EASTERN CAPE 2021/2022, PROVINCIAL MENU, SECONDARY



		Protein	Chicken with bones		70 g
		Starch	Rice		50 g
	Chicken stew and rice with green	Vegetable/Fruit	Green Vegetables		80 g
Monday	vegetable in season		Onions		10 g
		Seasoning	Tomatoes		10 g
		Ocusoning	Cooking Oil		2 ml
			lodised Salt		1 g
		Protein	Pasteurised Amasi		250 ml
Tuesday	Mahakara and finitin assaur		Milk (UHT)		250 ml
Tuesday	Mphokoqo and fruit in season	Starch	Maize Meal (Fortified)		60 g
		Vegetable/Fruit	Fruit In Season		1 each
		Seasoning	Sugar		0.5 g
		Protein	Lentils		40 a
		Starch	Rice		40 g 50 g
		Vegetable/Fruit	Carrots		
W. J J.	Lentil Breyani with rice and carrots	vegetable/Fruit	Onions		80 g 10 g
Wednesday		Seasoning	Breyani mix		1 g
			Cooking Oil		2 ml
			Green Pepper		10 g
			Iodised Salt		1 g
			iodiood Gait		. g
		Protein	Dilab anda in Tanaka	400 g	60 g
		Protein	Pilchards in Tomato	425 g	60 g
		Starch	Pasta (Macaroni / Spaghetti)		50 g
Thursday	Pilchards with pasta/rice and cabbage		Rice		50 g
inursuay	Flichards with pasta/fice and cabbage	Vegetable/Fruit	Cabbage		80 g
			Cooking Oil		2 ml
		Seasoning	Spice/stock/curry		1 g
		3	Onions		10 g
			lodised Salt		1 g
		Protein	Sugar Beans		40 g
		Starch	Samp		60 g
	Sugar beans with samp/rice and		Rice		50 g
Friday	butternut	Vegetable/Fruit	Butternut		80 g
			Cooking Oil		2 ml
		Seasoning	Green Pepper		10 g
			Onions		10 g
			Spice/stock/curry		1 g

EASTERN CAPE (BF) 2021/2022, PROVINCIAL MENU, PRIMARY



		Breakfast	Instant Flavoured Maize Meal OR Porridge	Sorghum	30 g
		Protein	Chicken with bones		50 g
	Chicken stew and rice with green vegetable in	Starch	Rice		35 g
Monday	season	Vegetable/Fruit	Green Vegetables		60 g
		-	Onions		5 g
		Seasoning	Tomatoes		5 g
		Ccasoning	Cooking Oil		2 ml
			Iodised Salt		1 g
		Breakfast	Instant Flavoured Maize Meal OR Porridge	Sorghum	30 g
		Protein	Pasteurised Amasi		200 ml
Tuesday	Mphokoqo and fruit in season	Fioteili	Milk (UHT)		200 ml
		Starch	Maize Meal (Fortified)		40 g
		Vegetable/Fruit	Fruit In Season		1 each
		Seasoning	lodised Salt		1 g
		Breakfast	Instant Flavoured Maize Meal OR Porridge	Sorghum	30 g
Wednesday		Protein	Lentils		40 g
		Starch	Rice		35 g
	Lentil Breyani with rice and carrots	Vegetable/Fruit	Carrots		60 g
		Seasoning	Onions		5 g
			Breyani mix		1 g
			Cooking Oil		2 ml
			Green Pepper		5 g
		Breakfast	Instant Flavoured Maize Meal OR Porridge	Sorghum	30 g
		Protein	Pilchards in Tomato	400 g	40 g
				425 g	40 g
Thursday	Pilchards with pasta/rice and cabbage	Starch	Pasta (Macaroni / Spaghett	ti)	35 g
Titursuay	Flichards with pasta/fice and cabbage		Rice		35 g
		Vegetable/Fruit	Cabbage		60 g
			Cooking Oil		2 ml
		Seasoning	Spice/stock/curry		1 g
			Onions		5 g
			lodised Salt		1 g
		Breakfast	Instant Flavoured Maize Meal OR Porridge	Sorghum	30 g
		Protein	Sugar Beans		30 g
		Starch	Samp		40 g
Friday	Sugar beans with samp/rice and butternut		Rice		35 g
		Vegetable/Fruit	Butternut		60 g
			Cooking Oil		2 ml
		Seasoning	Green Pepper		5 g
		5	Onions		5 g
			Spice/stock/curry		1 g

Schools are encouraged to alternate the flavours of the instant porridge across the days of the week

Schools are also encouraged to alternate between instant maize meal and instant sorghum porridges across the days of the week

FREE STATE (MS) 2021/2022, PROVINCIAL MENU, 1 - PRIMARY



	1			1
		Protein	Pilchards in Tomato	45 g
		Starch	Maize Meal (Fortified)	40 g
Monday	Pilchard stew with pap or rice and green vegetables in season		Rice	40 g
	green vegetables in season	Vegetable/Fruit	Green Vegetables in Season	60 g
			Onions	5 g
		Seasoning	Cooking Oil	2 ml
			lodised Salt	1 g
		Protein	Sugar Beans	35 g
		Starch	Maize Meal (Fortified)	40 g
Tuesday	Sugar beans stew with pap or samp		Samp	40 g
rucsuay	and yellow vegetable in season.	Vegetable/Fruit	Yellow Vegetables in Season	60 g
			Onions	10 g
		Seasoning	Cooking Oil	2 g
			lodised Salt	1 g
			Sugar	1 g
	I			
		Protein	Approved Soya Mince	30 g
	Soya mince stew with pap or rice and green vegetables in season.	Starch	Maize Meal (Fortified)	40 g
Wednesday			Rice	40 g
		Vegetable/Fruit	Green Vegetables in Season	60 g
			Onions	5 g
		Seasoning	lodised Salt	1 g
			Cooking Oil	2 ml
			Bill 1 : #	45
		Protein	Pilchards in Tomato	45 g
	Pilchards stew with rice or pap and	Starch	Rice	40 g
Thursday	yellow vegetable in season.		Maize Meal (Fortified)	40 g
		Vegetable/Fruit	Yellow Vegetables in Season	60 g
		Seasoning	Onions	5 g
		Seasoning	lodised Salt	1 g
			Cooking Oil	2 ml
Friday		Protein	Milk (UHT)	200 ml
i iluay		FIVICIII	IVIIIK (UITT)	200 IIII

Maize meal porridge with UHT milk and	Starch	Maize Meal (Fortified)	40 g
fresh fruit in season	Vegetable/Fruit	Fruit In Season	1 each
	Seasoning	lodised Salt	1 g

Soya mince must meet the NSNP specification
Only Ultra High Temperature (UHT) full cream milk may be served.
Meat may only be served if the school gets written approval from the district (If approved then serve kg as per pilchards)
Meals should suitably seasoned
Mackerel may be served as an alternative to Pilchards

EASTERN CAPE 2021/2022, PROVINCIAL MENU, SECONDARY



		Protein	Chicken with bones		70 g
		Starch	Rice		50 g
	Chicken stew and rice with green	Vegetable/Fruit	Green Vegetables		80 g
Monday	vegetable in season		Onions		10 g
		Seasoning	Tomatoes		10 g
		Ocusoning	Cooking Oil		2 ml
			lodised Salt		1 g
		Protein	Pasteurised Amasi		250 ml
Tuesday	Mahakara and finit in access		Milk (UHT)		250 ml
Tuesday	Mphokoqo and fruit in season	Starch	Maize Meal (Fortified)		60 g
		Vegetable/Fruit	Fruit In Season		1 each
		Seasoning	Sugar		0.5 g
		Protein	Lentils		40 a
		Starch	Rice		40 g 50 g
		Vegetable/Fruit	Carrots		
W. J J.	Lentil Breyani with rice and carrots	vegetable/Fruit	Onions		80 g 10 g
Wednesday		Seasoning	Breyani mix		1 g
			Cooking Oil		2 ml
			Green Pepper		10 g
			Iodised Salt		1 g
			iodiood Gait		· g
		Protein	Dilab anda in Tanaka	400 g	60 g
		Protein	Pilchards in Tomato	425 g	60 g
		Starch	Pasta (Macaroni / Spaghetti)		50 g
Thursday	Pilchards with pasta/rice and cabbage		Rice		50 g
inursuay	Flichards with pasta/fice and cabbage	Vegetable/Fruit	Cabbage		80 g
			Cooking Oil		2 ml
		Seasoning	Spice/stock/curry		1 g
		3	Onions		10 g
			lodised Salt		1 g
		Protein	Sugar Beans		40 g
		Starch	Samp		60 g
	Sugar beans with samp/rice and		Rice		50 g
Friday	butternut	Vegetable/Fruit	Butternut		80 g
			Cooking Oil		2 ml
		Seasoning	Green Pepper		10 g
			Onions		10 g
			Spice/stock/curry		1 g

EASTERN CAPE (BF) 2021/2022, PROVINCIAL MENU, PRIMARY



		Breakfast	Instant Flavoured Maize Meal OR Porridge	Sorghum	30 g
		Protein	Chicken with bones		50 g
	Chicken stew and rice with green vegetable in	Starch	Rice		35 g
Monday	season	Vegetable/Fruit	Green Vegetables		60 g
		-	Onions		5 g
		Seasoning	Tomatoes		5 g
		Ccasoning	Cooking Oil		2 ml
			Iodised Salt		1 g
		Breakfast	Instant Flavoured Maize Meal OR Porridge	Sorghum	30 g
		Protein	Pasteurised Amasi		200 ml
Tuesday	Mphokoqo and fruit in season	Fioteili	Milk (UHT)		200 ml
		Starch	Maize Meal (Fortified)		40 g
		Vegetable/Fruit	Fruit In Season		1 each
		Seasoning	lodised Salt		1 g
		Breakfast	Instant Flavoured Maize Meal OR Porridge	Sorghum	30 g
Wednesday		Protein	Lentils		40 g
		Starch	Rice		35 g
	Lentil Breyani with rice and carrots	Vegetable/Fruit	Carrots		60 g
		Seasoning	Onions		5 g
			Breyani mix		1 g
			Cooking Oil		2 ml
			Green Pepper		5 g
		Breakfast	Instant Flavoured Maize Meal OR Porridge	Sorghum	30 g
		Protein	Pilchards in Tomato	400 g	40 g
				425 g	40 g
Thursday	Pilchards with pasta/rice and cabbage	Starch	Pasta (Macaroni / Spaghett	ti)	35 g
Titursuay	Flichards with pasta/fice and cabbage		Rice		35 g
		Vegetable/Fruit	Cabbage		60 g
			Cooking Oil		2 ml
		Seasoning	Spice/stock/curry		1 g
			Onions		5 g
			lodised Salt		1 g
		Breakfast	Instant Flavoured Maize Meal OR Porridge	Sorghum	30 g
		Protein	Sugar Beans		30 g
		Starch	Samp		40 g
Friday	Sugar beans with samp/rice and butternut		Rice		35 g
		Vegetable/Fruit	Butternut		60 g
			Cooking Oil		2 ml
		Seasoning	Green Pepper		5 g
		5	Onions		5 g
			Spice/stock/curry		1 g

Schools are encouraged to alternate the flavours of the instant porridge across the days of the week

Schools are also encouraged to alternate between instant maize meal and instant sorghum porridges across the days of the week

GAUTENG (MS) 2021/2022, PROVINCIAL MENU, 1 - PRIMARY



		Breakfast	Creamy Instant Maize Meal (Vanilla)	10 g
		Protein	Pilchards in Tomato	40 g
Monday	Pilchard stew with maize pap and	Starch	Maize Meal (Fortified)	40 g
monday	yellow vegetable in season.	Vegetable/Fruit	Yellow Vegetables in Season	60 g
			Onions	5 g
		Seasoning	Cooking Oil	2 ml
			lodised Salt	1 g
		Breakfast	Instant Sorghum (Vanilla)	10 g
		Protein	Approved Soya Mince	30 g
Tuesday	Soya mince stew in rice and green vegetables in season	Starch	Rice	35 g
	vogotablos in oddoon	Vegetable/Fruit	Green Vegetables in Season	60 g
			Tomatoes	5 g
		Seasoning	Cooking Oil	2 ml
			lodised Salt	1 g
			Cycomy Instant Mains Most	
		Breakfast	Creamy Instant Maize Meal (Strawberry)	10 g
	Sugar beans stew with samp and yellow vegetable in season	Protein	Sugar Beans	30 g
Wednesday		Starch	Samp	40 g
		Vegetable/Fruit	Yellow Vegetables in Season	60 g
			Onions	5 g
		Seasoning	Carrots	5 g
			lodised Salt	1 g
		Breakfast	Creamy Instant Maize Meal (Vanilla)	10 g
T 1 1.	UHT Milk/Pasteurized amasi with pap	Protein	Milk (UHT)	200 ml
Thursday	and fruit in season	Starch	Maize Meal (Fortified)	40 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	lodised Salt	1 g
		Breakfast	Instant Sorghum Porridge	10 g
		Protein	Pilchards in Tomato	40 g
Friday	Chicken liver stew with rice and green	Starch	Rice	35 g
illuay	vegetables in season			

Vegetable/Fruit	Green Vegetables in Season	60 g	
	Cooking Oil	2 ml	
Seasoning	Onions	5 g	
	lodised Salt	1 g	

UHT Milk must be served Amasi must be pasturised

GAUTENG (MS) 2021/2022, PROVINCIAL MENU, 2 - SECONDARY



		Breakfast	Creamy Instant Maize Meal (Vanilla)	10 g
		Protein	Pilchards in Tomato	60 g
Monday	Pilchard stew with maize pap and	Starch	Maize Meal (Fortified)	60 g
monday	yellow vegetable in season.	Vegetable/Fruit	Yellow Vegetables in Season	80 g
			Onions	5 g
		Seasoning	Cooking Oil	2 ml
			lodised Salt	1 g
		Breakfast	Instant Sorghum (Vanilla)	10 g
		Protein	Approved Soya Mince	40 g
Tuesday	Soya mince stew in rice and green vegetables in season	Starch	Rice	50 g
	Vogotablee iii oodeen	Vegetable/Fruit	Green Vegetables in Season	80 g
			Tomatoes	5 g
		Seasoning	Cooking Oil	2 ml
			lodised Salt	1 g
		Breakfast	Creamy Instant Maize Meal	10 g
			(Strawberry)	10 g
	Sugar beans stew with samp and yellow vegetable in season	Protein	Sugar Beans	40 g
Wednesday		Starch	Samp	60 g
		Vegetable/Fruit	Yellow Vegetables in Season	80 g
			Onions	5 g
		Seasoning	Carrots	5 g
			lodised Salt	1 g
		Breakfast	Creamy Instant Maize Meal (Vanilla)	10 g
Thursday	UHT Milk/Pasteurized amasi with pap	Protein	Milk (UHT)	250 ml
mursuay	and fruit in season	Starch	Maize Meal (Fortified)	60 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	lodised Salt	1 g
		Breakfast	Instant Sorghum Porridge	10 g
		Protein	Pilchards in Tomato	60 g
Friday	Chicken liver stew with rice and green vegetables in season	Starch	Rice	50 g

Vegetable/Fruit	Green Vegetables in Season	80 g	
	Cooking Oil	2 ml	
Seasoning	Onions	5 g	
	lodised Salt	1 g	

UHT Milk must be served Amasi must be pasturised

KWAZULU NATAL (MS) 2021/2022, PROVINCIAL MENU, 1 - PRIMARY



	Pasteurized Amasi/UHT Milk and Phuthu	Protein	Pasteurised Amasi	200 ml
Monday		Protein	Milk (UHT)	200 ml
мопаау	with seasonal fruit	Starch	Maize Meal (Fortified)	50 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	lodised Salt	1 g
	_	Protein	Sugar Beans	30 g
	Sugar beans and samp with yellow	Starch	Samp	35 g
Tuesday	vegetable	Vegetable/Fruit	Yellow Vegetables in Season	60 g
	9:		Onions	5 g
		Seasoning	Cooking Oil	2 ml
			Curry powder	1 g
			lodised Salt	1 g
		Protein	Approved Soya Mince (Beef flavour)	30 g
	Soya mince (Beef) and rice with green vegetable	Starch	Rice	35 g
		Vegetable/Fruit	Green Vegetables in Season	60 g
Wednesday		vegetable/Fruit	Onions	5 g
		Seasoning	Cooking Oil	2 ml
			Curry powder	1 g
			lodised Salt	1 g
	1		louised dail	ı g
		Protein	Sugar Beans	30 g
	Sugar beans and Phuthu with yellow vegetable	Starch	Maize Meal (Fortified)	45 g
Thursday		Vegetable/Fruit	Yellow Vegetables in Season	60 g
			Onions	5 g
		Seasoning	Cooking Oil	2 ml
		-	Curry powder	1 g
			lodised Salt	1 g
		Protein	Pilchards in Tomato	40 g
		Starch	Rice	35 g
Friday	Pilchards in tomato and rice with green	Vegetable/Fruit	Green Vegetables in Season	60 g
	vegetable		Onions	5 g
		Seasoning	Tomatoes	5 g
		_	Cooking Oil	2 ml
			Curry powder	1 g
			lodised Salt	1 g

KWAZULU NATAL (MS) 2021/2022, PROVINCIAL MENU, 2 - SECONDARY



	Pasteurized Amasi/UHT Milk and Phuthu	Protein	Pasteurised Amasi	250 ml
Monday		Protein	Milk (UHT)	250 ml
мопаау	with seasonal fruit	Starch	Maize Meal (Fortified)	60 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	lodised Salt	1 g
		Protein	Sugar Beans	40 g
	Cugar beans and samp with valley	Starch	Samp	50 g
Tuesday	Sugar beans and samp with yellow vegetable	Vegetable/Fruit	Yellow Vegetables in Season	80 g
	9		Onions	10 g
		Seasoning	Cooking Oil	3 ml
			Curry powder	1 g
			lodised Salt	1 g
		Protein	Approved Soya Mince (Beef flavour)	40 g
	Soya mince (Beef) and rice with green vegetable	Starch	Rice	50 g
		Vegetable/Fruit	Green Vegetables in Season	80 g
Wednesday		vegetable/Fruit	Onions	10 g
		Seasoning	Cooking Oil	3 ml
			Curry powder	1 g
			lodised Salt	1 g
	1		iouiseu dait	1 9
		Protein	Sugar Beans	40 g
		Starch	Maize Meal (Fortified)	50 g
Thursday	Sugar beans and Phuthu with yellow vegetable	Vegetable/Fruit	Yellow Vegetables in Season	80 g
			Onions	10 g
		Seasoning	Cooking Oil	3 ml
		-	Curry powder	1 g
			lodised Salt	1 g
		Protein	Pilchards in Tomato	60 g
		Starch	Rice	50 g
Friday	Pilchards in tomato and rice with green	Vegetable/Fruit	Green Vegetables in Season	80 g
······	vegetable		Onions	10 g
		Seasoning	Cooking Oil	3 ml
			Curry powder	1 g
			lodised Salt	1 g
			Tomatoes	10 g

LIMPOPO (MS) 2021/2022, PROVINCIAL MENU, 1 - PRIMARY



		Protein	Pilchards in Tomato	40 g
		Starch	Rice	40 g
Monday	Pilchards stew with rice and yellow	Vegetable/Fruit	Yellow Vegetables in Season 60 g Cooking Oil 2 ml	60 g
Monday	vegetable in season			2 ml
		Seasoning	lodised Salt	1 g
		Jougog	Onions	5 g
			Carrots	3 g
			Sugar	1 g
		Ductoin	Approved Cove Mines	00 ~
	_	Protein	Approved Soya Mince	30 g
	Soya mince with pap and a green	Starch	Maize Meal (Fortified)	45 g
Tuesday	vegetable in season	Vegetable/Fruit	Green Vegetables in Season	60 g
			lodised Salt	1 g
		Seasoning	Carrots	3 g
			Onions	5 g
			Cooking Oil	2 ml
		Protein	Mills (LILLIT)	200 ml
Wednesday	UHT Milk with pap and fruit in season		Milk (UHT)	
,		Starch	Maize Meal (Fortified)	45 g
		Vegetable/Fruit	Fruit In Season	1 each
		Protein	Sugar Beans	35 g
		Starch	Samp	45 g
Thursday	Sugar bean stew with samp and green	Vegetable/Fruit	Green Vegetables in Season	60 g
,	vegetable in season		Cooking Oil	2 ml
		Seasoning	lodised Salt	1 g
			Onions	5 g
			Carrots	3 g
		Protein	Pilchards in Tomato	40 g
		Starch	Maize Meal (Fortified)	45 g
Friday	Pilchards stew with pap and yellow	Vegetable/Fruit	Yellow Vegetables in Season	60 g
,	vegetable in season		Cooking Oil	2 ml
		Seasoning	lodised Salt	1 g
		Coaconing		

Onions 5 g	
Carrots 3 g	
Sugar 1 g	

Ultra High Temperature (UHT) Milk should be approved in line with Dairy Standards set by Milk South Africa Soya Mince must comply with NSNP specification and should be procured from manufacturers that have an approved certificate

LIMPOPO (MS) 2021/2022, PROVINCIAL MENU, 1 - PRIMARY



		Protein	Pilchards in Tomato	40 g
		Starch	Rice	40 g
Monday	Pilchards stew with rice and yellow	Vegetable/Fruit	Yellow Vegetables in Season 60 g Cooking Oil 2 ml	60 g
Monday	vegetable in season			2 ml
		Seasoning	lodised Salt	1 g
		Jougog	Onions	5 g
			Carrots	3 g
			Sugar	1 g
		Ductoin	Approved Cove Mines	00 ~
	_	Protein	Approved Soya Mince	30 g
	Soya mince with pap and a green	Starch	Maize Meal (Fortified)	45 g
Tuesday	vegetable in season	Vegetable/Fruit	Green Vegetables in Season	60 g
			lodised Salt	1 g
		Seasoning	Carrots	3 g
			Onions	5 g
			Cooking Oil	2 ml
		Protein	Mills (LILLIT)	200 ml
Wednesday	UHT Milk with pap and fruit in season		Milk (UHT)	
,		Starch	Maize Meal (Fortified)	45 g
		Vegetable/Fruit	Fruit In Season	1 each
		Protein	Sugar Beans	35 g
		Starch	Samp	45 g
Thursday	Sugar bean stew with samp and green	Vegetable/Fruit	Green Vegetables in Season	60 g
,	vegetable in season		Cooking Oil	2 ml
		Seasoning	lodised Salt	1 g
			Onions	5 g
			Carrots	3 g
		Protein	Pilchards in Tomato	40 g
		Starch	Maize Meal (Fortified)	45 g
Friday	Pilchards stew with pap and yellow	Vegetable/Fruit	Yellow Vegetables in Season	60 g
,	vegetable in season		Cooking Oil	2 ml
		Seasoning	lodised Salt	1 g
		Coaconing		

Onions 5 g	
Carrots 3 g	
Sugar 1 g	

Ultra High Temperature (UHT) Milk should be approved in line with Dairy Standards set by Milk South Africa Soya Mince must comply with NSNP specification and should be procured from manufacturers that have an approved certificate

MPUMALANGA (MS) 2021/2022, PROVINCIAL MENU, 1 - PRIMARY



			Ţ	
		Protein	Approved Soya Mince	30 g
		Starch	Rice	50 g
Monday	Soya mince with rice and yellow vegetable in season	Vegetable/Fruit	Yellow Vegetables in Season	60 g
	vegetable iii seasoii		lodised Salt	1 g
		Seasoning	Onions	5 g
			Tomatoes	5 g
			Cooking Oil	5 ml
		Protein	Pilchards in Tomato	40 g
	Pilchard stew with pap and green	Starch	Cooking Oil lodised Salt Onions Tomatoes Milk (UHT) Maize Meal (Fortified) Fruit Fruit In Season	60 g
Tuesday	vegetable in season	Vegetable/Fruit	-	60 g
	, and the second			5 ml
		Seasoning	lodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g
		Protein	Mille (LILIT)	200 ml
We do a do a	Long life milk with maize meal and fruit		The second secon	
Wednesday	in season ——	Starch		60 g
	_	Vegetable/Fruit		1 each
		Seasoning	lodised Salt	1 g
		Protein	Sugar Beans	30 g
		Starch	Samp	60 g
Thursday	Sugar beans with samp and green	Vegetable/Fruit	Green Vegetables in Season	60 g
·	vegetable in season		Cooking Oil	5 ml
		Seasoning	lodised Salt	1 g
		-	Onions	5 g
			Tomatoes	5 g
			50.1.1.7	
		Protein	Pilchards in Tomato	40 g
	Pilchard stew with rice and yellow	Starch	Rice	50 g
Friday	vegetable in season	Vegetable/Fruit	Yellow Vegetables in Season	60 g
			Cooking Oil	5 ml
		Seasoning		

lodised Salt	1 g
Onions	5 g
Tomatoes	5 g

MPUMALANGA (MS) 2021/2022, PROVINCIAL MENU, 2 - SECONDARY



		Protein	Approved Soya Mince	50 g
		Starch	Rice	80 g
Monday	Soya mince with rice and yellow	Vegetable/Fruit	Yellow Vegetables in Season	80 g
,	vegetable in season		Cooking Oil	5 ml
		Seasoning	lodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g
		Protein	Pilchards in Tomato	60 g
	Pilchard stew with pap and green	Starch	Maize Meal (Fortified)	90 g
Tuesday	vegetable in season	Vegetable/Fruit	Green Vegetables in Season	80 g
			Cooking Oil	5 ml
		Seasoning	lodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g
		Protein	Milk (UHT)	250 ml
Wednesday	Long life milk with maize meal and fruit	Starch	Maize Meal (Fortified)	90 g
ounoouu,	in season ——	Vegetable/Fruit	Fruit In Season 1 each	-
		Seasoning	lodised Salt	1 g
		Protein	Sugar Beans	50 g
		Starch	Samp	90 g
Thursday	Sugar beans with samp and green vegetable in season	Vegetable/Fruit	Green Vegetables in Season	80 g
	Togotable in Coacon		Cooking Oil	5 ml
		Seasoning	lodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g
		Protein	Pilchards in Tomato	60 g
		Starch	Rice	80 g
	Pilchard stew with rice and yellow			-
Friday	vegetable	Vegetable/Fruit	Yellow Vegetables in Season	80 g
			Cooking Oil	5 ml
		Seasoning		

lodised Salt	1 g
Onions	5 g
Tomatoes	5 g

NORTHERN CAPE (MS) 2021/2022, PROVINCIAL MENU, 1 - PRIMARY



	Protein	Pilchards in Tomato	45 g
	Starch	Rice	45 g
Pilchards stew with rice and green	Vegetable/Fruit	Green Vegetables in Season	60 g
vegetable in season		Cooking Oil	2 ml
	Seasoning	Onions	5 g
		Green Pepper	5 g
		lodised Salt	1 g
	D	A 10 M	
_	Protein		30 g
	Starch		45 g
starch: maize meal OR maize rice is			45 g
served	Vegetable/Fruit		60 g
			60 g
		Cooking Oil	2 ml
	Seasoning	Seasoning Green Pepper	5 g
		Curry powder	1 g
		Onions	5 g
		Sugar Reans	35 g
	Protein		35 g
samp will be served with sugar beans			40 g
OR rice will be served with lentils.	Starch	·	45 g
	Vegetable/Fruit		60 g
	-		1 g
	Seasoning		
	Protein	Milk (UHT)	200 ml
Meal 1 - 4	Starch	Maize Meal (Fortified)	45 g
	Vegetable/Fruit	Fruit In Season	1 each
	Seasoning	lodised Salt	1 g
	Protein	Approved Sova Mince	30 g
			40 g
		· sata (aoa.o / opago)	٠٠ ع
	starch: maize meal OR maize rice is served samp will be served with sugar beans OR rice will be served with lentils.	Pilchards stew with rice and green vegetable in season Seasoning Protein Starch Vegetable/Fruit Starch Vegetable/Fruit Protein Starch Vegetable/Fruit Seasoning Protein Starch Vegetable/Fruit Seasoning Protein Starch Vegetable/Fruit Seasoning Protein Starch Vegetable/Fruit Seasoning	Starch Rice

	Cooking Oil	2 ml
Seasoning	Breyani mix	5 g
	lodised Salt	1 g
	Onions	5 g

NORTHERN CAPE (MS) 2021/2022, PROVINCIAL MENU, 2 - SECONDARY



		Protein	Pilchards in Tomato	65 g
		Starch	Rice	65 g
Monday	Meal 1 - 1	Vegetable/Fruit	Green Vegetables in Season	80 g
,			Cooking Oil	5 ml
		Seasoning	Green Pepper	7 g
		-	Onions	7 g
			Iodised Salt	2 g
	1			
		Protein	Approved Soya Mince	40 g
		Starch	Maize Meal (Fortified)	65 g
Tuesday	starch: either maize meal OR maize rice will		Maize Rice	65 g
racsaay	served.	Vegetable/Fruit	Yellow Vegetables in Season	80 g
			Cooking Oil	5 ml
		Seasoning	Green Pepper	7 g
			Onions	7 g
			lodised Salt	2 g
			Curay Pagna	40 ~
		Protein	Sugar Beans Lentils	40 g
	sugar beans will be served with samp OR		Samp	45 g
Wednesday	lentils will be served with rice.	Starch	Rice	60 g 65 g
		Vogotoblo/Envit	Green Vegetables in Season	-
		Vegetable/Fruit Green Vegetables in Season Iodised Salt	80 g	
		Seasoning	Curry powder	2 g 5 g
			Curry powder	5 g
		Post de la	Milk (UHT)	250 ml
	either UHT Milk OR pasteurized Amasi will	Protein	Pasteurised Amasi	250 ml
Thursday	be used.	Starch	Maize Meal (Fortified)	65 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	Iodised Salt	2 g
		Protein	Approved Soya Mince	40 g
		Starch	Pasta (Macaroni / Spaghetti)	60 g
Friday	Meal 1 - 5	Vegetable/Fruit	Yellow Vegetables in Season	80 g
riiday	iviedi 1 - 5		Breyani mix	5 g
		Seasoning	Cooking Oil	5 ml
		Codooning	Green Pepper	7 g
			Onions	7 g
			lodised Salt	2 g

NORTH WEST (MS) 2021/2022, PROVINCIAL MENU, 1 - PRIMARY



		Protein	Approved Soya Mince	30 g
		Starch	Maize Meal (Fortified)	45 g
	Maize rice OR Maize meal with soya		Maize Rice Yellow Vegetables in Season Cooking Oil Green Pepper Onions Carrots Iodised Salt Pilchards in Tomato Maize Meal (Fortified) Rice Green Vegetables in Season Cooking Oil Onions Tomatoes Iodised Salt Lentils Split Peas Pasta (Macaroni / Spaghetti) Rice Yellow Vegetables in Season Cooking Oil Onions Green Pepper Iodised Salt	45 g
Monday	mince and yellow vegetable in season	Vegetable/Fruit	Yellow Vegetables in Season	60 g
			Cooking Oil	2 ml
		Seasoning	Green Pepper	1 g
		Seasoning	Onions	5 g
			Carrots	1 g
			lodised Salt	1 g
		Protein		50 g
		Starch		45 g
Tuesday	Maize meal OR rice with pilchard stew		Rice	45 g
rubbuuy	and green vegetable in season	Vegetable/Fruit	Green Vegetables in Season	60 g
			Cooking Oil	2 ml
		Seasoning	Onions	5 g
			Tomatoes	3 g
			lodised Salt	1 g
			1	
		Protein		30 g
			Maize Rice Yellow Vegetables in Season Cooking Oil Green Pepper Onions Carrots Iodised Salt Pilchards in Tomato Maize Meal (Fortified) Rice Green Vegetables in Season Cooking Oil Onions Tomatoes Iodised Salt Lentils Split Peas Pasta (Macaroni / Spaghetti) Rice Yellow Vegetables in Season Cooking Oil Onions Green Pepper	30 g
Wednesday	Pasta OR rice with lentils and yellow	Starch		40 g
wednesday	vegetable in season		Cooking Oil Green Pepper Onions Carrots Iodised Salt Pilchards in Tomato Maize Meal (Fortified) Rice Green Vegetables in Season Cooking Oil Onions Tomatoes Iodised Salt Lentils Split Peas Pasta (Macaroni / Spaghetti) Rice Yellow Vegetables in Season Cooking Oil Onions Rice Yellow Vegetables in Season Cooking Oil Onions Green Pepper Iodised Salt	45 g
		Vegetable/Fruit		60 g
				2 ml
		Seasoning	Onions	5 g
			Green Pepper	3 g
			lodised Salt	1 g
		Protein	Sugar Poons	30 g
Thursday	Sugar beans and samp with green	Starch		45 g
,	vegetables in season	Vegetable/Fruit		60 g
		Seasoning		2 ml
		Coasoning	Onions	5 g

			lodised Salt	1 g
		Protein	Milk (UHT)	200 ml
Friday	Maize meal OR Mabele with UHT Milk and fruit in season	Starch	Mabele	45 g
			Maize Meal (Fortified)	45 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	lodised Salt	1 g

NORTH WEST (MS) 2021/2022, PROVINCIAL MENU, 2 - SECONDARY



Monday	Maize rice OR Maize meal with soya mince and yellow vegetable in season	Protein	Approved Soya Mince	40 g
		Starch	Maize Meal (Fortified)	65 g
			Maize Rice	65 g
		Vegetable/Fruit	Yellow Vegetables in Season	80 g
		Seasoning	Cooking Oil	2 ml
			Green Pepper	1 g
			Onions	5 g
			Carrots	1 g
			lodised Salt	1 g
		Protein	Pilchards in Tomato	70 g
		Starch	Maize Meal (Fortified)	65 g
Tuesday	Maize meal OR rice with pilchard stew		Rice	65 g
Lucouly	and green vegetable in season	Vegetable/Fruit	Green Vegetables in Season	80 g
			Cooking Oil	2 ml
		Seasoning	Onions	5 g
			Tomatoes	3 g
			lodised Salt	1 g
			1 11	40
	Pasta OR rice with lentils and yellow vegetable in season	Protein	Lentils	40 g
			Split Peas	40 g
Wednesday		Starch	Pasta (Macaroni / Spaghetti)	50 g
wednesday			Rice	65 g
		Vegetable/Fruit	Yellow Vegetables in Season	80 g
		Seasoning	Cooking Oil	2 ml
			Onions	5 g
			Green Pepper	3 g
			lodised Salt	1 g
		Protein	Currey Poons	40 ~
Thursday	Sugar beans and samp with green vegetables in season		Sugar Beans	40 g
		Starch	Samp	65 g
···aroday		Vegetable/Fruit	Green Vegetables in Season	80 g
		Seasoning	Cooking Oil	2 ml
			Onions	5 g

			lodised Salt	1 g
		Protein	Milk (UHT)	250 ml
Friday	Maize meal OR Mabele with UHT Milk and fruit in season	Starch	Mabele	60 g
			Maize Meal (Fortified)	60 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	lodised Salt	1 g

WESTERN CAPE (MS) 2021/2022, PROVINCIAL MENU, 1 - PRIMARY



		Breakfast	Fortified Maize meal	10 g
Monday		Protein	Lentils	10 g
	Meal 1 - 1: Pilchards breyani with rice and butternut		Pilchards in Tomato	40 g
	and butternut	Starch	Rice	40 g
		Vegetable/Fruit	Butternut	60 g
		Seasoning	Breyani mix	2.5 g
		Couconing	lodised Salt	1 g
		Breakfast	Fortified Maize meal	10 g
	Meal 1 - 2: Sugar beans with samp	Protein	Sugar Beans	30 g
Tuesday	served with fruit	Starch	Samp	40 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	Cooking Oil	2 ml
			lodised Salt	1 g
		Breakfast	Fortified Maize meal	10 g
	Meal 1 - 3: Soya mince with rice and	Protein	Approved Soya Mince	30 g
Wednesday	cabbage		Milk (UHT)	200 ml
		Starch	Rice	40 g
		Vegetable/Fruit	Cabbage	60 g
		Seasoning	lodised Salt	1 g
		Breakfast	Fortified Maize meal	10 g
	_	Protein	Canned chicken livers	40 g
Thursday	Meal 1 - 4: Chicken livers with rice and	Starch	Rice	-
marsaay	carrots			40 g
		Vegetable/Fruit	Carrots	60 g
		Seasoning	lodised Salt	1 g
			Onions	4 g
		Breakfast	Fortified Maize meal	10 g
Friday		Protein	Approved Soya Mince	30 g
	Meal 1 - 5: Soya mince with samp and cabbage	Starch	Samp	40 g
	Jabbago	Vegetable/Fruit	Cabbage	60 g
		-	Cooking Oil	2 ml
		Seasoning	55519 5	_ ····

lodised Salt 1 g

WESTERN CAPE (MS) 2021/2022, PROVINCIAL MENU, 2 - SECONDARY



			Lentils	10 g
Monday		Protein	Pilchards in Tomato	60 g
	Meal 1 - 1: Pilchards breyani with rice and butternut	Starch	Rice	50 g
		Vegetable/Fruit	Butternut	80 g
		Concerne	Breyani mix	2.5 g
		Seasoning	lodised Salt	1 g
				-
		Protein	Sugar Beans	40 g
Tuesday	Meal 1 - 2: Sugar beans and samp	Starch	Samp	60 g
Tuesday	served with fruit	Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	Cooking Oil	3 ml
			lodised Salt	1 g
		Protein	Approved Soya Mince	40 g
Wednesday	Meal 1 - 3: Soya mince with rice and		Milk (UHT)	200 ml
	cabbage	Starch	Rice	50 g
		Vegetable/Fruit	Cabbage	80 g
		Seasoning	lodised Salt	1 g
		Protein	Canned chicken livers	CO =
	Meal 1 - 4: Chicken livers with rice and carrots			60 g
Thursday		Starch	Rice	50 g
		Vegetable/Fruit	Carrots	80 g
		Seasoning	lodised Salt	1 g
		Protein	Approved Soya Mince	40 g
Friday	Meal 1 - 5: Soya mince with samp and cabbage			-
		Starch	Samp	60 g
	Sassago	Vegetable/Fruit	Cabbage	80 g
		Seasoning	Cooking Oil	3 ml
		-	lodised Salt	1 g

Aproved