

# TUKSRES

## Standard lunch menu

*Legae – Real home*



UNIVERSITEIT VAN PRETORIA  
UNIVERSITY OF PRETORIA  
YUNIBESITHI YA PRETORIA

Department of Residence  
Affairs and Accommodation

Departement Koshuissake en Akkommodasie  
Kgoro ya Merero ya Bodulo le Madulo

Make today matter

BBQ Chicken leg  
Savoury brown rice or rice  
Roasted onion gravy  
Glazed butternut or  
Greek salad  
Salad dressing

Chicken stir-fry  
Spaghetti  
Parsley rice  
Roasted onion gravy  
Sweet chilli sauce  
Stir-fry veg or  
Tomato wedges & lettuce

Chicken potjie  
Pap or rice  
Cabbage with potato and onion or  
Chakalaka salad

Fish basket  
Rice or Savoury rice  
Seafood sauce  
Sweet Julienne carrots or  
Coleslaw

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Make today matter

Oven baked pork chops  
Savoury brown rice or rice  
Roasted onion gravy  
Glazed butternut or  
Greek salad  
Salad dressing

Beef stir-fry  
Spaghetti or parsley rice  
Roasted onion gravy or  
Sweet chilli sauce  
Stir-fry veg or  
Tomato wedges & lettuce

Curry mince  
Pap or rice  
Cabbage with potato and onion or  
Chakalaka salad

Boereworsbredie  
Samp or pap  
Roasted onion gravy or  
Sheba  
Roast vegetables or  
Sinah's simple salad  
Salad dressing



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## Vegetarian lunch menu

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Make today matter

Baby veg bowl  
Savoury brown rice or rice  
Roasted onion gravy  
Glazed butternut or  
Greek salad  
Salad dressing

Vegetarian sausage bredie  
Pap or Rice  
Cabbage with potato and onion or  
Chakalaka salad

Giant cheese & corn samosas  
Samp or pap  
Roasted onion gravy or sheba  
Roast vegetables or  
Sinah's simple salad  
Salad dressing

Macaroni & cheese  
Mini bread roll  
Margarine portion  
Chunky mix veg or  
Mediterranean chickpea salad  
Salad dressing

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## TuksRes supper menu

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Make today matter

Boerewors  
Pap or rice  
Sheba or  
Roasted onion gravy  
Peas or  
French salad  
Salad dressing

Pan-fried pork chop  
Rice  
Roasted onion gravy  
Roasted Butternut or  
Mixed salad  
Salad dressing

Braised steak  
Pasta or rice  
Roasted onion gravy  
Broccoli with white sauce or  
Beetroot salad

Beef lasagne  
Mini bread roll  
Margarine portion  
Chunky mix veg or  
Mediterranean chickpea salad  
Salad dressing



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Make today matter

Chakalaka chicken leg  
Rice or pap  
Savoury gravy  
Spinach with tomato & onion or  
Corn salad

Lemon & Rosemary  
Chicken fillet  
Rice  
Roasted onion gravy  
Glazed julienne carrots or  
Tomato wedges and  
Lettuce

Sweet sticky wings  
Parsley baby potatoes or rice  
Monkey gland sauce  
Pumpkin fritters with cinnamon sugar or  
Coleslaw

Battered hake  
Spicy potato wedges or rice  
Seafood sauce  
Mixed vegetables or  
Coleslaw

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Vegetarian schnitzel  
Spicy potato wedges or rice  
Roasted onion gravy  
Mixed vegetables or  
Coleslaw

Veggie bites  
Pap or rice  
Sheba  
Roasted onion gravy  
Peas or  
French salad  
Salad dressing

Macaroni & cheese  
Mini bread roll  
Margarine portion  
Chunky mix veg or  
Mediterranean chickpea salad  
Salad dressing

Pasta Alfredo with spinach  
Mini bread roll  
Margarine portion  
Roasted Butternut or  
Mixed salad  
Salad dressing