

# EASTERN CAPE 2021/2022, PROVINCIAL MENU, SECONDARY



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

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



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



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

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



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

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



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

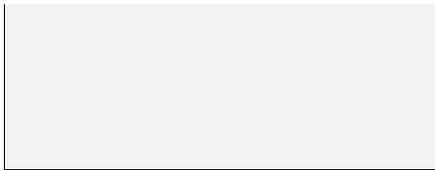
Schools are encouraged to alternate the flavours of the instant porridge across the days of the week

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



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



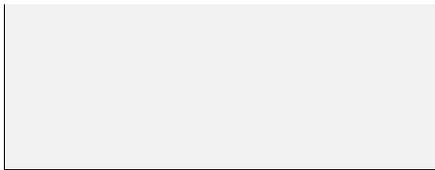
<b>Vegetable/Fruit</b>	Green Vegetables in Season	60 g
<b>Seasoning</b>	Cooking Oil	2 ml
	Onions	5 g
	Iodised Salt	1 g

UHT Milk must be served  
Amasi must be pasturised

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



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



<b>Vegetable/Fruit</b>	Green Vegetables in Season	80 g
<b>Seasoning</b>	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



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



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



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



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

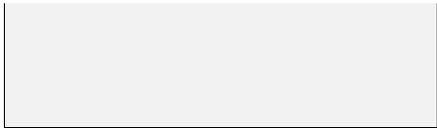
		Onions	5 g
		Carrots	3 g
		Sugar	1 g

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



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

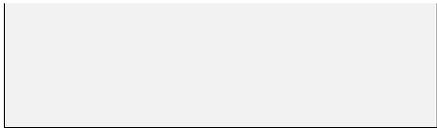


Iodised Salt	1 g
Onions	5 g
Tomatoes	5 g

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



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

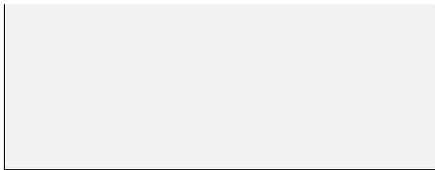


Iodised Salt	1 g
Onions	5 g
Tomatoes	5 g

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



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



<b>Seasoning</b>	Cooking Oil	2 ml
	Breyani mix	5 g
	Iodised Salt	1 g
	Onions	5 g

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



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



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

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

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



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

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

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



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



Iodised Salt

1 g

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



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

Approved