

Menu 2024 (updated December 2023)

Menu choices are repeated in a two week cycle. The menu choices for each of the two weeks are given here.

# all kitchens to prepare halaal chips, baked potato, burger patties, springrolls, pizza, baked pies, mash potato, rice, potato wedges, roast potatoes.

\* caterers to order pita bread, buns, rolls, pizza bases and pies for halaal foods.

WEEK ONE							
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Default	Fruit juice <b>or fruit</b>	Fruit juice <b>or fruit</b>	Fruit juice or fruit	Fruit juice or fruit	Fruit juice or fruit	Fruit juice or fruit	Fruit juice or fruit
	Cereal	Cereal	Cereal	Cereal	Cereal	Cereal	Cooked oats
Default & Vegetarian	Cooked oats	Mealie pap	Maltabela porridge	Mealie pap	Cooked oats	Mealie pap	Bacon
	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals
	Bread /toast	Bread /toast	Bread /toast	Bread /toast	Bread /toast	Bread /toast	Bread /toast
	Jam /marmalade	Jam /marmalade	Jam /marmalade	Jam /marmalade	Jam /marmalade	Jam /marmalade	Jam /marmalade
	Peanut butter & syrup	Peanut butter & syrup	Peanut butter & syrup	Peanut butter & syrup	Peanut butter & syrup	Peanut butter & syrup	Peanut butter & syrup
	Bovril /marmite	Bovril /marmite	Bovril /marmite	Bovril /marmite	Bovril /marmite	Bovril /marmite	Bovril /marmite
	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea
	Egg and tomato	Yoghurt	Egg and tomato	Yoghurt	Egg and tomato	Yoghurt	Fried egg
Vegetarian							Grilled tomato
							Soya burger
							Baked beans
							Egg, grilled tomato
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Default	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
	Portugese Chicken	Fried Hake	Southern fried chicken	Sausage roll pie	Crumbed chicken steaks	Chakalaka	BBQ chicken with
		Tartar sauce	Gravy		Herbed sauce	Boerewors roll	
		Chips	Savory Rice	Potato wedges	Parsley rice	Chips	Rice
						Footlong roll	brown gravy
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Salads	Salads	Salads	Salads	Salads	Salads	Salads
Vegetarian / Vegan	Hawaiian pizza	Chickpeas & butternut tagine	Vegetable strogonoff	Vegetarian cottage pie	Maccoroni & Cheese	Veg Curry Pie	Potato and pea curry
	Saute potatoes (baked)	Whole wheat pita bread	(spaghetti & jullienne Veg)	(grated carrot; b/lentils; fresh mushrooms & cheese)	topping (optional)		Roti x2
	vegetables	Vegetables	vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Salads	Salads	Salads	Salads	Salads	Salads	Salads
Hindu / Halaal	Spicy chicken & pepper pizza	Fish and chips	chicken burger	Fish curry with rice	Rogan gosh (chicken)	Chicken and mushroom pies	Roast chicken
			Saute potatoes		Parsley rice	Chips	Rice
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Salads	Salads	Salads	Salads	Salads	Salads	Salads
African	Wors-onions	African grill (90g wors	Mutton casserole (chops)	Chicken casserole	Beef (bone-in) & veg stew	Chicken stew	Braised brisket
	Mash and gravy	90g minute steak and gravy	With rice and	Rice	(carrot & peas)	Pap	Rice
					Parsley rice		
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Salads	Chips	Salads	Salads	Salads	Salads	Salads
Health	Meatball and spaghetti with tomato gravy	Pan fried venison steak (150g)	Chicken (200g) pita x 1	Mongolian Beef Stir Fry Veg	Chicken (150g), noodle & pea salads	Lean beef burgers	Venison, mushroom stroganoff
		Pepper sauce		Rice		Wholewheat roll	(low fat)
		Parsley baby potatoes				Low fat mayonnaise	Brown rice
						Parsley & garlic potato	
	Vegetables	Salad bar	Salad bar	Vegetables	Vegetables	Lettuce, onion, tomato,	Vegetables
	Salads	Vegetables	Vegetables	Salads	Salads	Cucumber, vegetables	Salads
Starch Vegetables	Saute potatoes	Chips	Savory Rice	Potato wedges	Parsley rice	Chips	Rice
	Steamed mixed vegetables (frozen)	Julliene carrots	Steamed mixed vegetables (frozen)	Butternut (fresh)			Broccoli au gratin (frozen)
		Creamed spinach (fresh)		Green beans (frozen)	Corn (frozen)	Peas (frozen)	Glazed baby carrots (frozen )
Accompaniments	French salad	French salad	French salad	French salad	French salad	French salad	French salad
	Beetroot	Noodle salad, mayo dressing	Curried beans	Coleslaw	Potato salad	Carrot & pineapple	Beetroot salad

	Condiments and sauces	Condiments and sauces	Condiments and sauces	Condiments and sauces	Condiments & sauces	Condiments & sauces	Condiments & sauces
Dessert	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Ice cream and berry sauce

Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
Default	Beef & potato curry (cubes)	Savoury mince	Tender sweet & sour pork chops	Lemon and rosemary chicken leg quarter	Beef Stew	Grilled club steak	Spaghetti bolognaise
	Rice	Yellow rice	Stir fry veg and chinese noodles	Mashed potatoes	Yellow rice	Savoury rice	Cheddar & mozzarella cheese
						Mushroom sauce	
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Salads	Salads	Salads	Salads	Salads	Green salad	Green salad
Vegetarian / Vegan	Vegetarian stir-fry with soya sausage and noodles	Mushroom Bourguignon with mashed potato	Sweet potato layered with green peppers, chilli, tomato and onion (baked)	Vegetarian Schnitzel	Cheesy stuffed butternut (brown rice & grated carrots)	Cauliflower & Chickpea curry With rice	1 x mexican enchiladas (wraps)
			Grilled soya sausage	Mashed potatoes			spicy butter beans, cheese and salsa
				Cheese sauce			
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Salads	Salads	Salads	Salads	Salads	Salads	Green salad
Hindu/halaal	Sugar beans curry	Chicken stir fry	potato curry	Chicken stew with veggies (baby potatoes & peas)	Chicken palaaau	Chicken burger	Chicken schnitzel
	Roti x2	Pita bread	Rice	Rotis	Yellow rice	Potato wedges	Mashed potatoes
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetable
	Salads	Salads	Salads	Salads	Salad bar	Salads	Salads
African	Roman Chicken	African chicken mild curry	Vetkoek and mince	Beef (bone-in) & vegetable stew	Roman chicken leg quarters	Braised mutton cutlets	Roast chicken
	Rice	Dumplings		Pap	Rice	Samp and beans	Mashed potatoes
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Salads	Salads	Salads	Salads	Salads	Salads	Salads
Health	Venison stir fry (stir fry veg)	Grilled Hake topped with pepper and onion	Grilled chicken sosaties (2x)	Chicken (200g) and spinach Bake	Grilled steak (ostrich) (150g)	Pork stirfry with pineapple	Butter chicken curry (deboned diced 200g)
	Noodles	Mashed potatoes	Brown rice	Brown Rice	Yellow rice	Chinese noodles	Rice
	Vegetables	Vegetables	Vegetables	Vegetables		Vegetables	
	Salads	Salads	Salads	Salads	Salads	Salads	Salads
Starch		Yellow rice			Yellow rice	Savoury rice	Spaghetti
Vegetables	Pumpkin (fresh)	Country mixed	Cabbage stir fry	Broccoli & onion (frozen)	Green beans (frozen)	Country mix vegetables (fresh)	Steamed mixed vegetables
	Peas (frozen)	Vegetables (fresh)	Peas (frozen)	Carrots julienne (fresh)	Cauliflower (frozen)		(frozen)
Accompaniments	Greek salad	French salad	Greek salad	French salad	Greek salad	French salad	Greek salad
	Condiments and sauces	Condiments and sauces	Condiments and sauces	Condiments and sauces	Condiments & sauces	Condiments & sauces	
Dessert	Sponge cake & custard	Fruit	Chocolate Mousse	Fruit	Banana Bread and Custard	Fruit	Fruit



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\* caterers to order pita bread, buns, rolls, pizza bases and pies for halaal foods.

WEEK TWO							
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Default	Fruit juice <b>or fruit</b>	Fruit juice <b>or fruit</b>	Fruit juice or fruit	Fruit juice or fruit	Fruit juice or fruit	Fruit juice or fruit	Fruit juice or fruit
	Cereal	Cereal	Cereal	Cereal	Cereal	Cereal	
Default & Vegetarian	Mealie pap	Cooked oats	Maltabela porridge	Cooked oats	Mealie pap	Cooked oats	Cooked oats
	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals
	Bread /toast	Bread /toast	Bread /toast	Bread /toast	Bread /toast	Bread /toast	Bread /toast
	Jam /marmalade	Jam /marmalade	Jam /marmalade	Jam /marmalade	Jam /marmalade	Jam /marmalade	Jam /marmalade
	Peanut butter & syrup	Peanut butter & syrup	Peanut butter & syrup	Peanut butter & syrup	Peanut butter & syrup	Peanut butter & syrup	Peanut butter & syrup
	Bovril /marmite	Bovril /marmite	Bovril /marmite	Bovril /marmite	Bovril /marmite	Bovril /marmite	Bovril /marmite
	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea	Coffee/tea/rooibos tea
	Egg and tomato	Yoghurt	Egg and tomato	Yoghurt	Egg and tomato	Yoghurt	Bacon, fried egg,
							Grilled tomato
							Soya burger
							Baked beans
							Egg, grilled tomato
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
Default	Chicken burgers	Fried Hake	Crumbed pork chops	lemon and herb chicken	Chicken shnitzel	Grilled beef burgers	Roast Chicken
	chips		Rosemary sauce	Parsley potatoes	Cheese sauce	With pineapple rings	Roast Large potatoes
		Chips	Starch		Creamy mashed potatoes	Caramelised onion	
						chips,roll	
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables		
	Salads	Salads	Salads	Salads	Salads	Salads	Salads
Vegetarian	Vegetarian quiche	Spicy lentil curry layered	vegetable cottage pie	Potato and butter bean	Broccoli and Rice Casserole	Soya burgers, roll	Creole style vegetarian jambalaya
		With sliced steamed butternut		Curry	Rice	Pineapple rings	jambalaya
		And baked with feta topping		Yellow rice		Tomato and onion	
	Vegetables	Vegetables	Vegetables	Vegetables		Chips	
	Salads	Salads	Salads	Salads		Salad	Salad
Hindu/halaal	Chicken dhall	Fried Baked Hake	Spicy tuna and green pepper pizza	vegetable curry	Chicken korma & rice	chicken burgers	Bbq chicken sosaties
	Rice	Chips		Potatoes curry rice		Chips, tomato and onion	parsley potatoes
						Concasse, chips	
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables		Vegetables
	Salads	Salads	Salads	Salads	Salads	Salads	Salads
African	Fried African fish	Vet koek with mince curry	Braised mutton chops	Beef sausages served	Portugese roast chicken	Beef Stew with potato	Braised mutton chops with
	Chips		White samp	with tomato & onion	Rice	Samp and beans	Peppers, onion & garlic
				Gravy and african salad	Gravy		Roast potatoes
	Vegetalbes	Vegetables	Vegetables	Vegetables	Vegetables		
	Salads	Salads	Salads	Salads	Salads	Salads	Salads
Health	Moroccan chicken (200g)	Ostrich steak	Chicken (150g deboned) noodle salad	Baked fish in creamy lemon	Pan fried venison steak with	Stir fried chicken strips (200g)	Grilled venison steak
	Couscous	Baked sweet potato		White Lemon Sauce	Jacket potato	In pita bread with	Parsley potatoes
		Salad		Brown rice		Low oil	Gravy
		Mushroom sauce				Mayonnaise	
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	
	Salads	Salads	Salads	Salads	Salads	Salads	Salads
Starch	chips	Chips	Parsley potatoes	Parsley potatoes	Mashed potaotes	Chips	Roast potatoes

<b>Vegetables</b>	Julienne carrots (fresh)	Steamed cauliflower (frozen)	Glazed baby carrots (frozen)	Steamed broccoli (frozen)	Country mixed veg (fresh)	Steamed mixed veg (frozen)	Green beans and onion (frozen)
	Green beans with onion (frozen)		frozen peas	Carrots roundals (fresh)			Cauliflower
<b>Accompaniments</b>	French salad	French salad	French salad	French salad	French salad	Lettuce tom onion rings	French salad
	Cole slaw	Grated carrot and pineapple salad	Potato salad	Curried noodle salad	Beetroot salad	Coleslaw	Three bean salad
	Condiments and sauces	Condiments and sauces	Condiments and sauces	Condiments and sauces	Condiments & sauces	Condiments & sauces	Condiments & sauces
<b>Dessert</b>	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Ice cream & chocolate sauce
<b>Dinner</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
<b>Default</b>	Beef strogonoff	Chicken curry	Classic italian mutton stew	Oven baked bbq chicken (chicken leg quarter)	Beef & potato stew (cubes)	Boerewors	Beef stew (no bone)
						Tomoto and onion concasse	
	Rice	Yellow rice	Rice	Rice	Rice	Mashed potatoes	Rice
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Salads	Salads	Salads	Salads	Salads	Salads	Salads
<b>Vegetarian</b>	Spinach & Mushroom Pasta	Wraps x1 filled with Mexican beans	Maccaroni and Cheese	Vegetable Briyani	Mushroom, tomato, green pepper, onion veg pizza	Soya schnitzel with creamy sauce	Butternut & Spinach Curry
		Side dish of tomato salsa and cottage cheese		Rice			Rice
					Soya polony	Mashed potatoes	
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables & chips	Vegetables	Vegetables
	Salads	Salads	Salads	Salad	Salads	Salads	Salads
<b>Hindu</b>	Vegetable stew	chicken stew	Chicken khalya with jumbo roll	vegetable shwarma	Magherrita pizza	Chicken schnitzel	Battered hake
<b>Halaal</b>	Roti x2	and spagetti		Pita break	Chips	Mashed potatoes	Yoghurt salad
							Parsley rice
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Salad	Greek salad	Salads	Salads	Salads	Salads	Salads
<b>African</b>	Grilled brisket	Classic beef stew (bone-in)	Chicken casserole	Braised tenderised steak with onion	Braised mutton (bone-in) bredie	Chicken curry	Chicken casserole
	Brown onion gravy						
	Rice	Samp & beans	Dumpling	Parsley potato	Pap	Rice	Parsley rice
		Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Salads	Salads	Salads	Salads	Salads	Salad	Salad
<b>Health</b>	Chicken Shwarma with stir fry	Grilled thai spiced	Chicken (200g) and Broccoli	Grilled Beef strips and stir fry veg	Chicken (200g) stirfry	Sliced potato baked	Pineapple BBQ Chicken (leg quarter)
	Pita Bread	chicken breast	Casserole	Pita bread	Noodles	mushrooms	Rice
		Thai tomato & onion sambal		Fresh Mushroom sauce		Savoury mince & mozzarella cheese	
		Rice					
	Vegetables	Vegetables			Vegetables	Vegetables	Vegetables
	Salads	Salads	Salads	Salad	Salads	Salads	Salads
<b>Starch</b>	White Rice	Yellow rice	Rice	Rice	Rice	Mashed potatoes	Parsley rice
<b>Vegetables</b>	Country mix vegetables (fresh)	Peas (frozen)	Green beans (frozen)	Peas (frozen)	Cauliflower au gratin (frozen)	Country mixed	Peas (frozen)
		Butternut (fresh)	Cabbage	Pumpkin (baked)	Green beans and onion (frozen)	Vegetables (fresh)	Jullienne carrots (fresh)
<b>Salad</b>	French salad	Greek salad	Greek salad	French salad	Greek salad	Greek salad	Greek salad
<b>Accompaniments</b>	Condiments and sauces	Condiments and sauces	Condiments and sauces	Condiments and sauces	Condiments & sauces	Condiments & sauces	Condiments & sauces
<b>Dessert</b>	Carrot cake	Fruit	Cheesecake	Fruit	Fruit cocktail and cream	Fruit	Seasonal fruit