



COMBO MENU

MONASTERY HALL SUMMER 2025

	DAY 1	DAY 2	DAY 3	DAY 4
VEGETARIAN				
1	Pasta Alfredo with cheese & mush	Green bean & Mushroom Risotto	Pasta Alfredo with spinach and cheese	Vegetable Curry
2	Corn & Cheese Samosa	Veggie bites	Spring rolls	Vegetarian schnitzel
STARCHES				
1. Chips	Chips	Chips	Chips	Chips
2. Pap	Pap	Pap	Pap	Pap
3. Rice (Plain, Yellow, Parsley, Savoury)	Rice	Savoury Rice	Rice	Parsley Rice
4. Potatoes	Potato & onion Mix (Diced)	Mashed Potatoes	Mayonnaise Potatoes (Slices)	Spicy Potato Wedges (¼ Cut)
5. Pasta (Samp, Sarp & Beans, Maize Rice, Spaghetti, Macaroni, Screws, Penne)	Macaroni	Sarp	Spaghetti	Maize Rice
GRAVY				
1. Tomato & Onion	Tomato & Onion	Tomato & Onion	Tomato & Onion	Tomato & Onion
2.	Chicken Gravy	Creamy Mushroom sauce	Pepper Sauce	Chicken Gravy
VEGETABLES				
1. Fresh	Chunky Mix Fresh	Roasted Vegetables	Stir fry Vegetables	Cabbage & Carrot Stirfry
2. Fresh	Glazed Butternut	Steamed Carrots	Green bean casserole	Fresh mixed veg & lemon
3. Frozen	Creamed Spinach	Broc & Caul & Cheese sauce	Sweet baby carrots	Spinach with Pot & Onion
SALADS				
1.	Coleslaw (HM)	Beetroot VW	French Salad	Potato Salad VW



COMBO MENU

MONASTERY HALL SUMMER 2025

	DAY 1	DAY 2	DAY 3	DAY 4
CHICKEN				
1. Bone	Oven bake Chic Leg	Peri-peri Chic leg	Mush Chicken leg	Oven bake Chic Thigh
2. Without Bone	Rosemary Chic fillet	Chicken tiser Schnitzel	Chic a la King	Spicy creamy chic fillet
BEEF				
1. Bone	Roasted Club Steak			Roasted Club Steak
2. Without Bone	Greek beef stew	Beef Stir fry	Bolognaise Mince	Beef Lasagne
PORK				
1. Bone		Marinated Pork Chop	Mustard pork chop	
2. Without Bone				
SAUSAGES				
1. Sausages	Pork Bangers	Chicken Frankfurters	Russians	Boerewors
TRADITIONAL SPECIAL				
1.	Chicken Strips	Battered Hake	Chicken livers	Chic tiser Buffalo Wings



COMBO MENU

MONASTERY HALL SUMMER 2025

	DAY 5	DAY 6	DAY 7	DAY 8
VEGETARIAN				
1.	Spinach Lasagne	Vegetarian Chow Mein	Macaroni & Cheese	Vegetarian cottage pie
2.	Veggie bites	Vegetarian burger patty	Cheddarmelt Vegetable Schnitzel	Corn & Cheese Samoosa
STARCHES				
1. Chips	Chips	Chips	Chips	Chips
2. Pap	Pap	Pap	Pap	Pap
3. Rice (Plain, Yellow, Parsley, Savoury)	Rice	Yellow Rice	Rice	Savoury Rice
4. Potatoes	Mashed Potatoes	Sauté Potatoes (Slices)	Mustard Potatoes (Diced)	Mashed Potatoes
5. Pasta (Samp, Samp & Beans, Maize Rice, Spaghetti, Macaroni, Screws, Penne)	Creamy Pasta	Screws	Samp & Beans	Penne
GRAVY				
1. Tomato & Onion	Tomato & Onion	Tomato & Onion	Tomato & Onion	Tomato & Onion
2.	Creamy Mushroom sauce	Monkey Gland Sauce	Chicken Gravy	Creamy Mushroom sauce
VEGETABLES				
1. Fresh	Roasted Butternut	Pumpkin Medley	Fresh Mixed Veg & Lemon	Sauté Green beans
2. Fresh	Mediterranean mix	Hawaiian Stirfry	Roasted butternut with Feta	Roasted Root Veg Medley
3. Frozen	Cut corn and peas	Grilled Broccoli	Creamed Spinach	Glazed Julienne carrots
SALADS				
1.	Coleslaw (HM)	Beetroot VW	Greek Salad	Potato Salad VW



COMBO MENU

MONASTERY HALL SUMMER 2025

	DAY 5	DAY 6	DAY 7	DAY 8
CHICKEN				
1. Bone	Lemon & Herb Chic leg	Spicy Curry Chic leg Supr	Oven bake Chic Leg	Marinated Chicken leg
2. Without Bone	Chic Chili Con Carne	Chicken tiser Schnitzel	Creamy tomato chic filet	Oriental Chicken Stew
BEEF				
1. Bone			Roasted Club Steak	Roasted Club Steak
2. Without Bone	Hungarian Stew	Braised steak	Curry Mince	Cheddamelt beef schnitzel
PORK				
1. Bone	Grilled pork chop		BBQ Pork chop	
2. Without Bone		Alfredo Sauce with Bacon & mushroom		Marinated pork neck steak
SAUSAGES				
1. Sausages	Frankfurters	Chic & Cheese Russians	Cheese grillers	"Wors" bredie
TRADITIONAL SPECIAL				
1.	Chicken Strips	Per-peri chic wings	Curry Mince & Rice or Chutney & Banana	Chic tiser Buffalo Wings



COMBO MENU

MONASTERY HALL SUMMER 2025

	DAY 9	DAY 10	DAY 11	DAY 12
VEGETARIAN				
1.	Spinach & Feta Quiche	Tortilla with roast veg & cheese sauce	Pasta alfredo with spinach & cheese	Corn & Cheese Quiche
2.	Spring rolls	Veggie bites	Vegetarian schnitzel	Cheddarmelt Vegetable Schnitzel
STARCHES				
1. Chips	Chips	Chips	Chips	Chips
2. Pap	Pap	Pap	Pap	Pap
3. Rice (Plain, Yellow, Parsley, Savoury)	Rice	Parsley Rice	Rice	Yellow Rice
4. Potatoes	Parsley Baby Potatoes (Baby)	Fried 1/2 Cut Potatoes (1/2 Cut)	Mashed Potatoes	Potato Bake with Cheese sauce (Sliced)
5. Pasta (Samp, Somp & Beans, Maize Rice, Spaghetti, Macaroni, Screws, Penne)	Macaroni	Somp	Spaghetti	Maize Rice
GRAVY				
1. Tomato & Onion	Tomato & Onion	Tomato & Onion	Tomato & Onion	Tomato & Onion
2.	Pepper Sauce	Chicken Gravy	Monkey Gland Sauce	Creamy Mushroom sauce
VEGETABLES				
1. Fresh	Mediterranean Mix	Fried curry Cabbage	Stir Fry Vegetables	Fried curry Cabbage
2. Fresh	Butternut & Sweet potato	Chunky mix fresh	Sweet potato wedges	Winter roast Veg
3. Frozen	Cut Corn	Spinach with Pot Onion	Cauliflower Cheese sauce	Mixed vegetables
SALADS				
1.	Coleslaw (HM)	Beetroot VW	Sinah's simple Salad Salad	Potato Salad VW



COMBO MENU

MONASTERY HALL SUMMER 2025

	DAY 9	DAY 10	DAY 11	DAY 12
CHICKEN				
1. Bone	Paprika Chic Leg	Garlic & Brown sugar Chic Thighs	Chutney Chic Leg	Chakalaka Chic leg
2. Without Bone	Chic Stir fry	Chicken tiser Schnitzel	Roasted Chic fillet	Chic Cordon Bleu
BEEF				
1. Bone		Roasted Club Steak		
2. Without Bone	Cottage pie	Curry beef stew	Bolognaise Mince	Marinated Steak
PORK				
1. Bone	Crumbed pork chop		Oven baked Pork chop	
2. Without Bone		Boneless Spare ribs		Sweet & Sour Pork
SAUSAGES				
1.	Pork Bangers	Chicken Frankfurters	Russians	Boerewors
TRADITIONAL SPECIAL				
1.	Chicken Strips		Mogodu or Spaghetti Bolognaise w/Grated Cheese Tub	Chic tiser Buffalo Wings



COMBO MENU

MONASTERY HALL SUMMER 2025

	DAY 13	DAY 14	DAY 15	DAY 16
VEGETARIAN				
1.	Macaroni & Cheese	Vegetarian cottage pie	Pasta & Vegetable Bake	Lentil & bean dish
2.	Veg spring rolls	Corn & Cheese Samosa	Veggie bites	Vegetarian burger patty
STARCHES				
1. Chips	Chips	Chips	Chips	Chips
2. Pap	Pap	Pap	Pap	Pap
3. Rice (Plain, Yellow, Parsley, Savoury)	Rice	Savoury Rice	Rice	Parsley Rice
4. Potatoes	Seasoned Potatoes (1/2 Cut)	Mashed Potatoes	Square Chips (Large cubes)	Oven baked Baby Potatoes (Baby)
5. Pasta (Samp, Samp & Beans, Maize Rice, Spaghetti, Macaroni, Screws, Penne)	Creamy Pasta	Screws	Samp & Beans	Penne
GRAVY				
1. Tomato & Onion	Tomato & Onion	Tomato & Onion	Tomato & Onion	Tomato & Onion
2.	Chicken Gravy	Creamy Mushroom sauce	Chicken Gravy	Pepper Sauce
VEGETABLES				
1. Fresh	Cabbage with Pot & Onion	Ratatouille	Caramel sweet potatoes	Butternut & Sweet potato
2. Fresh	Roasted Root Veg Medley	Glazed Butternut	Cut corn, peas, diced carrots Frozen	Peas
3. Frozen	Creamed Spinach	Broccoli cheese sauce	Spinach with Pot & Onion	Country mix vegetables
SALADS				
1.	Coleslaw (HM)	Beetroot VW	Mixed Salad	Potato Salad VW



COMBO MENU

MONASTERY HALL SUMMER 2025

	DAY 13	DAY 14	DAY 15	DAY 16
CHICKEN				
1. Bone	Oven bake Chic Leg	Marinated Chicken leg	Oven bake Chic Thigh	Spicy Curry Chic leg Supreme
2. Without Bone	Cheddarmelt Chic Schnitzel	Chic feet and hearts	Chicken tiser Schnitzel	Creamy Chicken
BEEF				
1. Bone	Roasted Club Steak		Roasted Club Steak	
2. Without Bone	Hearty Beef & Veg Pot	Wiener Schnitzel	Curry Mince	Beef Goulash
PORK				
1. Bone				BBQ Pork Chop
2. Without Bone		Alfredo Sauce with Bacon & mushroom	Pork Stew	
SAUSAGES				
1.	Frankfurters	Chic & Cheese Russians	Cocktail Cheese grillers	"Wors" bredie
TRADITIONAL SPECIAL				
1.	Chicken Strips	Ox Liver strips	Curry Mince & Rice w/Chutney & Banana	Chic tiser Buffalo Wings



COMBO MENU WEEK 1

OP DINING HALL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Fried Eggs	Scrambled Eggs	Omelette with Cheese	Fried Eggs	Scrambled Eggs		
Bacon	Bacon	Bacon	Bacon	Bacon		
Russian	Chicken Cheese Russian	Cocktail Cheese Griller	Cheese Griller	Pork banger		
Hashbrown	Hash brown	Hashbrown	Hash Brown	Hash Brown		
Chicken Finger	Chicken Nuggets	Chicken Finger	Chicken Nuggets	Chicken Finger	Assorted Pies	Assorted Pies
Fish Finger	Fish Cake	Fish Finger	Fish Cake	Fish Finger	Breakfast Bun	Breakfast Bun
Tomato Slice	Tomato Slice	Tomato Slice	Tomato slice	Tomato Slice		
French Toast	French Toast	French Toast	French Toast	French Toast		
Croissant	Croissant	Croissant	Croissant	Croissant		
Bacon and Egg Cup	Bacon and Egg Cup	Bacon and Egg Cup	Bacon and Egg Cup	Bacon and egg Cup		

LUNCH

BBQ Chicken leg		Lemon and Rosemary		Spicy Curry chicken leg		
	Oven Baked chicken	Chicken Fillet	Chicken Strips	Supreme		Oven Baked Chicken
Boerewors Bredie	Marinated Steak	Bazaar Mince	Mustard Pork chop	Beef Lasagne	Chicken Lasagne	Braised Steak
Fried Fish H/M	Crumbed pork chop	Alfredo with Bacon and Mushrooms	Marinated Club Steak	Boneless Rib/Burger	Marinated Pork Neck	Curry Beef Stew
Chicken Liver	Macaroni and Cheese		Peri-Peri Chicken feet	Romans Pizza	Boerewors/Wors Roll	Spring Roll
Spring Rolls	Vegetables	Tortilla veg & cheese sauce	Vegetarian Chow Main	Vegetarian Moroccan Couscous	Vegetarian Schnitzel	Vegetables
Vegetables	Rice\Chips\Mash	Vegetables	Vegetables	Vegetables	Rice/pasta/Chips	Rice/Pap/Potato Bake with Cheese
Yellow Rice\Chips\pap		Savoury rice\fried baby potatoes\Pasta	Rice\Chips\pap	Rice\chips\Pap		



COMBO MENU WEEK 2

OP DINING HALL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Fried Eggs	Omelette with Cheese	Scrambled Eggs	Fried Eggs	Scrambled Eggs		
Bacon	Bacon	Bacon	Bacon	Bacon		
Russian	Chicken Cheese Russian	Cocktail Cheese Griller	Cheese Griller	Pork banger		
Hashbrown	Hash brown	Hashbrown	Hash Brown	Hash Brown		
Chicken Finger	Chicken Nuggets	Chicken Finger	Chicken Nuggets	Chicken Finger	Assorted Pies	Assorted Pies
Fish Finger	Fish Cake	Fish Finger	Fish Cake	Fish Finger	Breakfast Bun	Breakfast Bun
Tomato Slice	Tomato Slice	Tomato Slice	Tomato slice	Tomato Slice		
French Toast	French Toast	French Toast	French Toast	French Toast		
Croissant	Croissant	Croissant	Croissant	Croissant		
Bacon and Egg Cup	Bacon and Egg Cup	Bacon and Egg Cup	Bacon and Egg Cup	Bacon and egg Cup		

LUNCH

Oven Baked Chicken	Chicken Potjie	BBO Chicken	Chicken Fillet with Lemon and Rosemary	Oven Baked Chicken		Spicy curry Chicken
Braised Steak	Marinated Club Steak	Beef Lasagne		Alfredo with Bacon and Mushrooms	Chicken Strips	Bolognaise Mince
BBO Pork Chop	Chicken Gordon Bleu	Marinated Pork Neck	Boerewors Bredie		Marinated Pork Neck	Crumbed Pork Chops
Chicken Feet and Hearts	Batter Hake Fillet H/M	Beef Trotters	Boneless Rib/Burger	Wiener Schnitzel	Boerewors/Roll	
Macaroni and Cheese	Spring Rolls	Pasta alfredo with cheese and Mushrooms	Chicken Livers	Romans Pizza	Cheese and Corn Samosa	Pasta and Vegetable Bake
Vegetables	Vegetables	Vegetables	Vegetarian Chow Mein	Veggies Bites	Vegetables	Vegetables
			Vegetables	Vegetables		
Rice\Chips\Mash	Rice\Chips\Pap	Rice\Spicy Potato Wedges\Pap	Rice\Chips\pap	Rice\chips\Pasta	Rice\pap\Chips	Rice\Pap\Pasta



COMBO MENU WEEK 3

OP DINING HALL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Fried Eggs	Scrambled Eggs	Omelette with Cheese	Fried Eggs	Scrambled Eggs		
Bacon	Bacon	Bacon	Bacon	Bacon		
Russian	Chicken Cheese Russian	Cocktail Cheese Griller	Cheese Griller	Pork banger		
Hashbrown	Hash brown	Hashbrown	Hash Brown	Hash Brown		
Chicken Finger	Chicken Nuggets	Chicken Finger	Chicken Nuggets	Chicken Finger	Assorted Pies	Assorted Pies
Fish Finger	Fish Cake	Fish Finger	Fish Cake	Fish Finger	Breakfast Bun	Breakfast Bun
Tomato Slice	Tomato Slice	Tomato Slice	Tomato slice	Tomato Slice		
French Toast	French Toast	French Toast	French Toast	French Toast		
Croissant	Croissant	Croissant	Croissant	Croissant		
Bacon and Egg Cup	Bacon and Egg Cup	Bacon and Egg Cup	Bacon and Egg Cup	Bacon and egg Cup		

LUNCH

Oven Baked Chicken	Sweet Sticky Wings	Chicken Lasagne	Spicy creamy chicken Fillet	Oven Baked Chicken	Chicken Strips	Mushroom Chicken leg
Marinated Club Steak	Oven baked Chicken	Chutney Chicken	Bolognaise Mince	Beef Lasagne	Alfredo with Bacon and Mushrooms	Curry Mince
Batter Hake fillet	Wiener Schnitzel	Heart Beef and veg Pot	Boneless Rib/Burger	BBQ Pork Chop		Marinated Pork Neck
Chicken Liver	Grilled Pork Chop	Marinated Pork Neck	Beef Trotters	Romans Pizza	Boerewors/Wors Roll	Pasta and Vegetable
Macaroni and Cheese	Spring Rolls	Pasta alfredo with spinach and Feta	Vegetarian Chow Mein	Veggies Bites	Cheese and Corn Samosa	Bake Vegetables
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	
Rice\Chips\pap	Rice\Chips\Mash	Rice\Spicy Potato Wedges\Samp	Rice\Chips\pap\Pasta	Rice\chips\Mash	Rice\pasta\Chips	Rice\Pap\Vetkoek



COMBO MENU WEEK 3

OP DINING HALL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Fried Eggs Bacon	Scrambled Eggs Bacon	Omelette with Cheese Bacon	Fried Eggs Bacon	Scrambled Eggs Bacon		
Cheese Griller	Russian	Cocktail Cheese Griller	Cheese Griller	Russian		
Hashbrown	Hashbrown	Hashbrown	Hash Brown	Hash Brown		
Chicken Finger	Chicken Finger	Chicken Finger	Chicken Finger	Chicken Finger	Assorted Pies	Assorted Pies
Fish Finger	Fish Cake	Fish Finger	Tomato Slice	Fish Finger	Breakfast Bun	Breakfast Bun
Tomato Slice	Tomato Slice	Tomato Slice	Fish Cake	Tomato Slice		
French Toast	French Toast	French Toast	French Toast	French Toast		
Croissant	Croissant	Croissant	Croissant	Croissant		

LUNCH

Chicken Lasagne	Sticky Chicken Wings	Curry Beef Stew		Oven Baked Chicken leg With Lemon & Herbs	Spicy Creamy Chicken	Oven Baked Chicken
Marinated Pork Neck	Crumbed Pork Chop	Oven Baked Chicken	Chicken Strips	Marinated Pork Neck	Filet	Marinated Club Steak
Heart Beef Veg Pot	Braised Steak	Alfredo with Bacon and Mushroom	Bazaar Mince	Boerewors/Roll/Bredie	Boneless Rib/Rib Burger	Chicken Gordon Bleu
Macaroni and cheese	Cheese and Onion Samosa	Veggie Bites	Chicken Gordon Bleu	Romans Pizza	Batter Hake Fillet	Spring Roll
Vegetables	Vegetables	Vegetables	Vegetables	Pasta Alfredo with Feta and Spinach	Vegetarian Schnitzel	Vegetables
Rice/Chips/pap	Rice/Chips/Mash	Rice/Pasta/Samp	Rice/Chips/Vetkoek	Vegetables Rice/chips/Pap	Chips/Rice	Rice/Spicy Potato Wedges/Pap



COMBO LUNCH MENU 1

TUKS VILLAGE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oven baked chicken leg R30.00	Chic tizer Schnitzel R19.00	Spicy Creamy Chicken Fillet R33.50	Peri Peri Wings R35.00	Marinated Chic Leg R30.00	Chicken burger Battered Hake fillet R31.00	Peri Peri Chicken Leg R30.00
Chicken livers R15.00	BBQ Chic Leg R30.00	Peri Peri Chicken feet R13.50	Chakalaka Chic Leg R30.00			Spicy Creamy Fillet R33.50
Loaded Chips Bacon, Cheese & Chili R43.00	Roasted marinated club steak R42.00	Curry beef stew R38.00	Bolognaise mince R28.50	Boerewors R26.50	Beef burger	Bazaar Mince R28.50
BBQ Pork Chop R30.00	Marinated Pork neck R27.50	Grilled Pork chop R30.00	Pasta Alfredo with bacon & mushroom R31.00	Crumbed Pork Chop R30.00	Riblets R25.00 Russian R14.50	Marinated Pork Chop R30.00
Rice R4.50	Rice R4.50	Rice R4.50	Savoury Rice R4.50	Rice R4.50	Savoury Rice R4.50	Rice R4.50
Mashed potato R13.00	Quarter Cut Potatoes R11.00	Samp R4.50	Pasta R5.50	Pap R5.50	Oven Baked Baby Potatoes R7.5	Spicy Potato Wedges R11.00
Chunky Vegetables R 7.00	Creamed spinach R11.50	Caramel Sweet Potato R11.50	Broccoli & Cauliflower/ cheese sauce R8.00	Fresh Chunky mix vegetables R7.00	Spinach with pot & onion R7.00	Glazed Butternut R8.00
Cut corn R5.50	Stir Fry Veg R4.00	Country Mix Frozen R6.00	Mix Veg Frozen R5.50	Fried Curry Cabbage R4.00	Cut corn, Peas, Carrots R5.50	Country Mix Frozen R6.00
Samosa Corn & Cheese R16.00	Veg Chow Main R22.00	Vegetarian schnitzel R16.00	Vegetarian bites R26.00	Macaroni & Cheese (P) R11.00	Vegetarian schnitzel R16.00	Spring rolls (2) R26.00



COMBO LUNCH MENU 2

TUKS VILLAGE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Crumbed chicken leg R35.00	Spicy Creamy Chicken Fillet R33.50	Chic tizer Schnitzel R19.00	Peri Peri Wings R35.00	Chutney Chicken leg R30.00	Chicken burger or Battered Hake fillet R31.00	Oven baked Chicken Leg R30.00
Peri Peri Chicken feet R13.50	Paprika Chicken Leg R30.00	Oven Baked Chic Leg R30.00		Chicken Liver R15.00		Spicy Creamy Fillet R33.50
Pomidor Mince R28.50	Boerewors R26.50	Greek Beef Stew R38.00	Bazaar Mince R28.50	Roasted marinated club steak R42.00	Beef burger	
Oven Baked Pork Chop R30.00	Riblets R25.00	Marinated Pork Chop R30.00	Mogodu R22.50	Pasta Alfredo with bacon & mushroom R31.00	Riblets R25.00 Russian R14.50	Marinated Pork neck steak R27.50
Rice R4.50	Rice R4.50	Rice R4.50	Pap R5.50	Rice R4.50	Savoury Rice R4.50	Rice R4.50
Pasta R5.50	Pap R5.50	Samp R4.50	Vetkoek R13.00	Pasta R5.50	Spicy Potato Wedges R11.00	Mashed Potatoes R13.00
Sweet Baby Carrots R8.00	Creamed spinach R11.50	Caramel Sweet Potato R11.50	Mediterranean Mix R11.50	Fresh Chunky mix vegetables R7.00	Greek Salad R11.00	Broccoli & Cauliflower/cheese sauce R8.00
Spinach with pot & onion R7.00	Mix Veg Frozen R5.50	Chunky Mix Fresh R7.00	Fried Curry Cabbage R4.00	Cut Corn & Peas R6.00	Country Mix Frozen R6.00	Roasted Butternut R8.00
Pasta Alfredo- cheese & Mushroom R24.00	Spinach Lasagne R24.00	Vegetarian bites R26.00	Macaroni & Cheese (P) R11.00	Tortilla Veg & Cheese Sauce R35.00	Spring Roll (2) R26.00	Vegetarian schnitzel R16.00
Sheba R5.50	Sheba R5.50	Sheba R5.50 Cheese Sauce R5.50	Sheba R5.50	Sheba R5.50	Sheba R5.50 Tartare Sauce R5.50	Sheba R5.50 Brown Onion Sauce R5.50



COMBO MENU TUKS MONATE 2025

*MEAL ITEMS MIGHT CHANGE DUE TO
DEMAND AND AVAILABILITY

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Vegetarian Lunch	Veggie Bites	Pasta alfredo with cheese & mushrooms	Vegetable Spring rolls	Vegetarian Chow Mein	Macaroni & cheese
Standard Lunch	BBQ Chicken leg	Roasted Chicken Fillet	Crumbed Chicken Leg	Chicken Liver	Buffalo wings
Tuka Lunch	Pork Stir Fry	Marinated Steak	Marinated Pork Neck	Bazaar Mince	Pork Boneless Ribs
	Beef Samosa	Cheese Griller	Beef Stir fry	Oven Baked Pork Chop	Battered Hake
Starch Lunch	Yellow Rice	Seasoned potatoes	Pap	Rice	Spicy Potato
	Rice	Pap	Parsley Rice	Pasta/Spaghetti	Savoury Rice
Vegetable/Salad	Chunky Mix	Fried Curry Cabbage	Roasted Butternut	Country Mix	Broccoli & Cauliflower With Cheese Sauce
Gravy/Sauce	Tomato & Onion Gravy/Roast Onion Gravy	Tomato & Onion Gravy / Roast Onion Gravy	Tomato & Onion Gravy / Roast Onion Gravy	Tomato & Onion Gravy / Roast Onion Gravy	Tomato & Onion Gravy/Roast Onion Gravy
	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Vegetarian Lunch	Pasta and Roast veg	Cheddar melt Vegetable Schnitzel	Vegetable Curry	Vegetarian Cottage Pie	Pasta alfredo with cheese & mushrooms
Standard Lunch	Spicy Creamy chicken fillet	Oven Baked Chicken Thigh	Chickentiser Schnitzel	Peri-peri chicken leg	Chicken Potje
Tuka Lunch	Boerewors Bredie	Braised steak	Oven baked pork chop	Boerewors	Mushroom Pork Schnitzel
	Cheese Griller	BBQ Pork Chop	Curry Beef Stew	Crumbed Pork Chop	Giant Beef Samosa
Starch Lunch	Rice	Pap	Parsley Rice	Yellow Rice	Pap
	Mashed Potato	Rice	Creamy Pasta	Rice	Rice
Vegetable/Salad	Cabbage & Carrot Stir Fry	Mixed Vegetable	Sweet Baby Carrot	Stir Fry Vegetables	Spinach with tomato & Onion
Gravy/Sauce	Tomato & Onion Gravy / Roast Onion Gravy	Tomato & Onion Gravy / Mushroom Sauce	Mushroom Sauce/Tomato & onion Gravy	Tomato & Onion Gravy / Roast Onion Gravy	Tomato & Onion Gravy / Roast Onion Gravy



COMBO MENU

TUKS MONATE 2025

*MEAL ITEMS MIGHT CHANGE DUE TO
DEMAND AND AVAILABILITY

	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16
Vegetarian Lunch	Pasta & Roast Vegetables	Spinach lasagne	Spring rolls	Vegetarian Chow Mein	Macaroni & cheese	Giant cheese & corn samosas
Standard Lunch	Lemon & herb chicken leg	Chicken lasagne	Sweet Sticky Wings	Chutney Chicken leg	Crumbed chicken strips	Spicy curry chicken leg supreme
Tuka Lunch	Boerewors	Beef lasagne	Marinated Steak	BBQ Pork chop	Crumbed Fish	Ghoulash mince
	Pork Frankfurter	Marinated Pork Neck	Russian		Pork Boneless Ribs	Pork Stir Fry
Starch Lunch	Rice	Savoury Rice	Pap	Yellow Rice	Parsley Baby Potato	Rice
	Pap		Parsley Rice	Rice	Rice	Pasta Spaghetti
Vegetable/ Salad	Chakalaka Salad (HM)	Greek Salad/ Cauliflower with white Sauce	Cut Corn, Peas, Diced Carrot	Creamed Spinach	Coleslaw (HM) / Cut Corn / Peas	Butternut & Sweet Potato Roast
Gravy/Sauce	Tomato & Onion Gravy / Roast Onion Gravy	Tomato & Onion Gravy / Roast Onion Gravy	Tomato & Onion Gravy / Roast Onion Gravy	Tomato & Onion Gravy/ Roast Onion Gravy	Tomato & Onion Gravy / Tartare Sauce	Tomato & Onion Gravy / Roast Onion Gravy



LUNCH MENU

JAKE DINING HALL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PROTEINS						
R34.00 Curry Mince	R38.00 Beef Stew	R34.00 Beef Lasagne	R38.00 Hungarian Beef Stew	R29.00 Boerewors Roll	R36.00 Beef Burger	R42.00 Beef Goulash
R22.00 Oven Baked Chicken Thigh	R19.50 Chicken Tizer Schnitzel	R28.00 Oven Baked Chicken Leg	R33.50 Lemon & Rosemary Chicken Fillet	R6.00 each Fish sticks	R30.00 Chicken Strips	R31.00 Battered Hake
R30.00 Peri-peri Chicken Leg	R30.00 Oven baked Chicken Leg (lemon & herb)	R32.00 Chicken Lasagne	R30.00 Paprika Chicken Leg	R28.00 Oven Baked Chicken Leg	R28.00 Oven Baked Chicken Leg	R30.00 Mushroom Chicken Leg
R42.00 Marinated Club Steak	R26.50 Boerewors	R22.50 Mogodu	R10.00 Chicken Feet & Heart	R35.00 Peri-peri Wings(x3)	R28.50 Bolognaise Mince	R19.50 Chickentizer Schnitzel
R23.50 Pork Stir-fry	R31.00 Sweet and sour pork	R30.00 Bbq Pork Chop	R25.00 Rib lets	R27.50 Marinated Pork Neck	R32.00 Rib Burger	R23.50 Pork Stir-fry
	R16.00 Beef Samosa		R16.00 Chicken Samosa	R16.00 Beef Samosa		R16.00 Chicken Samosa
VEGETARIAN						
R40.00 Pasta & Vegetable Bake	R26.00 Vegetable chow mein	R24.00 Spinach Lasagne	R24.00 Corn & Cheese Quiche	R22.00 Vegetable Cottage pie	R35.00 Tortilla veg & cheese sauce	R18.00 Pasta Alfredo Spinach & Feta
R16.00 Spring roll	Cheese corn Samosa	Springroll	R26.00 Vege Bites	R16.00 Vegetarian Schnitzel	Spring roll	R16.00 Cheese & Samosa
VEGETABLES OF THE DAY						
R4.00 Cabbage & Carrot Stir -fry	R4.00 Stir-fry vegetables	R4.00 Fried Curry Cabbage	R8.00 Sweet Baby Carrot	R7.50 Stir fry Spinach		
R5.50 Mixed Vegetables	R5.50 Steamed Carrot	R7.00 Peas	R11.50 Spinach with potato onion	R8.00 Glazed Butternut	R7.00 Peas	R11.50 Creamed Spinach
R8.00 Roasted Butternut	R7.00 Spinach with tomato & onion	R8.00 Fresh Vge with lemon & herb	R8.00 Broccoli & Cauliflower with cheese sauce	R7.00 Chunky Mixed Vegetables	R8.00 Butternut & sweet potato roast	R5.50 Mixed Vegetables



LUNCH MENU

JAKE DINING HALL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STARCH						
R5.50 Pap	R5.50 Pap	R5.50 Pap		R5.50 Pap	R5.50 Pasta	
R4.50 Rice	R4.50 White Rice/ Savoury Rice	R4.50 Parsley Rice	R4.50 Rice	R4.50 Rice	R4.50 Rice	R4.50 Savoury Rice
Vetkoek	R11.00 Seasoned Potatoes	R4.50 Samp	R11.00 Spicy Potato wedges	Chips	Chips	R7.50 Saute Potatoes
SALADS						
R7.50 Chakalaka salad	R5.00 Salsa salad	R7.50 Mixed vegetable salad	R7.50 Chakalaka	R5.00 Coleslaw	R13.00 Potato salad	R7.50 Mixed veg salad
R5.00 Coleslaw	R8.50 Beetroot	R13.00 Potato salad	R11.00 Greek salad	R8.50 Broccoli salad	R11.00 Greek salad	R8.50 Beetroot



SUPPER MENU

JAKE DINING HALL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PROTEINS						
R19.50 Chicken tizer Schnitzel	R30.00 Chakalaka Chicken	R33.50 Creamy Tomato Chicken fillet	R36.00 Chicken stir-fry	R30.00 Marinated Chicken leg	R25.00 Boerewors Pita	R28.50 Pomidor Mince
R12.50 Pork boneless ribs	24.00 Ox Liver Strips	R32.00 Beef stir-fry	R30.00 Mustard pork chop	R31.00 Battered hake Seafood sauce	R8.50 each Buffalo Wings	R30.00 BBQ chicken leg
R23.00 Boerewors Bredie	R31.00 Alfredo with Bacon & Mushroom	R28.00 Oven Baked Chicken leg	R26.50 Wors	R38.00 Curry Beef Stew	Curry chicken	R40.00 Chicken cordon bleu
VEGETARIAN						
R18.00 Vegetable Curry	R30.00 Green bean risotto	R24.00 Macaroni and Cheese	R16.00 Vegetarian Schnitzel	R26.00 Vegetarian Stir-fry	R18.00 Vegetarian Curry	R45.00 Spinach & feta Quiche
VEGETABLES OF THE DAY						
R7.00 Spinach with tom & onion	R5.50 Corn , Peas & Carrots	R7.00 Peas	R8.00 Glazed Butternut	R8.00 Sweet baby carrots & peas	R7.50 Glazed Carrot	R5.50 Mixed vegetables
STARCH						
R4.50 Rice	R4.50 Rice	R4.50 Rice	R4.50 Rice	R4.50 Rice	R4.50 Rice	R4.50 Rice
R11.00 Fried 14 Cut Potatoes	R5.50 Pap	R4.50 Savoury Rice	13.00 Mashed Potatoes	R5.50 Pap	R11.00 Potato wedges	R5.50 Creamy Pasta
SALADS						
R8.50 Beetroot salad	R11.00 Greek salad	R5.00 Coleslaw	Mixed salad	R16.00 Green salad	R5.00 Coleslaw salad	R8.50 Beetroot salad



COMBO LUNCH MENU

MME 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oven baked chicken leg R30.00	Chickizer Schnitzel R19.00	Spicy Creamy Chicken Filet R33.50	Peri Peri Wings R35.00	Marinated Chic Leg R30.00	Chicken burger Battered Hake filet R31.00	Peri Peri Chicken Leg R30.00
Chicken livers R15.00	BBQ Chic Leg R30.00	Peri Peri Chicken feet R13.50	Chakalaka Chic Leg R30.00	Chic Lasagne R32.00		Spicy Creamy Filet R33.50
Beef Lasagne R34.00	Roasted marinated club steak R42.00	Curry beef stew R38.00	Bolognaise mince R28.50	Boerewors R26.50	Beef burger	Bazaar Mince R28.50
BBQ Pork Chop R30.00	Marinated Pork neck R27.50	Grilled Pork chop R30.00	Pasta Alfredo with bacon & mushroom	Crumbed Pork Chop R30.00	Riblets R25.00 Russian R14.50	Marinated Pork Chop R30.00
Rice R4.50	Rice R4.50	Rice R4.50	Savoury Rice R4.50	Rice R4.50	Savoury Rice R4.50	Rice R4.50
Mashed potato R13.00	Quarter Cut Potatoes R11.00	Samp R4.50	Pasta R5.50	Pip R5.50	Oven Baked Baby Potatoes R7.5	Spicy Potato Wedges R11.00
Chunky Vegetables R 7.00	Creamed spinach R11.50	Caramel Sweet Potato R11.50	Broccoli & Cauliflower/ cheese sauce R8.00	Fresh Chunky mix vegetables R7.00	Spinach with pot & onion R7.00	Glazed Butternut R8.00
Cut corn R5.50	Stir Fry Veg R4.00	Country Mix Frozen R6.00	Mix Veg Frozen R5.50	Fried Curry Cabbage R4.00	Cut corn, Peas, Carrots R5.50	Country Mix Frozen R6.00
Samosa Corn & Cheese R16.00	Veg Chow Main R22.00	Spinach lasagne R24.00	Vegetarian bites R26.00	Macaroni & Cheese (P) R11.00	Vegetarian schnitzel R16.00	Spring rolls (2) R26.00
Sheba R5.50	Sheba R5.50 Cheese Sauce R5.50	Sheba R5.50	Sheba R5.50 Sweet Chilli R5.50	Sheba R5.50	Sheba R5.50 Tartare Sauce R5.50	Sheba R5.50

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COMBO LUNCH MENU

MME 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Crumbed chicken leg R35.00 Peri Peri Chicken feet R13.50	Spicy Creamy Chicken Fillet R33.50 Paprika Chicken Leg R30.00	Chic tizer Schnitzel R19.00 Oven Baked Chic Leg R30.00	Peri Peri Wings R35.00 Chic Lasagne R32.00	Chutney Chicken leg R30.00 Chicken Liver R15.00	Chicken burger Battered Hake fillet R31.00	Oven baked Chicken Leg R30.00 Spicy Creamy Fillet R33.50
Pomodori Mince R28.50	Boerewors R26.50	Greek Beef Stew R38.00	Bazaar Mince R28.50	Roasted marinated club steak R42.00	Beef burger	Beef Lasagne R34.00
Oven Baked Pork Chop R30.00	Riblets R25.00	Marinated Pork Chop R30.00	Mogodu R22.50	Pasta Alfredo with bacon & mushroom R31.00	Riblets R25.00 Russian R14.50	Marinated Pork neck steak R27.50
Rice R4.50	Rice R4.50	Rice R4.50	Pap R5.50	Rice R4.50	Savoury Rice R4.50	Rice R4.50
Pasta R5.50	Pap R5.50	Samp R4.50	Vetkoek R13.00	Pasta R5.50	Spicy Potato Wedges R11.00	Mashed Potatoes R13.00
Sweet Baby Carrots R8.00	Creamed spinach R11.50	Caramel Sweet Potato R11.50	Mediterranean Mix R11.50	Fresh Chunky mix vegetables R7.00	Greek Salad R11.00	Broccoli & Cauliflower /cheese sauce R8.00
Spinach with pot & onion R7.00	Mix Veg Frozen R5.50	Chunky Mix Fresh R7.00	Fried Curry Cabbage R4.00	Cut Corn & Peas R6.00	Country Mix Frozen R6.00	Roasted Butternut R8.00
Pasta Alfredo-cheese & Mushroom R24.00	Spinach Lasagne R24.00	Vegetarian bites R26.00	Macaroni & Cheese (P) R11.00	Spinach & Feta Quiche R45.00	Spring Roll (2) R26.00	Vegetarian schnitzel R16.00
Sheba R5.50	Sheba R5.50	Sheba R5.50 Cheese Sauce R5.50	Sheba R5.50	Sheba R5.50	Sheba R5.50 Tartare Sauce R5.50	Sheba R5.50 Brown Onion Sauce R5.50



COMBO LUNCH MENU

GROENKLOOF DINING HALL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mogudu (Tripe) R22.50	Grilled / Marinated pork chop R30.00	Bazaar Mince R28.50	Boerewors R26.50	Crumbed / BBQ pork chop R30.00	Beef stir-fry/Braised steak R32.00 / R33.50	Marinated pork neck steak R27.50
Peri-Peri chicken leg R30.00	Oven baked chicken R28.00	Sweet Sticky Chicken Wings R28.00	Chakalaka Chicken Leg R30.00	Chicken livers R15.00	Chutney chicken leg R30.00	BBQ chicken R30.00
Samosa's R16.00	Mac & Cheese (Ind) R24.00	Spring rolls (2) R26.00	Samosa's R16.00	Spinach Lasagne (Ind) R24.00	Spring rolls (2) R26.00	Vegetarian Chow Mein R22.00
Tomato & onion R6.00	Tomato & onion R6.00	Tomato & onion R6.00	Tomato & onion R6.00	Tomato & onion R6.00	Tomato & onion R6.00	Tomato & onion R6.00
Pap R5.50	Pap R5.50	Pap R5.50	Pap R5.50	Pap R5.50	Pap R5.50	Pap R5.50
Rice R4.50	Rice R4.50	Rice R4.50	Rice R4.50	Rice R4.50	Rice R4.50	Rice R4.50
Chips R22.00	Chips R22.00	Vetkoek R13.00	Samp R4.50	Chips R22.00	Chips R22.00	Parsley/ sauté baby potatoes R7.50
Fried Cabbage R4.00	Chunky mix veg/ Pumpkin medley R7.00	Chips R22.00	Chips R22.00	Mixed veg R5.50	Stir-fry spinach R7.50	Chips R22.00
Mogudu (Tripe) R22.50	Beef lasagne R34.00	Spinach with tomato & onion R7.00	Sweet potato wedges R9.00	Bolognaise mince R28.50	Marinated/oven baked pork chop R30.00	Roasted butternut R8.00



COMBO LUNCH MENU

GROENKLOOF DINING HALL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mogudu (Tripe) R22.50	Beef lasagne R34.00	Hearty Beef & veg Pot R30.00	Roasted club steak R42.00	Bolognaise mince R28.50	Marinated/oven baked pork chop R30.00	Worsbiede R23.00
Peri-Peri Chicken Feet R13.50	Marinated chicken leg R30.00	Oven baked chicken with lemon & herb R30.00	Chicken livers R15.00	GRK Wizer R45.00	Oven baked chicken thigh R22.00	Peri-Peri chicken wings R35.00
Chicken strips/Buffalo wings R30.00/R8.50						
Samosa's R16.00	Pasta & vegetable bake R18.00	Spring rolls (2) R26.00	Samosa's R16.00	Pasta alfredo with mushroom & cheese R24.00	Spring rolls (2) R26.00	Corn Quiche R24.00
Tomato & onion R6.00	Tomato & onion R6.00	Tomato & onion R6.00	Tomato & onion R6.00	Tomato & onion R6.00	Tomato & onion R6.00	Tomato & onion R6.00
Pap R5.50	Pap R5.50	Pap R5.50	Pap R5.50	Pap R5.50	Pap R5.50	Pap R5.50
Rice R4.50	Rice R4.50	Rice R4.50 Maize Rice R4.50	Rice R4.50 Spaghetti R5.50	Rice R4.50	Rice R4.50	Rice R4.50
Chips R22.00	Chips R22.00	Chips R22.00	Chips R22.00	Chips R22.00	Chips R22.00	Chips R22.00
Cabbage with potato & onion R 4.00	Roasted root veg medley/Spinach, tomato & onion R7.00	Broccoli & cauliflower with cheese sauce R8.00	Glazed butternut/Cauliflower with cheese sauce R 8.00	Cut corn, peas & diced carrots/ Steamed carrots R5.50	Butternut & sweet pot roast R8.00	Country mix vegetables R6.00



COMBO MENU

CURELITZIA & BOPHELONG 2025

Green = Economical, highlighted = quick to replenish (lunch time)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
Lunch	Chutney chicken leg Crumbed Chicken strips Beef stir-fry Pap, Pita & Rice	Peri-peri chicken wings Crumbed fish Worsbredie Pap, Savoury Rice & Rice	Oven baked chicken leg Crumbed chicken wings Pork stew Pap, Parsley baby potatoes & Rice	Spicy chicken curry supreme Wiener schnitzel Fish sticks Pap, Fried quarter cut potatoes & Rice	Crumbed chicken strips Garlic & brown sugar chicken Marinated pork neck steak Pap, Tortilla & Rice	
Supper	Spaghetti Bolognaise Pasta	Marinated chicken leg Spicy potato wedges & Rice	Chicken stir-fry Savoury rice & Rice	Worsroll with onions Hash browns	Chakalaka chicken leg Samp & Rice	
	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
Lunch	Oven baked chicken with lemon & herb Roasted marinated club steak Pork bangers Pap, Mashed potatoes & Rice	Roasted chicken fillet with mushroom sauce Beef stir-fry Battered fish Pap, Potato salad & Rice	Oven baked chicken leg Curry beef stew Crumbed chicken strips Pap, Pita & Rice	Marinated chicken leg Spaghetti Bolognaise Crumbed chicken wings Pasta, Pap & Rice	Spicy curry chicken leg Supreme Chicken livers Roasted marinated club steak Pap & Rice	Chicken fillet burger on a plate Hungarian beef stew Fish sticks Pap, Fried quarter cut potatoes & Rice
Supper	Sweet sticky wings Chips	Ghoulash mince Vetkoek & Rice	Chickentizer schnitzel with cheese sauce Pasta & Rice	Boneless ribs Potato croquettes	Bazaar mince Pap & Rice	Sweet sticky wings Savoury rice
	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	
Lunch	Oven baked chicken with lemon & herb Marinated steak Curry mince Pap, Vetkoek & Rice	Chakalaka chicken Grilled pork chop Crumbed fish Pap, Samp & Rice	Chicken stir-fry Boneless ribs Crumbed chicken wings Pap, Spicy potato wedges & Rice	Spicy creamy chicken fillet Beef lasagne Crumbed chicken strips Pap & Rice	Marinated chicken leg Beef stir-fry Battered fish Pap, Savoury rice & Rice	
Supper	Chicken cheese Russian Macaroni & cheese (indv.)	Chickentizer schnitzel Chips & Rice	Worsbredie Pap & Savoury rice	BBQ chicken leg Samp & Rice	Oven baked pork chop Sweet & sour sauce Mashed potatoes & Rice	

Daily @ lunch: Sheba/sauce and salad and 2 vegetables

Daily @ supper: Sheba/sauce and Vegetable or a salads