

MENU 1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 12-16 Oct	Catch of the day Mashed Potatoes Greek Green beans Baby carrots	Steak with pepper sauce Rice Cinnamon Pumpkin Cabbage with sour cream	Butter chicken Mached potatoes Stirfry Vegetables Baby marrow with feta cheese	Savoury mince Rice Creamed spinach Sweet corn bake	Pork stirfry Carrot rice, Gem squash Mayo salad
WEEK 2 19-23 Oct	Creamy Chicken Rice Creamed mixed vegetables Cheesy peas	Meatballs with mushroom sauce Mashed potatoes Baked cabbage Pumpkin	Pork snitzel Savoury rice Mixed veggies (5) Ginger sweet potatoes	Tuna noodle dish Ratatouille Stewed carrots	Chutney chicken Rice Curried peas Beetroot salad
WEEK 3 26-30 Oct	Spaghetti bolognaise Mixed vegetables (5) Butternut	Chicken stirfry Rice Julienne carrots Broccoli with cheese sauce	Beef kebabs Paprika potatoes, Tomato Baby marrow Fried cabbage	Bobotie Yellow Rice Sweet potatoes Stewed Green beans	Chicken pie Rice Creamed spinach Parsley carrots
WEEK 4 2-6 Nov	Beef stew Samp Caramel pumpkin Stewed cabbage	Hake with cheese sauce Parsley potatoes Mustard green beans carrots	<u>Public holiday</u> <u>4 November 2026</u> <u>VOTING DAY</u>	Monkey gland meatballs Mashed potatoes Butternut Mixed vegetables	Pizza pasta Three bean salad Orange sweet potatoes
WEEK 5 9-13 Nov	Baked Chicken Savoury rice Lemon Baby marrow Sweet corn	Boerewors Potato salad Creamed spinach Pineapple carrots	Mince Macaroni & cheese Chutney beetroot salad English mashed peas	Roast beef Brown rice Stewed green beans Creamed carrots	Chicken Fillet with lemon cream Mashed potatoes Fried cabbage pumpkin
WEEK 6 16-20 Nov	Beef stew Noedels 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
WEEK 7 23-27 Nov	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 Mashed potatoes Stirfry Vegetables Gem squash	Smoked Chicken salad Curried carrots Three bean salad
MENU 2					
WEEK 1 12-16 Oct	Catch of the day Mashed Potatoes Greek Green beans Baby carrots	Scotch fillet steak with pepper sauce Rice Cinnamon Pumpkin Cabbage with sour cream	Butter Chicken Brown rice risotto Stirfry Vegetables Baby marrow with feta cheese	Lamb chops Rice Creamed spinach Sweet corn bake	Pork chops with Balsamic glaze Carrot rice, Gem squash Mayo salad
WEEK 2 19-23 Oct	Buckingham chicken Rice Creamed mixed vegetables Cheesy peas	Meatballs with mushroom sauce Mashed potatoes Baked cabbage Pumpkin	Cheesy pork steak with chutney Savoury rice Mixed veggies (5) Ginger sweet potatoes	Baked fish with herb butter Savoury Noodles Ratatouille Stewed carrots	Chutney chicken Creamed potatoes Curried peas Beetroot salad
WEEK 3 26-30 Oct	Spaghetti bolognaise Mixed vegetables (5) Butternut	Chicken With origanum 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
WEEK 4 2-6 Nov	Tenderised steak & pepper sauce Parsley potatoes Caramel pumpkin Stewed cabbage	Butter fish with tartare sauce Parsley potatoes Mustard green beans carrots	<u>Public holiday</u> <u>4 November 2026</u> <u>VOTING DAY</u>	Short rib Mashed potatoes Butternut Mixed vegetables	Pasta Alfredo Three bean salad Orange sweet potatoes
WEEK 5 9-13 Nov	Baked Chicken Savoury rice Lemon Baby marrow Sweet corn	Mongolian Beef strips Rice Creamed spinach Pineapple carrots	Chicken kiev Noedel salad Chutney beetroot salad , English mashed peas	Roast beef Brown rice Stewed green beans Creamed carrots	Boerewors with tomato relish Mashed potatoes Fried cabbage pumpkin
WEEK 6 16-20 Nov	Steak Noodle dish Swiss Carrot salad Stewed green beans	Mutton Curry Yellow rice Sambals Ginger Sweet potatoes	Lattice Haddock & Prawn Pie Mashed potatoes Mixed mayo salad Sweet pumpkin	Chicken Casserole with sauce Noodles Apple sweet potato Pea salad	Pork chops with Peach and Thyme gravy Rice Carrots & Sweet corn Curried green beans
WEEK 7 23-27 Nov	Cottage pie Cinnamon pumpkin Green beans	Rump steak Chinese rise Stewed spinach Stewed carrots	Pork chops in creamy cheese sauce 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