

MENU 1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 24-28 Aug	Beef Lasagne Stewed carrots Baby marrow	Pork chops Savoury rice Cinnamon pumpkin Fried cabbage	Monkey Gland meatballs Mashed potatoes Peas Orange carrots	Baked hake with Cheese sauce Lemon Rice Mustard Green beans Stirfry Vegetables	Creamed Chicken Rice Butternut bake Stewed spinach
WEEK 2 31-4 Sept	Curried Mince rice Sweet potatoes Sambals	Sweet & sour pork Samp Stewed green beans Sweet corn	Beef Snitzel with pepper sauce Savoury potatoes Parsley carrots Creamed cabbage	Chicken and bacon pasta Broccoli Sweet potatoes	Pork Stirfry Mashed potatoes Pumpkin Three bean salad
WEEK 3 7-11 Sept	Chicken ala king Rice Peas with lemon and mint Baby carrots	Hake & tomato pasta Creamed spinach Beetroot salad	Beef stirfry Rice Cauliflower & white sauce Tomato green beans	Cottage pie Fried carrots Creamed cabbage	Sausage & Potato dish Fried baby marrows Pumpkin
WEEK 4 14-18 Sept	Steak noodles Green beans Sweet potato	Chicken pie Rice Peas with bacon Carrots	Mince macaroni & Cheese Mixed vegetables (2) Gem squash	Corned beef & mustard sauce Rice Carrot & sweet corn dish Fried cabbage	Battered fish Mashed potatoes Green bean salad Butternut
WEEK 5 21-25 Sept	Beef & Potato goulash Samp Sweet potatoes Creamed spinach	Chutney Chicken Mashed potatoes Julienne carrots Baked green bean dish	Steak with mushroom sauce Savoury rice Broccoli with white sauce Mixed vegetables	PUBLIC HOLIDAY Heritage day 24 September 2026	FOODWAGON CLOSED 25 September 2026
WEEK 6 28-2 Oct	Spaghetti Bolognaise Mix Vegies	Pork sausage Paprika potatoes Cauliflower Curried green beans	Chicken breyani Sweet potatoes Baby marrows	Baked mince & sweet corn dish Brown rice Stewed spinach Tomato butternut	Crumbed fish Potato salad Swiss carrot salad Stirfry vegetables
WEEK 7 5-9 Oct	Chicken & vegetable risotto Sweet potatoes Beetroot salad	Savoury tart Peas salad Stewed carrots	Boboti Yellow rice Ginger sweet potatoes Broccoli and cheese sauce	Chicken schnitzels Noodle salad Parsley carrots Cole slaw	Tenderised steak with garlic sauce Mashed potatoes Green beans Butternut
MENU 2					
WEEK 1 24-28 Aug	Beef lasagne Stewed carrots Baby marrow	Kasseler chops Savoury rice Cinnamon pumpkin Fried cabbage	Monkey Gland meatballs Mashed potatoes Peas Orange carrots	Catch of the day Lemon Rice Mustard Green beans Stirfry Vegetables	Creamed Chicken Rice Butternut bake Stewed spinach
WEEK 2 31-4 Sept	Curried lamb Coconut rice Sweet potatoes Sambals	Sweet & sour pork Samp Stewed green beans Sweet corn	Beef Snitzel with pepper sauce Savoury potatoes Parsley carrots Creamed cabbage	Baked Chicken Paprika potatoes Broccoli Sweet potatoes	Pork Stirfry Mashed potatoes Pumpkin Three bean salad
WEEK 3 7-11 Sept	Stuffed Chicken Rice Peas with lemon and mint Baby carrots	Hake & tomato pasta Creamed spinach Beetroot salad	Beef kebabs Rice Cauliflower & white sauce Tomato green beans	Cottage pie Fried carrots Creamed cabbage	Lamb Chops Stuffed potatoes Fried baby marrows Caramel Sweet potatoes
WEEK 4 14-18 Sept	Steak noodles Green beans Sweet potatoes	Chicken pie Rice Peas with bacon Carrots	Mince macaroni & Cheese Chicken Kiev Mixed vegetables (2) Gem Squash	Corned beef & mustard sauce Rice Carrot & sweet corn dish Fried cabbage	Catch of the day Mashed potatoes Green bean salad Butternut
WEEK 5 21-25 Sept	Beef & Potato goulash Samp Sweet potatoes Creamed spinach	Chutney Chicken Mashed potatoes Julienne carrots Baked green bean dish	Rump steak with mushroom sauce Savoury rice Broccoli with white sauce Mixed vegetables	PUBLIC HOLIDAY Heritage day 24 September 2026	FOODWAGON CLOSED 25 September 2026
WEEK 6 28-2 Oct	Spaghetti Bolognaise Mix Vegies	Pork chops Paprika potatoes Cauliflower Curried green beans	Chicken breyani Sweet potatoes Baby marrows	Beef casserole Brown rice Stewed spinach Tomato butternut	Crumbed fish Potato salad Stirfry vegetables Swiss carrot salad
WEEK 7 5-9 Oct	Chicken & vegetable risotto Sweet potatoes Beetroot salad	Pork Kebabs Mashed potatoes Peas salad Stewed carrots	Boboti Yellow rice Ginger sweet potatoes Broccoli and cheese sauce	Marinated chicken breasts Noodle salad Parsley carrots Cole slaw	Marinated porterhouse steak with garlic sauce Mashed potatoes Green beans Butternut

Subject to availability