



WEEK 1 MENU

	MONDAY	TUESDAY	WEDNESDAY	TOTALS
MEAT	Meat Balls wrapped in Cabbage	Roast Chicken	Braai: (Wors & Steak)	
VEGGIES	Traditional Pumpkin Green Beans	Broccoli & Cauliflour Bake Pumpkin Fritters	Mixed Veggies with Cream	
STARCH	Potatoes Rice	Cream Potatoes Rice (Savoury)	Pap Tart	
SALAD	Cucumber Ring	Apple & Yoghurt Salad	Noodle Salad	
DESSERT	Trifle	Vegetable Soup (Starter)	Cremora Tart	
	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAT	Chicken Pie	Beef Stew (All Veggies in stew)	Curry Chicken	Alfredo (Chicken)
VEGGIES	Sweet Potato & Ginger Biscuits Green Bean Bake	Green Beans Carrots		
STARCH	Pie served on rice	Potatoes Rice	Jacket Potato with Sour Cream	
SALAD	Beetroot (onion added)	Sweetcorn & Banana	Green Salad	Carrot Ring
DESSERT	Apricot Sponge Pudding	Yoghurt Tart	Baked Jelly Pudding	Soup (Starter (add croutons))



WEEKLY MENU 2

	MONDAY	TUESDAY	WEDNESDAY	
MEAT	Roast Chicken	Bobotie	Beef Roast	
VEGGIES	Traditional Green Beans Pumpkin Fritters	Mielie Tart Fried Green Beans	Gem Squash - Traditional Veggy Bake (roasted)	
STARCH	Baked Potato Rice	Curry Potato Rice	Cream Potatoes Rice	
SALAD	Coleslaw with Apple	Noodle Salad	Sweet Corn & Banana	
DESSERT	Malfa Pudding	Trifle	Apricot Sponge Pudding	
	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAT	Beef Stew (All Veggies in Stew)	Chicken Pie	Tuna Pie	Beef Stew
VEGGIES	Green Beans Carrots			
STARCH	Patatoes Rice	Rice	Green Salad	
SALAD	Green Salad	Noodle Salad	On Request	On
DESSERT	Coffee Cremora Tart	Ice Cream & Chocolate Sauce	On Request	On Request