with cheese sauce, Parsley potatoes Sweet Potato Stewed spinach	Pork Chops Carrot rice Pumpkin Pea salad
WEEK 7 29-3 Jul	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 18-22 May	Beef Olives Mash Stir-fry Vegetables Coleslaw	Beef and Potato Goulash Rice Pumpkin Stewed Green Beans	Chutney Chicken Parsley potatoes Carrots with orange sauce Stewed spinach	Oxtail rice Gem squash Mixed vegetables	Pork Kebabs Savoury rice Sweat corn Baked cabbage
WEEK 2 25-29 May	Kingklip with cheese sauce, Potato salad Peas Julienne carrots	Rump steaks with pepper sauce, Brown rice Mixed vegetables Baby marrows	Chicken & vegetable cottage pie Cinnamon pumpkin Creamed green beans	Beef Stew Samp Sweet potatoes Broccoli	Chicken Kababs Paprika potatoes Stewed carrots Three bean salad
WEEK 3 1-5 Jun	Stir-fry Beef Rice Stewed Spinach Sweet potatoes	Baked hake with Cheese Sauce Parsley potatoes Vegetable Stir-fry 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 8-12 Jun	Baked chicken Spicy rice Baby marrow Diced carrots	Cottage Pie Steamed Green beans Gem squash	Fish Quiche Noodle Salad Mixed vegetables Chutney beetroot	Pork leg and apple sauce Savoury rice Sweet potatoes Peas	Beef kebabs Mashed potatoes Carrot rounds Curried green beans
WEEK 5 15-19 Jun	<u>FOODWAGON CLOSED</u> <u>15 JUNE 2026</u>	<u>YOUTH DAY</u> <u>16 JUNE 2026</u> <u>Public holiday</u>	Meatballs with mushroom sauce, Parsley potatoes Mixed vegetables Stewed cabbage	Crumbed fish Savoury rice Stewed carrots Baby marrow bake	Kessler Chops Creamed potatoes Mixed vegetables Creamed spinach
WEEK 6 22-26 Jun	Spaghetti Bolognese Peas Julienne carrots	Marinated Chicken breasts Noodle salad Stewed green beans Gem squash	Beef Fillet Rice Coleslaw Sweetcorn	Catch of the day Parsley potatoes Sweet Potato Stewed spinach	Pork Chops Carrot rice Pumpkin Pea salad
WEEK 7 29-3 Jul	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