

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 or fruit Cereal	Fruit juice or fruit Cereal	Fruit juice or fruit Cereal	Fruit juice or fruit Cereal	Fruit juice or fruit Cereal	Fruit juice or fruit Cereal	Fruit juice or fruit Cooked oats
Default & Vegetarian	Cooked oats Assorted cereals Bread /toast Jam /marmalade Peanut butter & syrup Bovril /marmite Coffee/tea/rooibos tea Egg and tomato	Mealie pap Assorted cereals Bread /toast Jam /marmalade Peanut butter & syrup Bovril /marmite Coffee/tea/rooibos tea Yoghurt	Maltabela porridge Assorted cereals Bread /toast Jam /marmalade Peanut butter & syrup Bovril /marmite Coffee/tea/rooibos tea Egg and tomato	Mealie pap Assorted cereals Bread /toast Jam /marmalade Peanut butter & syrup Bovril /marmite Coffee/tea/rooibos tea Yoghurt	Cooked oats Assorted cereals Bread /toast Jam /marmalade Peanut butter & syrup Bovril /marmite Coffee/tea/rooibos tea Egg and tomato	Mealie pap Assorted cereals Bread /toast Jam /marmalade Peanut butter & syrup Bovril /marmite Coffee/tea/rooibos tea Yoghurt	Bacon Assorted cereals Bread /toast Jam /marmalade Peanut butter & syrup Bovril /marmite Coffee/tea/rooibos tea Fried egg Grilled tomato Soya burger Baked beans Egg, grilled tomato
Vegetarian							
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Default	Fruit juice Portugese Chicken	Fruit juice Fried Hake Tartar sauce Chips	Fruit juice Southern fried chicken Gravy Savory Rice	Fruit juice Sausage roll pie	Fruit juice Crumbed chicken steaks Herbed sauce Parsley rice	Fruit juice Chakalaka Boerewors roll Chips Footlong roll Vegetables Salads	Fruit juice BBQ chicken with Rice brown gravy Vegetables Salads
Vegetarian / Vegan	Hawaiian pizza Saute potatoes (baked) vegetables Salads	Chickpeas & butternut tagine Whole wheat pita bread Vegetables Salads	Vegetable strogonoff (spaghetti & jullienne Veg) vegetables Salads	Vegetarian cottage pie (grated carrot; b/lentils; fresh mushrooms & cheese) Vegetables Salads	Maccoroni & Cheese topping (optional) Vegetables Salads	Veg Curry Pie Vegetables Salads	Potato and pea curry Roti x2 Vegetables Salads
Hindu / Halaal	Spicy chicken & pepper pizza Vegetables Salads	Fish and chips Vegetables Salads	chicken burger Saute potatoes Vegetables Salads	Fish curry with rice Vegetables Salads	Rogan gosh (chicken) Parsley rice Vegetables Salads	Chicken and mushroom pies Chips Vegetables Salads	Roast chicken Rice Vegetables Salads
African	Wors-onions Mash and gravy Vegetables Salads	African grill (90g wors 90g minute steak and gravy) Vegetables Chips	Mutton casserole (chops) With rice and Vegetables Salads	Chicken casserole Rice Vegetables Salads	Beef (bone-in) & veg stew (carrot & peas) Parsley rice Vegetables Salads	Chicken stew Pap Vegetables Salads	Braised brisket Rice Vegetables Salads
Health	Meatball and spaghetti with tomato gravy Vegetables Salads	Pan fried venison steak (150g) Pepper sauce Parsley baby potatoes Salad bar Vegetables	Chicken (200g) pita x 1 Salad bar Vegetables	Mongolian Beef Stir Fry Veg Rice Vegetables Salads	Chicken (150g), noodle & pea salads Vegetables Salads	Lean beef burgers Wholewheat roll Low fat mayonnaise Parsley & garlic potato Lettuce, onion, tomato, Cucumber, vegetables	Venison, mushroom stroganoff (low fat) Brown rice Vegetables Salads
Starch	Saute potatoes	Chips	Savory Rice	Potato wedges	Parsley rice	Chips	Rice
Vegetables	Steamed mixed vegetables (frozen)	Julliene carrots Creamed spinach (fresh)	Steamed mixed vegetables (frozen)	Butternut (fresh) Green beans (frozen)	Corn (frozen)	Peas (frozen)	Broccoli au gratin (frozen) Glazed baby carrots (frozen)
Accompaniments	French salad Beetroot	French salad Noodle salad, mayo dressing	French salad Curried beans	French salad Coleslaw	French salad Potato salad	French salad Carrot & pineapple	French salad 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
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Mushroom sauce	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) spicy butter beans, cheese and salsa
	Vegetables	Vegetables	Grilled soya sausage	Mashed potatoes	Cheese sauce		
	Salads	Salads	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Hindu/halaal	Sugar beans curry	Chicken stir fry	Salads	Salads	Salads	Salads	Green salad
			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 or fruit Cereal	Fruit juice or fruit Cereal	Fruit juice or fruit Cereal	Fruit juice or fruit Cereal	Fruit juice or fruit Cereal	Fruit juice or fruit Cereal	Fruit juice or fruit
Default & Vegetarian	Mealie pap Assorted cereals	Cooked oats Assorted cereals	Maltabela porridge Assorted cereals	Cooked oats Assorted cereals	Mealie pap Assorted cereals	Cooked oats Assorted cereals	Cooked oats Assorted cereals
	Bread /toast Jam /marmalade	Bread /toast Jam /marmalade	Bread /toast Jam /marmalade	Bread /toast Jam /marmalade	Bread /toast Jam /marmalade	Bread /toast Jam /marmalade	Bread /toast Jam /marmalade
	Peanut butter & syrup Bovril /marmite	Peanut butter & syrup Bovril /marmite	Peanut butter & syrup Bovril /marmite	Peanut butter & syrup Bovril /marmite	Peanut butter & syrup Bovril /marmite	Peanut butter & syrup Bovril /marmite	Peanut butter & syrup Bovril /marmite
	Coffee/tea/rooibos tea Egg and tomato	Coffee/tea/rooibos tea Yoghurt	Coffee/tea/rooibos tea Egg and tomato	Coffee/tea/rooibos tea Yoghurt	Coffee/tea/rooibos tea Egg and tomato	Coffee/tea/rooibos tea Yoghurt	Coffee/tea/rooibos tea Bacon, fried egg, Grilled tomato Soya burger Baked beans Egg, grilled tomato
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Default	Fruit juice Chicken burgers chips	Fruit juice Fried Hake Chips	Fruit juice Crumbed pork chops Rosemary sauce Starch	Fruit juice lemon and herb chicken Parsley potatoes	Fruit juice Chicken schnitzel Cheese sauce Creamy mashed potatoes	Fruit juice Grilled beef burgers With pineapple rings Caramelised onion chips,roll	Fruit juice Roast Chicken Roast Large potatoes
	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads
Vegetarian	Vegetarian quiche	Spicy lentil curry layered With sliced steamed butternut And baked with feta topping	vegetable cottage pie	Potato and butter bean Curry Yellow rice	Broccoli and Rice Casserole Rice	Soya burgers, roll Pineapple rings Tomato and onion	Creole style vegetarian jambalaya jambalaya
	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads		Chips Salad	Salad
Hindu/halaal	Chicken dhall Rice	Fried Baked Hake Chips	Spicy tuna and green pepper pizza	vegetable curry Potatoes curry rice	Chicken korma & rice	chicken burgers Chips, tomato and onion Concasse, chips	Bbq chicken sosaties parsley potatoes
	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads
African	Fried African fish Chips	Vet koek with mince curry	Braised mutton chops White samp	Beef sausages served with tomato & onion Gravy and african salad	Portugese roast chicken Rice Gravy	Beef Stew with potato Samp and beans	Braised mutton chops with Peppers, onion & garlic Roast potatoes
	Vegetalbes Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables 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 Salad Mushroom sauce		White Lemon Sauce Brown rice	Jacket potato	In pita bread with Low oil Mayonnaise	Parsley potatoes Gravy
	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads	Vegetables Salads
Starch	chips	Chips	Parsley potatoes	Parsley potatoes	Mashed potaotes	Chips	Roast potatoes

Vegetables	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
Accompaniments	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
Dessert	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Ice cream & chocolate 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 stroganoff	Chicken curry	Classic italian mutton stew	Oven baked bbq chicken (chicken leg quarter)	Beef & potato stew (cubes)	Boerewors	Beef stew (no bone)
	Rice	Yellow rice	Rice	Rice	Rice	Mashed potatoes	Rice
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Salads	Salads	Salads	Salads	Salads	Salads	Salads
Vegetarian	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
	Vegetables	Vegetables	Vegetables	Vegetables	Soya polony	Mashed potatoes	Vegetables
	Salads	Salads	Salads	Salad	Vegetables & chips	Vegetables	Vegetables
Hindu	Vegetable stew	chicken stew	Chicken khalya with jumbo roll	vegetable shwarma	Magherrita pizza	Chicken schnitzel	Battered hake
Halaal	Roti x2	and spagetti		Pita break	Chips	Mashed potatoes	Yoghurt salad
	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Parsley rice
	Salad	Greek salad	Salads	Salads	Salads	Salads	Vegetables
African	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
	Salads	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Health	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	Salad
	Pita Bread	chicken breast	Casserole	Pita bread	Noodles	mushrooms	Pineapple BBQ Chicken (leg quarter)
		Thai tomato & onion sambal		Fresh Mushroom sauce		Savoury mince & mozzarella cheese	Rice
	Vegetables	Vegetables			Vegetables	Vegetables	Vegetables
	Salads	Salads	Salads	Salad	Salads	Salads	Salads
Starch	White Rice	Yellow rice	Rice	Rice	Rice	Mashed potatoes	Parsley rice
Vegetables	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)
Salad	French salad	Greek salad	Greek salad	French salad	Greek salad	Greek salad	Greek salad
Accompaniments	Condiments and sauces	Condiments and sauces	Condiments and sauces	Condiments and sauces	Condiments & sauces	Condiments & sauces	Condiments & sauces
Dessert	Carrot cake	Fruit	Cheesecake	Fruit	Fruit cocktail and cream	Fruit	Seasonal fruit