

MENU 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 6-10 Jul	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 13-17 Jul	Crumbed fish Potato salad 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	Pizza pasta Stewed carrots Three bean salad
WEEK 3 20-24 Jul	Florentine Chicken Rice, Peas Butternut	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 27-31 Jul	Chutney chicken Wheat salad Parsley carrots Tomato Baby marrow	Stroganoff Samp Green beans Sweet potatoes	Savoury mince Rice Baked cabbage Pumpkin	Italian chicken Mixed vegetables Beet rood salad	Hake with Cheese sauce Mashed potatoes Peas, Curried carrots
WEEK 5 3-7 Aug	Baked mince and vegetable dish Rice Pumpkin, Spinach	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 10-14 Aug	<i>National Womens day</i> <i>Public holiday</i> <i>10 August 2026</i>	Bobotie with fruit Yellow rice Sambals Sweet potatoes	Stir-fry pork Rice Cauliflower with white sauce Peas	Spaghetti bolognaise Mixed vegetables Coal slaw	Baked chicken Savoury potatoes Pumpkin Spinach
WEEK 7 17-21 Aug	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 6-10 Jul	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 13-17 Jul	Catch of the day, cheese sauce, Parsley potatoes, Stir fry vegetables, Gem squash	Chicken Breyani Sweet potatoes Peas	Cottage pie Cinnamon pumpkin Green beans	Tenderized steak with Mushroom sauce Wheat Stewed cabbage sweet corn	Fried lamb chops Stuffed potatoes Three bean salad Stewed carrots
WEEK 3 20-24 Jul	Baked Chicken Rice, Peas Butternut	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	Chicken pie Rice Pumpkin Creamed spinach
WEEK 4 27-31 Jul	Chutney chicken Wheat salad 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	Catch of the day Mashed potatoes Peas Curried carrots
WEEK 5 3-7 Aug	Baked mince Pie Rice Pumpkin, Spinach	Monkey gland steak Paprika potatoes Green beans Carrots	Chicken and Sweetcorn fricassee Mixed Vegetables Coleslaw	Seafood Risotto Sweet potatoes Creamed peas	Kassler chops Carrot rice, gravy Gem squash Mayo salad
WEEK 6 10-14 Aug	<i>National Womens day</i> <i>Public holiday</i> <i>10 August 2026</i>	Bobotie with fruit Yellow rice Sambals Sweet Potatoes	Pork Kebabs Rice and gravy Cauliflower Peas	Spaghetti bolognaise Mixed vegetables Coal slaw	Smoked chicken Savoury potatoes Pumpkin Spinach
WEEK 7 17-21 Aug	Beef paprika Samp Curried beans, Carrots	Chicken with orange sauce Rice Creamed mixed vegetables Peas	Meatballs 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