

GAUTENG PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Soya Mince Stew	35g
	Starch	Maize Pap	40g
	Vegetable/fruit	Pumpkin/Butternut	50g
2 Tuesday	LUNCH		
	Protein	Pilchard Stew	30g
	Starch	Cooked Rice	30g
	Vegetable/fruit	Spinach/Cabbage	50g
3 Wednesday	LUNCH		
	Protein	UHT Milk	200ml
	Starch	Maize Pap	40g
	Vegetable/fruit	Whole Fruit	1 medium sized
4 Thursday	LUNCH		
	Protein	Cooked Sugar Beans	30g
	Starch	Cooked Samp	30g
	Vegetable/fruit	Cabbage/Peas/green Beans	50g
5 Friday	LUNCH		
	Protein	Soya Mince Stew	35g
	Starch	Maize Pap	40g
	Vegetable/fruit	Pumpkin/Butternut	50g



GAUTENG PROVINCE
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GAUTENG PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Soya Mince Stew	40g
	Starch	Maize Pap	50g
	Vegetable/fruit	Pumpkin/Butternut	70g
2 Tuesday	LUNCH		
	Protein	Pilchard Stew	40g
	Starch	Cooked Rice	40g
	Vegetable/fruit	Spinach/Cabbage	70g
3 Wednesday	LUNCH		
	Protein	UHT Milk	250ml
	Starch	Maize Pap	50g
	Vegetable/fruit	Whole Fruit	1 medium sized
4 Thursday	LUNCH		
	Protein	Cooked Sugar Beans	40g
	Starch	Cooked Samp	40g
	Vegetable/fruit	Cabbage/Peas/green Beans	70g
5 Friday	LUNCH		
	Protein	Soya Mince Stew	40g
	Starch	Maize Pap	50g
	Vegetable/fruit	Pumpkin/Butternut	70g



GAUTENG PROVINCE
EDUCATION
REPUBLIC OF SOUTH AFRICA



EASTERN CAPE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Chicken Stew	30g
	Starch	Maize Pap	60g
	Vegetable/fruit	Red/Yellow Vegetable in Season	60g
2 Tuesday	LUNCH		
	Protein	Cooked Beans	40g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Green Vegetable in Season	60g
3 Wednesday	LUNCH		
	Protein	Sour milk/Fresh Milk (UHT)	200ml
	Starch	Phuthu Pap	60g
	Vegetable/fruit	Whole Fruit	1 medium size
4 Thursday	LUNCH		
	Protein	Cooked Beans	40g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Green Vegetable in Season	60g
5 Friday	LUNCH		
	Protein	Pilchard Stew	30g
	Starch	Sweet Potato/Rice/Brown Bread	60g/4 slices
	Vegetable/fruit	Red/Yellow Vegetable in Season	60g

EASTERN CAPE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Chicken Stew	45g
	Starch	Maize Pap	60g
	Vegetable/fruit	Red/Yellow Vegetable in Season	90g
2 Tuesday	LUNCH		
	Protein	Cooked Beans	45g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Green Vegetable in Season	90g
3 Wednesday	LUNCH		
	Protein	Sour milk/Fresh Milk (UHT)	250ml
	Starch	Phuthu Pap	60g
	Vegetable/fruit	Whole Fruit	1 medium size
4 Thursday	LUNCH		
	Protein	Cooked Beans	45g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Green Vegetable in Season	90g
5 Friday	LUNCH		
	Protein	Pilchard Stew	45g
	Starch	Sweet Potato/Rice	60g
	Vegetable/fruit	Red/Yellow Vegetable in Season	90g

FREE STATE PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Soya Mince Stew	45g
	Starch	Maize Pap	60g
	Vegetable/fruit	Cooked Fresh Green Vegetable	70g
2 Tuesday	LUNCH		
	Protein	Cooked Beans	40g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Boiled Yellow Vegetables	70g
3 Wednesday	LUNCH		
	Protein	Pilchard Stew	40g
	Starch	Maize Pap	60g
	Vegetable/fruit	Boiled Green Vegetable	70g
4 Thursday	LUNCH		
	Protein	Split Peas/Lentils Stew	100g
	Starch	Rice/Maize Rice	60g
	Vegetable/fruit	Boiled Yellow Vegetable	70g
5 Friday	LUNCH		
	Protein	Sour Milk/Full Cream Milk	200ml
	Starch	Phuthu Pap	60g
	Vegetable/fruit	Whole Fruit	1 medium sized



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FREE STATE PROVINCE



FREE STATE PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Soya Mince Stew	60g
	Starch	Maize Pap	90g
	Vegetable/fruit	Boiled Green Vegetable	90g
2 Tuesday	LUNCH		
	Protein	Cooked Beans	40g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Boiled Yellow Vegetable	90g
3 Wednesday	LUNCH		
	Protein	Pilchard Stew	60g
	Starch	Maize Pap	90g
	Vegetable/fruit	Boiled Green Vegetable	90g
4 Thursday	LUNCH		
	Protein	Split Peas/Lentils Stew	100g
	Starch	Rice/Maize Rice	90g
	Vegetable/fruit	Boiled Yellow Vegetable	90g
5 Friday	LUNCH		
	Protein	Sour Milk/Full Cream Milk	250ml
	Starch	Phuthu Pap	90g
	Vegetable/fruit	Whole Fruit	1 medium sized



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KWAZULU NATAL PROVINCES: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Soya Mince Relish	30g
	Starch	Boiled Rice	50g
	Vegetable/fruit	Braised Cabbage	40g
2 Tuesday	LUNCH		
	Protein	Sugar Beans Stew	30g
	Starch	Phuthu	70g
	Vegetable/fruit	Cooked Carrots	40g
3 Wednesday	LUNCH		
	Protein	Pilchard Stew	40g
	Starch	Boiled Rice	50g
	Vegetable/fruit	Braised Spinach & Tomato	70g/10g
4 Thursday	LUNCH		
	Protein	Sugar Beans Stew	40g
	Starch	Cooked Samp	30g
	Vegetable/fruit	Boiled Pumpkin/Butternut	40g
5 Friday	LUNCH		
	Protein	UHT Milk	200ml
	Starch	Phuthu	50g
	Vegetable/fruit	Whole Fruit	1 medium sized



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PROVINCE OF KWAZULU-NATAL



KWAZULU NATAL PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Soya Mince Relish	45g
	Starch	Boiled Rice	60g
	Vegetable/fruit	Braised Cabbage	80g
2 Tuesday	LUNCH		
	Protein	Sugar Beans Stew	40g
	Starch	Phuthu	80g
	Vegetable/fruit	Cooked Carrots	80g
3 Wednesday	LUNCH		
	Protein	Pilchard Stew	40g
	Starch	Boiled Rice	60g
	Vegetable/fruit	Braised Spinach & Tomato	80g
4 Thursday	LUNCH		
	Protein	Sugar Beans Stew	45g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Boiled Pumpkin/Butternut	80g
5 Friday	LUNCH		
	Protein	UHT Milk	250ml
	Starch	Phuthu	60g
	Vegetable/fruit	Whole Fruit	1 medium sized



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PROVINCE OF KWAZULU-NATAL



LIMPOPO PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Stewed Beans	30g
	Starch	Maize Pap	50g
	Vegetable/fruit	Pumpkin/Butternut/Squash	60g
2 Tuesday	LUNCH		
	Protein	Pilchard Stew	40g
	Starch	Cooked Rice	60g
	Vegetable/fruit	Cabbage	60g
3 Wednesday	LUNCH		
	Protein	Stewed Beans	30g
	Starch	Cooked Samp	50g
	Vegetable/fruit	Pumpkin/Butternut/Squash	60g
4 Thursday	LUNCH		
	Protein	UHT Milk	200ml
	Starch	Maize Pap	60g
	Vegetable/fruit	Whole Fruit	1 medium sized
5 Friday	LUNCH		
	Protein	Soya Mince Stew	30g
	Starch	Cooked Samp	50g
	Vegetable/fruit	Cabbage	60g

LIMPOPO PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Stewed Beans	50g
	Starch	Maize Pap	80g
	Vegetable/fruit	Pumpkin/Butternut/Squash	70g
2 Tuesday	LUNCH		
	Protein	Pilchard Stew	55g
	Starch	Cooked Rice	80g
	Vegetable/fruit	Cabbage	70g
3 Wednesday	LUNCH		
	Protein	Stewed Beans	50g
	Starch	Cooked Samp	80g
	Vegetable/fruit	Pumpkin/Butternut/Squash	70g
4 Thursday	LUNCH		
	Protein	UHT Milk	250ml
	Starch	Maize Pap	80g
	Vegetable/fruit	Whole Fruit	1 medium sized
5 Friday	LUNCH		
	Protein	Soya Mince Stew	50g
	Starch	Cooked Samp	80g
	Vegetable/fruit	Cabbage	70g

MPUMALANGA PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Curried Soya Mince Stew	45g
	Starch	Maize Pap	60g
	Vegetable/fruit	Sliced carrots/Pumpkin/Butternut	60g
2 Tuesday	LUNCH		
	Protein	Curried Beans	40g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Braised Cabbage/Spinach/Morogo	60g
3 Wednesday	LUNCH		
	Protein	Pilchard Stew	40g
	Starch	Boiled Rice	60g
	Vegetable/fruit	Cooked Pumpkin/Butternut/Carrots	60g
4 Thursday	LUNCH		
	Protein	Split Peas Stew	45g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Steamed Green Vegetable	60g
5 Friday	LUNCH		
	Protein	Sour Milk	200ml
	Starch	Phuthu Pap	60g
	Vegetable/fruit	Whole Fruit	1 medium sized

MPUMALANGA PROVINCES: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Curried Soya Mince Stew	60g
	Starch	Maize Pap	90g
	Vegetable/fruit	Sliced Carrots/Pumpkin/Butternut	70g
2 Tuesday	LUNCH		
	Protein	Curried Beans	40g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Braised Cabbage/Spinach/Morogo	70g
3 Wednesday	LUNCH		
	Protein	Pilchard Stew	60g
	Starch	Boiled Rice	90g
	Vegetable/fruit	Cooked Pumpkin/Butternut/Carrots	70g
4 Thursday	LUNCH		
	Protein	Split Peas Stew	60g
	Starch	Cooked Samp	90g
	Vegetable/fruit	Steamed Green Vegetable	70g
5 Friday	LUNCH		
	Protein	Sour Milk	250ml
	Starch	Phuthu Pap	90g
	Vegetable/fruit	Whole Fruit	1 medium sized

NORTH WEST PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Soya Mince Stew	30g
	Starch	Boiled Rice/Maize Rice	50g
	Vegetable/fruit	Green Vegetable in Season	60g
2 Tuesday	LUNCH		
	Protein	Pilchard Stew	50g
	Starch	Maize Pap/Brown Bread	50g/2 slices
	Vegetable/fruit	Yellow Vegetable in Season	60g
3 Wednesday	LUNCH		
	Protein	Split Peas/Lentils Stew	30g
	Starch	Rice/Maize Rice	50g
	Vegetable/fruit	Green Vegetable in Season	60g
4 Thursday	LUNCH		
	Protein	Cooked Sugar Beans	50g
	Starch	Cooked Samp	30g
	Vegetable/fruit	Yellow Vegetable in Season	60g
5 Friday	LUNCH		
	Protein	UHT Milk	200ml
	Starch	Maize Pap	50g
	Vegetable/fruit	Whole Fruit	1 medium sized



Education and Sport Development

Department of Education and Sport Development
 Departement van Onderwys en Sport Ontwikkeling
 Lefapha la Thuto le Tihabololo ya Metshameko

NORTH WEST PROVINCE



NORTH WEST PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Soya Mince Stew	50g
	Starch	Boiled Rice/Maize Rice	80g
	Vegetable/fruit	Green Vegetable in Season	60g
2 Tuesday	LUNCH		
	Protein	Pilchard Stew	70g
	Starch	Maize Pap/Brown Bread	80g/4 slices
	Vegetable/fruit	Yellow Vegetable in Season	60g
3 Wednesday	LUNCH		
	Protein	Split Peas/Lentils Stew	50g
	Starch	Rice/Macaroni	80/70g
	Vegetable/fruit	Green Vegetable in Season	60g
4 Thursday	LUNCH		
	Protein	Cooked Sugar Beans	50g
	Starch	Cooked Samp	80g
	Vegetable/fruit	Yellow Vegetable in Season	60g
5 Friday	LUNCH		
	Protein	UHT Milk	250ml
	Starch	Maize Pap	80g
	Vegetable/fruit	Whole Fruit	1 medium sized



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NORTH WEST PROVINCE



NORTHERN CAPE PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Soya Mince Balls	45g
	Starch	Mashed Potatoes	100g
	Vegetable/fruit	Fresh Mixed vegetable	60g
2 Tuesday	LUNCH		
	Protein	Cooked Sugar Beans	40g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Boiled Carrots	60g
3 Wednesday	LUNCH		
	Protein	Sour Milk	200ml
	Starch	Phuthu Pap	60-75g
	Vegetable/fruit	Whole Fruit	60g
4 Thursday	LUNCH		
	Protein	Soya Mince Stew	45g
	Starch	Boiled Rice	60g
	Vegetable/fruit	Boiled Pumpkin	60g
5 Friday	LUNCH		
	Protein	Pilchard Stew	40g
	Starch	Macaroni/Spaghetti	60g
	Vegetable/fruit	Fresh Mixed Vegetable	60g



**Northern Cape
Department of Education**



NORTHERN CAPE PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	LUNCH		
	Protein	Soya Mince Balls	60g
	Starch	Mashed Potatoes	100g
	Vegetable/fruit	Fresh Mixed Vegetable	70g
2 Tuesday	LUNCH		
	Protein	Cooked Sugar Beans	40g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Boiled Carrots	70g
3 Wednesday	LUNCH		
	Protein	Sour Milk	250ml
	Starch	Phuthu Pap	90g
	Vegetable/fruit	Whole Fruit	1 whole fruit
4 Thursday	LUNCH		
	Protein	Soya Mince Stew	60g
	Starch	Boiled Rice	90g
	Vegetable/fruit	Boiled Pumpkin	70g
5 Friday	LUNCH		
	Protein	Pilchard Stew	60g
	Starch	Macaroni/Spaghetti	90g
	Vegetable/fruit	Fresh Mixed Vegetable	70g



**Northern Cape
Department of Education**



WESTERN CAPE PROVINCE: PRIMARY SCHOOLS MENU

DAY	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	BREAKFAST		
	Cereal	Cooked Maize Porridge	30g
	LUNCH		
	Protein	Pilchard and Lentil Stew	60 & 20g
	Starch	Cooked Rice	30g
	Vegetable/fruit	Cooked Butternut	40g
2 Tuesday	BREAKFAST		
	Cereal	Cooked Mabele Porridge	30g
	LUNCH		
	Protein	Sugar Bean Stew	20g
	Starch	Cooked Samp	40g
	Vegetable	Whole Fruit	1 medium sized
3 Wednesday	BREAKFAST		
	Cereal	Cooked Maize Porridge	30g
	LUNCH		
	Protein	Soya Mince Curry	20g
	Starch	Cooked Rice	30g
	Vegetable/fruit	Cooked Carrots	40g
4 Thursday	BREAKFAST		
	Cereal	Cooked Mabele Porridge	30g
	LUNCH		
	Protein	Pilchard Stew	60g
	Starch	Cooked Samp	40g
	Vegetable/fruit	Cooked Cabbage	40g
5 Friday	BREAKFAST		
	Cereal	Cooked Maize Porridge	30g
	LUNCH		
	Protein	Soya Mince Curry	20g
	Starch	Cooked Rice	30g
	Vegetable/Fruit	Cooked Carrots	40g

NOTE: Milk is served once per week/an additional fruit is served once per week

WESTERN CAPE PROVINCE: SECONDARY SCHOOLS MENU

DAY	MEAL PLAN	MENU (FOOD ITEM)	DRY PORTION SIZE
1 Monday	BREAKFAST		
	Cereal	Cooked Maize Porridge	30g
	LUNCH		
	Protein	Pilchard and Lentil Stew	90 & 30g
	Starch	Cooked Rice	50g
	Vegetable/fruit	Cooked Butternut	80g
2 Tuesday	BREAKFAST		
	Cereal	Cooked Mabele Porridge	30g
	LUNCH		
	Protein	Sugar Bean Stew	30g
	Starch	Cooked Samp	60g
	Vegetable	Whole Fruit	1 medium sized
3 Wednesday	BREAKFAST		
	Cereal	Cooked Maize Porridge	30g
	LUNCH		
	Protein	Soya Mince Curry	40g
	Starch	Cooked Rice	50g
	Vegetable/fruit	Cooked Carrots	80g
4 Thursday	BREAKFAST		
	Cereal	Cooked Mabele Porridge	30g
	LUNCH		
	Protein	Pilchard Stew	90g
	Starch	Cooked Samp	50g
	Vegetable/fruit	Cooked Cabbage	80g
5 Friday	BREAKFAST		
	Cereal	Cooked Maize Porridge	30g
	LUNCH		
	Protein	Soya Mince Curry	40g
	Starch	Cooked Rice	60g
	Vegetable/Fruit	Cooked Carrots	80g

