

EASTERN CAPE 2021/2022, PROVINCIAL MENU, SECONDARY

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

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



Monday	Chicken stew and rice with green vegetable in season	Breakfast	Instant Flavoured Maize Meal OR Sorghum Porridge		30 g
		Protein	Chicken with bones		50 g
		Starch	Rice		35 g
		Vegetable/Fruit	Green Vegetables		60 g
		Seasoning	Onions		5 g
			Tomatoes		5 g
			Cooking Oil		2 ml
Iodised Salt			1 g		

Tuesday	Mphokoqo and fruit in season	Breakfast	Instant Flavoured Maize Meal OR Sorghum Porridge		30 g
		Protein	Pasteurised Amasi		200 ml
			Milk (UHT)		200 ml
		Starch	Maize Meal (Fortified)		40 g
		Vegetable/Fruit	Fruit In Season		1 each
		Seasoning	Iodised Salt		1 g

Wednesday	Lentil Breyani with rice and carrots	Breakfast	Instant Flavoured Maize Meal OR Sorghum Porridge		30 g
		Protein	Lentils		40 g
		Starch	Rice		35 g
		Vegetable/Fruit	Carrots		60 g
		Seasoning	Onions		5 g
			Breyani mix		1 g
			Cooking Oil		2 ml
Green Pepper			5 g		

Thursday	Pilchards with pasta/rice and cabbage	Breakfast	Instant Flavoured Maize Meal OR Sorghum Porridge		30 g
		Protein	Pilchards in Tomato	400 g	40 g
				425 g	40 g
		Starch	Pasta (Macaroni / Spaghetti)		35 g
			Rice		35 g
		Vegetable/Fruit	Cabbage		60 g
		Seasoning	Cooking Oil		2 ml
			Spice/stock/curry		1 g
			Onions		5 g
Iodised Salt			1 g		

Friday	Sugar beans with samp/rice and butternut	Breakfast	Instant Flavoured Maize Meal OR Sorghum Porridge		30 g
		Protein	Sugar Beans		30 g
		Starch	Samp		40 g
			Rice		35 g
		Vegetable/Fruit	Butternut		60 g
		Seasoning	Cooking Oil		2 ml
			Green Pepper		5 g
			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

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

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

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

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



Monday	Chicken stew and rice with green vegetable in season	Breakfast	Instant Flavoured Maize Meal OR Sorghum Porridge		30 g
		Protein	Chicken with bones		50 g
		Starch	Rice		35 g
		Vegetable/Fruit	Green Vegetables		60 g
		Seasoning	Onions		5 g
			Tomatoes		5 g
			Cooking Oil		2 ml
Iodised Salt			1 g		

Tuesday	Mphokoqo and fruit in season	Breakfast	Instant Flavoured Maize Meal OR Sorghum Porridge		30 g
		Protein	Pasteurised Amasi		200 ml
			Milk (UHT)		200 ml
		Starch	Maize Meal (Fortified)		40 g
		Vegetable/Fruit	Fruit In Season		1 each
		Seasoning	Iodised Salt		1 g

Wednesday	Lentil Breyani with rice and carrots	Breakfast	Instant Flavoured Maize Meal OR Sorghum Porridge		30 g
		Protein	Lentils		40 g
		Starch	Rice		35 g
		Vegetable/Fruit	Carrots		60 g
		Seasoning	Onions		5 g
			Breyani mix		1 g
			Cooking Oil		2 ml
Green Pepper			5 g		

Thursday	Pilchards with pasta/rice and cabbage	Breakfast	Instant Flavoured Maize Meal OR Sorghum Porridge		30 g
		Protein	Pilchards in Tomato	400 g	40 g
				425 g	40 g
		Starch	Pasta (Macaroni / Spaghetti)		35 g
			Rice		35 g
		Vegetable/Fruit	Cabbage		60 g
		Seasoning	Cooking Oil		2 ml
			Spice/stock/curry		1 g
			Onions		5 g
Iodised Salt			1 g		

Friday	Sugar beans with samp/rice and butternut	Breakfast	Instant Flavoured Maize Meal OR Sorghum Porridge		30 g
		Protein	Sugar Beans		30 g
		Starch	Samp		40 g
			Rice		35 g
		Vegetable/Fruit	Butternut		60 g
		Seasoning	Cooking Oil		2 ml
			Green Pepper		5 g
			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



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

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

UHT Milk must be served
Amasi must be pasturised

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



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

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

UHT Milk must be served
Amasi must be pasturised

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

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

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

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

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

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

			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

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

			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

Monday	Soya mince with rice and yellow vegetable in season	Protein	Approved Soya Mince	30 g
		Starch	Rice	50 g
		Vegetable/Fruit	Yellow Vegetables in Season	60 g
		Seasoning	Iodised Salt	1 g
			Onions	5 g
Tomatoes	5 g			
		Cooking Oil	5 ml	
Tuesday	Pilchard stew with pap and green vegetable in season	Protein	Pilchards in Tomato	40 g
		Starch	Maize Meal (Fortified)	60 g
		Vegetable/Fruit	Green Vegetables in Season	60 g
		Seasoning	Cooking Oil	5 ml
			Iodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g
Wednesday	Long life milk with maize meal and fruit in season	Protein	Milk (UHT)	200 ml
		Starch	Maize Meal (Fortified)	60 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	Iodised Salt	1 g
Thursday	Sugar beans with samp and green vegetable in season	Protein	Sugar Beans	30 g
		Starch	Samp	60 g
		Vegetable/Fruit	Green Vegetables in Season	60 g
		Seasoning	Cooking Oil	5 ml
			Iodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g
Friday	Pilchard stew with rice and yellow vegetable in season	Protein	Pilchards in Tomato	40 g
		Starch	Rice	50 g
		Vegetable/Fruit	Yellow Vegetables in Season	60 g
		Seasoning	Cooking Oil	5 ml

			Iodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g

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

Monday	Soya mince with rice and yellow vegetable in season	Protein	Approved Soya Mince	50 g
		Starch	Rice	80 g
		Vegetable/Fruit	Yellow Vegetables in Season	80 g
		Seasoning	Cooking Oil	5 ml
			Iodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g

Tuesday	Pilchard stew with pap and green vegetable in season	Protein	Pilchards in Tomato	60 g
		Starch	Maize Meal (Fortified)	90 g
		Vegetable/Fruit	Green Vegetables in Season	80 g
		Seasoning	Cooking Oil	5 ml
			Iodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g

Wednesday	Long life milk with maize meal and fruit in season	Protein	Milk (UHT)	250 ml
		Starch	Maize Meal (Fortified)	90 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	Iodised Salt	1 g

Thursday	Sugar beans with samp and green vegetable in season	Protein	Sugar Beans	50 g
		Starch	Samp	90 g
		Vegetable/Fruit	Green Vegetables in Season	80 g
		Seasoning	Cooking Oil	5 ml
			Iodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g

Friday	Pilchard stew with rice and yellow vegetable	Protein	Pilchards in Tomato	60 g
		Starch	Rice	80 g
		Vegetable/Fruit	Yellow Vegetables in Season	80 g
		Seasoning	Cooking Oil	5 ml

			Iodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g

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



Monday	Pilchards stew with rice and green vegetable in season	Protein	Pilchards in Tomato	45 g
		Starch	Rice	45 g
		Vegetable/Fruit	Green Vegetables in Season	60 g
		Seasoning	Cooking Oil	2 ml
			Onions	5 g
			Green Pepper	5 g
			Iodised Salt	1 g
Tuesday	starch: maize meal OR maize rice is served	Protein	Approved Soya Mince	30 g
		Starch	Maize Meal (Fortified)	45 g
			Maize Rice	45 g
		Vegetable/Fruit	Yellow Vegetables in Season	60 g
			Green Vegetables in Season	60 g
		Seasoning	Cooking Oil	2 ml
			Green Pepper	5 g
			Curry powder	1 g
			Onions	5 g
Wednesday	somp will be served with sugar beans OR rice will be served with lentils.	Protein	Sugar Beans	35 g
			Lentils	35 g
		Starch	Somp	40 g
			Rice	45 g
		Vegetable/Fruit	Green Vegetables in Season	60 g
		Seasoning	Curry powder	1 g
			Iodised Salt	1 g
Thursday	Meal 1 - 4	Protein	Milk (UHT)	200 ml
		Starch	Maize Meal (Fortified)	45 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	Iodised Salt	1 g
Friday	Meal 1 - 5	Protein	Approved Soya Mince	30 g
		Starch	Pasta (Macaroni / Spaghetti)	40 g
		Vegetable/Fruit	Yellow Vegetables in Season	60 g

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

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



Monday	Meal 1 - 1	Protein	Pilchards in Tomato	65 g
		Starch	Rice	65 g
		Vegetable/Fruit	Green Vegetables in Season	80 g
		Seasoning	Cooking Oil	5 ml
			Green Pepper	7 g
			Onions	7 g
			Iodised Salt	2 g

Tuesday	starch: either maize meal OR maize rice will served.	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	5 ml
			Green Pepper	7 g
			Onions	7 g
Iodised Salt	2 g			

Wednesday	sugar beans will be served with samp OR lentils will be served with rice.	Protein	Sugar Beans	40 g
			Lentils	45 g
		Starch	Samp	60 g
			Rice	65 g
		Vegetable/Fruit	Green Vegetables in Season	80 g
		Seasoning	Iodised Salt	2 g
Curry powder	5 g			

Thursday	either UHT Milk OR pasteurized Amasi will be used.	Protein	Milk (UHT)	250 ml
			Pasteurised Amasi	250 ml
		Starch	Maize Meal (Fortified)	65 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	Iodised Salt	2 g

Friday	Meal 1 - 5	Protein	Approved Soya Mince	40 g
		Starch	Pasta (Macaroni / Spaghetti)	60 g
		Vegetable/Fruit	Yellow Vegetables in Season	80 g
		Seasoning	Breyani mix	5 g
			Cooking Oil	5 ml
			Green Pepper	7 g
			Onions	7 g
Iodised Salt	2 g			

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

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

			Iodised Salt	1 g
Friday	Maize meal OR Mabele with UHT Milk and fruit in season	Protein	Milk (UHT)	200 ml
		Starch	Mabele	45 g
			Maize Meal (Fortified)	45 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	Iodised 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
			Iodised Salt	1 g
Tuesday	Maize meal OR rice with pilchard stew and green vegetable in season	Protein	Pilchards in Tomato	70 g
		Starch	Maize Meal (Fortified)	65 g
			Rice	65 g
		Vegetable/Fruit	Green Vegetables in Season	80 g
		Seasoning	Cooking Oil	2 ml
			Onions	5 g
			Tomatoes	3 g
			Iodised Salt	1 g
Wednesday	Pasta OR rice with lentils and yellow vegetable in season	Protein	Lentils	40 g
			Split Peas	40 g
		Starch	Pasta (Macaroni / Spaghetti)	50 g
			Rice	65 g
		Vegetable/Fruit	Yellow Vegetables in Season	80 g
		Seasoning	Cooking Oil	2 ml
			Onions	5 g
			Green Pepper	3 g
			Iodised Salt	1 g
Thursday	Sugar beans and samp with green vegetables in season	Protein	Sugar Beans	40 g
		Starch	Samp	65 g
		Vegetable/Fruit	Green Vegetables in Season	80 g
		Seasoning	Cooking Oil	2 ml
			Onions	5 g

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

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

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

			Iodised Salt	1 g
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WESTERN CAPE (MS) 2021/2022, PROVINCIAL MENU, 2 - SECONDARY

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

Aproved