

Annexure D

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EASTERN CAPE 2020/2021, PROVINCIAL MENU, PRIMARY



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

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EASTERN CAPE 2020/2021, 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
			Onions	10 g
		Seasoning	Tomatoes	10 g
Cooking Oil	2 ml			
		Iodised Salt	1 g	
Tuesday	Mphokoqo and fruit in season	Protein	Pasteurised Amaal	250 ml
		Starch	Milk (LHT)	250 ml
		Vegetable/Fruit	Maize Meal / Fortified	60 g
		Seasoning	Fruit In Season	1 each
		Sugar	0.5 g	
Wednesday	Lentil Breyani with rice and carrots	Protein	Lentils	40 g
		Starch	Rice	50 g
		Vegetable/Fruit	Carrots	80 g
			Onions	10 g
		Seasoning	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)	50 g
		Vegetable/Fruit	Rice	50 g
			Cabbage	80 g
		Seasoning	Cooking Oil	2 ml
			Spice/stock/curry	1 g
			Onions	10 g
		Iodised Salt	1 g	
Friday	Sugar beans with samp/rice and butternut	Protein	Sugar Beans	40 g
		Starch	Samp	80 g
			Rice	50 g
		Vegetable/Fruit	Butternut	80 g
			Cooking Oil	2 ml
		Seasoning	Green Pepper	10 g
			Onions	10 g
		Spice/stock/curry	1 g	

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FREE STATE 2020/2021, PROVINCIAL MENU, PRIMARY



Monday	Soya mince stew with pap, potatoes or rice and green vegetables	Protein	Soya Mince	30 g
		Starch	Maize Meal (Fortified)	40 g
			Potatoes	40 g
			Rice	40 g
Vegetable/Fruit	Green Vegetables	60 g		
Tuesday	Samp and sugar beans with yellow vegetables	Protein	Sugar Beans	30 g
		Starch	Samp	40 g
			Maize Meal (Fortified)	40 g
			Rice	40 g
Vegetable/Fruit	Yellow Vegetables	60 g		
Wednesday	Plichard stew with pap, rice or maize rice and green vegetables	Protein	Plichards in Tomato	400 g
				425 g
		Starch	Maize Meal (Fortified)	40 g
			Rice	40 g
			Pasta (Macaroni / Spaghetti)	40 g
Vegetable/Fruit	Green Vegetables	60 g		
Thursday	Split pea or lentil stew with pap, rice or maize rice and yellow vegetables	Protein	Split Peas	30 g
			Lentils	30 g
		Starch	Maize Meal (Fortified)	40 g
			Rice	40 g
			Maize Rice	40 g
Vegetable/Fruit	Yellow Vegetables	60 g		
Friday	Porridge with full cream milk or amasi and fresh fruit in season	Protein	Milk (UHT)	200 ml
			Pasteurised Amasi	200 ml
		Starch	Maize Meal (Fortified)	40 g
		Vegetable/Fruit	Fruit in Season	1 each

Soya must meet the NBNP specification (Sugar beans/lentils/split peas may replace soya if majority of learners do not eat soya).
 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 plichards)
 Meals should suitably seasoned (oil, salt, soup, stock, curry, garlic, peppers, tomatoes, onions)
 Mackerel may be served as an alternative to Plichards

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FREE STATE 2020/2021, PROVINCIAL MENU, SECONDARY



Monday	Soya mince stew with pap, potatoes or rice and green vegetables	Protein	Soya Mince	40 g
		Starch	Maize Meal (Fortified)	80 g
			Potatoes	80 g
			Rice	80 g
Vegetable/Fruit	Green Vegetables	80 g		
Tuesday	Bump or maize meal or rice and sugar beans with yellow vegetables	Protein	Sugar Beans	40 g
		Starch	Bump	80 g
			Maize Meal (Fortified)	80 g
			Rice	80 g
Vegetable/Fruit	Yellow Vegetables	80 g		
Wednesday	Pheasant stew with pap, rice or pasta and green vegetables	Protein	Pheasants in Tomato	400 g
				425 g
		Starch	Maize Meal (Fortified)	80 g
			Rice	80 g
			Pasta (Macaroni / Spaghetti)	80 g
Vegetable/Fruit	Green Vegetables	80 g		
Thursday	Split pea or lentil stew with pap, rice or maize rice and yellow vegetables	Protein	Split Peas	40 g
		Starch	Lentils	40 g
			Maize Meal (Fortified)	80 g
			Rice	80 g
			Maize Rice	80 g
Vegetable/Fruit	Yellow Vegetables	80 g		
Friday	Porridge with full cream milk and fresh fruit in season	Protein	Milk (UHT)	250 ml
		Starch	Pasteurised Armeal	250 ml
			Maize Meal (Fortified)	80 g
			Vegetable/Fruit	Fruit In Season

Boys must meet the NBNP specification (Sugar beans/lentils/split peas may replace soya if majority of learners do not eat soya).
 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 1g per pheasant)
 Meals should suitably seasoned (oil, salt, soup, stock, curry, garlic, peppers, tomatoes, onions)
 Macaroni may be served as an alternative to Pheasants

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FREE STATE FARM 2020/2021, PROVINCIAL MENU, PRIMARY



Monday	Soya mince stew with pap and mixed vegetables	Protein	Soya Mince	35 g	
		Starch	Maize Meal (Fortified)	40 g	
		Vegetable/Fruit	Mixed Veg	410 g	50 g
			Iodised Salt		1 g
		Seasoning	Mixed onions and tomatoes	410 g	10 g
			Cooking Oil		2 ml
Sugar			1 g		
Tuesday	Bemp and sugar beans with mixed vegetables	Protein	Sugar Beans	35 g	
		Starch	Semp	40 g	
		Vegetable/Fruit	Mixed Veg	410 g	50 g
			Iodised Salt		1 g
		Seasoning	Mixed onions and tomatoes	410 g	10 g
			Cooking Oil		2 ml
Sugar			0.5 g		
Wednesday	Plohard stew with rice and mixed vegetables	Protein	Plohard in Tomato	400 g	
		Starch	Rice	40 g	
		Vegetable/Fruit	Mixed Veg	410 g	50 g
			Iodised Salt		1 g
		Seasoning	Mixed onions and tomatoes	410 g	10 g
			Cooking Oil		2 ml
Thursday	Split pea stew with pap and mixed vegetables	Protein	Split Peas	35 g	
		Starch	Maize Meal (Fortified)	40 g	
		Vegetable/Fruit	Mixed Veg	410 g	50 g
			Iodised Salt		1 g
		Seasoning	Mixed onions and tomatoes	410 g	10 g
			Cooking Oil		2 ml
Sugar			0.5 g		
Friday	Porridge with full cream milk and fresh fruit in season	Protein	Milk (UHT)	200 ml	
		Starch	Maize Meal (Fortified)	40 g	
		Vegetable/Fruit	Fruit in Season	1 each	
		Seasoning	Iodised Salt	1 g	

Soya must meet the NSMP specification (Sugar beans/lentils/split peas may replace soya if majority of learners do not eat soya).
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 4g per plchard).

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GAUTENG 2020/2021, PROVINCIAL MENU, PRIMARY



Monday	Pheasant stew with maize pap and yellow vegetable in season	Breakfast	Creamy Instant Maize Meal (Vanilla)	10 g
		Protein	Pilchards In Tomato	400 g
				425 g
		Starch	Maize Meal (Fortified)	40 g
		Vegetable/Fruit	Yellow Vegetables	60 g
			Cooking Oil	2 ml
Seasoning	Onions	5 g		
	Iodised Salt	1 g		
Tuesday	Pheasant stew with rice and green vegetable in season	Breakfast	Instant Sorghum (Banana)	10 g
		Protein	Pilchards In Tomato	400 g
				425 g
		Starch	Rice	35 g
		Vegetable/Fruit	Green Vegetables	60 g
			Cooking Oil	2 ml
Seasoning	Iodised Salt	1 g		
	Onions	5 g		
Wednesday	Sugar beans stew with samp and yellow vegetable in season	Breakfast	Creamy Instant Maize Meal (Vanilla)	10 g
		Protein	Sugar Beans	30 g
		Starch	Samp	40 g
		Vegetable/Fruit	Yellow Vegetables	60 g
			Onions	5 g
		Seasoning	Carrots	5 g
Iodised Salt	1 g			
Thursday	UHT Milk/Pasteurized amasi with pap and fruit in season	Breakfast	Creamy Instant Maize Meal (Strawberry)	10 g
		Protein	Milk (UHT)	200 ml
			Pasteurised Amasi	200 ml
		Starch	Maize Meal (Fortified)	40 g
		Vegetable/Fruit	Fruit in Season	1 each
			Iodised Salt	1 g
Friday	Soya mince stew with rice and green vegetable in season	Breakfast	Instant Sorghum (Banana)	10 g
		Protein	Soya Mince	30 g
		Starch	Rice	35 g
		Vegetable/Fruit	Green Vegetables	60 g
			Onions	5 g
		Seasoning	Cooking Oil	2 ml
Tomatoes	5 g			
	Iodised Salt	1 g		

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GAUTENG 2020/2021, PROVINCIAL MENU, SECONDARY



Monday	Pilchard stew with maize pap and yellow vegetable in season	Breakfast	Creamy Instant Maize Meal (Vanilla)	10 g
		Protein	Pilchards in Tomato	400 g
				485 g
		Starch	Maize Meal (Fortified)	80 g
		Vegetable/Fruit	Yellow Vegetables	80 g
		Seasoning	Cooking Oil	2 ml
Onions	5 g			
		Iodised Salt	1 g	
Tuesday	Pilchard stew with rice and green vegetable in season	Breakfast	Instant Sorghum (Banana)	10 g
		Protein	Pilchards in Tomato	400 g
				485 g
		Starch	Rice	80 g
		Vegetable/Fruit	Green Vegetables	80 g
		Seasoning	Cooking Oil	2 ml
Iodised Salt	1 g			
		Onions	5 g	
Wednesday	Sugar beans stew with samp and yellow vegetable in season	Breakfast	Creamy Instant Maize Meal (Vanilla)	10 g
		Protein	Sugar Beans	40 g
		Starch	Samp	80 g
		Vegetable/Fruit	Yellow Vegetables	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 (Strawberry)	10 g
		Protein	Milk (UHT)	250 ml
			Pasteurized Amasi	250 ml
		Starch	Maize Meal (Fortified)	80 g
		Vegetable/Fruit	Fruit in Season	1 each
		Iodised Salt	1 g	
Friday	Soya mince stew with rice and green vegetable in season	Breakfast	Instant Sorghum (Banana)	10 g
		Protein	Soya Mince	40 g
		Starch	Rice	80 g
		Vegetable/Fruit	Green Vegetables	80 g
			Onions	5 g
		Seasoning	Cooking Oil	2 ml
Tomatoes	5 g			
		Iodised Salt	1 g	

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KWAZULU NATAL 2020/2021, PROVINCIAL MENU, PRIMARY



Monday	Pasteurised Annel or UHT milk with Fruit/veg and fruit in season	Protein	Pasteurised Annel	200 ml	
		Starch	Milk (UHT)	200 ml	
		Vegetable/Fruit	Maize Meal (Fortified)	45 g	
		Seasoning	Fruit in Season	1 each	
			Iodised Salt	1 g	
Tuesday	Sugar beans with samp and yellow vegetable in season	Protein	Sugar Beans	80 g	
		Starch	Samp	40 g	
		Vegetable/Fruit	Yellow Vegetables	80 g	
		Seasoning	Onions	5 g	
			Iodised Salt	1 g	
			Cooking Oil	2 ml	
Wednesday	Beef mince relish with boiled rice and green vegetable in season	Protein	Sops Mince (Beef Relish)	55 g	
		Starch	Rice	55 g	
		Vegetable/Fruit	Green Vegetables	80 g	
		Seasoning	Onions	5 g	
			Iodised Salt	1 g	
			Cooking Oil	2 ml	
Thursday	Sugar beans stew with phuti and yellow vegetable in season	Protein	Sugar Beans	80 g	
		Starch	Maize Meal (Fortified)	45 g	
		Vegetable/Fruit	Yellow Vegetables	80 g	
		Seasoning	Onions	5 g	
				Iodised Salt	1 g
				Cooking Oil	2 ml
	Vegetable bryani & Dahi with rice and yellow vegetable in season	Protein	Brown Lentils	5 g	
		Starch	Yellow Lentils	10 g	
Vegetable/Fruit		Rice	55 g		
Seasoning		Yellow Vegetables	80 g		
			Onions	5 g	
			Iodised Salt	1 g	
			Cooking Oil	2 ml	
Friday	Pichards stew with rice and green vegetable in season	Protein	Pichards in Tomato	400 g	
		Starch	Rice	485 g	
		Vegetable/Fruit	Green Vegetables	80 g	
		Seasoning	Tomatoes	10 g	
			Onions	10 g	
			Iodised Salt	1 g	
			Cooking Oil	2 ml	

No deviations from the above menu will be allowed
 Only fortified maize meal may be used
 Safe drinking water must be provided in all classrooms
 Cabbage may not be served more than twice a week
 Fruit must be served weekly (apples, bananas, pears, oranges & raisins)
 Full cream UHT Milk must be used where it is served in place of Pasteurised Annel
 The use of NIMP compliant oils must be strictly adhered to

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KWAZULU NATAL 2020/2021, PROVINCIAL MENU, SECONDARY



Monday	Pasteurised Ameal or UHT milk with Phutu and fruit in season	Protein	Pasteurised Ameal	250 ml	
		Starch	Milk (LHT)	250 ml	
		Vegetable/Fruit	Melns Meal (Fortified)	80 g	
		Seasoning	Fruit in Season	1 each	
			Iodised Salt	1 g	
Tuesday	Sugar beans with onion and yellow vegetable in season	Protein	Sugar Beans	40 g	
		Starch	Staple	80 g	
		Vegetable/Fruit	Yellow Vegetables	80 g	
		Seasoning	Onions	10 g	
			Iodised Salt	1 g	
			Cooking Oil	3 ml	
Wednesday	Soya mince rish with boiled rice and green vegetable in season	Protein	Soya Mince (Beef Stew)	40 g	
		Starch	Rice	80 g	
		Vegetable/Fruit	Green Vegetables	80 g	
		Seasoning	Onions	10 g	
			Iodised Salt	1 g	
			Cooking Oil	3 ml	
Thursday	Sugar beans stew with phutu and yellow vegetable in season	Protein	Sugar Beans	40 g	
		Starch	Melns Meal (Fortified)	80 g	
		Vegetable/Fruit	Yellow Vegetables	80 g	
		Seasoning	Onions	10 g	
			Iodised Salt	1 g	
				Cooking Oil	3 ml
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	Vegetable bryeri & Dahi with rice and yellow vegetable in season	Protein	Brown Lentils	10 g	
		Starch	Yellow Lentils	50 g	
		Vegetable/Fruit	Rice	80 g	
Seasoning		Yellow Vegetables	80 g		
		Onions	10 g		
			Iodised Salt	1 g	
			Cooking Oil	3 ml	
Friday	Pichards stew with rice and green vegetable in season	Protein	Pichards in Tomato	400 g	
		Starch		485 g	
		Vegetable/Fruit	Rice	80 g	
		Seasoning	Green Vegetables	80 g	
			Tomatoes	20 g	
			Onions	20 g	
			Iodised Salt	1 g	
			Cooking Oil	3 ml	

- No deviations from the above menu will be allowed
- Only fortified maize meal may be used
- Safe drinking water must be provided in all classrooms
- Cabbage may not be served more than twice a week
- Fruit must be served weekly (apples, bananas, pears, oranges & nectarines)
- Full cream UHT Milk must be used where it is served in place of Pasteurised Ameal
- The use of NSNP compliant cups must be strictly adhered to

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LIMPOPO 2020/2021, PROVINCIAL MENU, PRIMARY



Monday	Pilchards stew with rice and yellow vegetable in season	Protein	Pilchards In Tomato	400 g	40 g
		Starch	Rice	425 g	40 g
		Vegetable/Fruit	Yellow Vegetables		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	Soya Mince		30 g
		Starch	Maize Meal (Fortified)		45 g
		Vegetable/Fruit	Green Vegetables		60 g
		Seasoning	Cooking Oil		2 ml
			Iodised Salt		1 g
			Onions		5 g
Carrots			3 g		
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		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	400 g	35 g
		Starch	Maize Meal (Fortified)	425 g	35 g
		Vegetable/Fruit	Yellow Vegetables		60 g
		Seasoning	Cooking Oil		2 ml
			Iodised Salt		1 g
			Onions		5 g
			Carrots		3 g
Sugar		1 g			

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LIMPOPO 2020/2021, PROVINCIAL MENU, SECONDARY



Monday	Pilchards stew with rice and yellow vegetable in season	Protein	Pilchards In Tomato	400 g	80 g
		Starch	Rice	425 g	80 g
		Vegetable/Fruit	Yellow Vegetables		80 g
		Seasoning	Cooking Oil		5 ml
			Iodised Salt		2 g
			Onions		10 g
			Carrots		3 g
Sugar		5 g			
Tuesday	Soya mince with pap and a green vegetable in season	Protein	Soya Mince		40 g
		Starch	Maize Meal (Fortified)		80 g
		Vegetable/Fruit	Green Vegetables		80 g
		Seasoning	Cooking Oil		5 ml
			Iodised Salt		2 g
			Onions		10 g
			Carrots		3 g
Wednesday	UHT Milk with pap and fruit in season	Protein	Milk (UHT)		250 ml
		Starch	Maize Meal (Fortified)		60 g
		Vegetable/Fruit	Fruit In Season		1 each
		Seasoning	Iodised Salt		2 g
Thursday	Soya mince Stew with pap and green vegetable in season	Protein	Soya Mince		40 g
		Starch	Maize Meal (Fortified)		80 g
		Vegetable/Fruit	Green Vegetables		80 g
		Seasoning	Cooking Oil		5 ml
			Iodised Salt		2 g
			Onions		10 g
			Carrots		3 g
Friday	Sugar bean stew with samp and yellow vegetable in season	Protein	Super Beans		40 g
		Starch	Samp		80 g
		Vegetable/Fruit	Yellow Vegetables		80 g
		Seasoning	Cooking Oil		5 ml
			Iodised Salt		2 g
			Onions		10 g
			Carrots		3 g
Sugar		5 g			

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MPUMALANGA 2020/2021, PROVINCIAL MENU, PRIMARY



Monday	Soya mince with rice and yellow vegetable in season	Protein	Soya Mince	30 g
		Starch	Rice	50 g
		Vegetable/Fruit	Yellow Vegetables	60 g
		Seasoning	Cooking Oil	2 ml
			Iodised Salt	1 g
Onions	5 g			
		Tomatoes	5 g	
Tuesday	Sugar beans with maize meal and green vegetable in season	Protein	Sugar Beans	30 g
		Starch	Maize Meal (Fortified)	60 g
		Vegetable/Fruit	Green Vegetables	60 g
		Seasoning	Cooking Oil	2 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	60 g
		Seasoning	Cooking Oil	2 ml
			Iodised Salt	1 g
			Onions	5 g
Tomatoes	5 g			
Friday	Pilchards stew and rice with yellow vegetable in season	Protein	Pilchards In Tomato	400 g
		Starch	Rice	425 g
		Vegetable/Fruit	Yellow Vegetables	60 g
		Seasoning	Cooking Oil	2 ml
			Iodised Salt	1 g
			Onions	5 g
			Tomatoes	5 g

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MPUMALANGA 2020/2021, PROVINCIAL MENU, SECONDARY



Monday	Soya mince with rice and yellow vegetable in season	Protein	Soya Mince	50 g
		Starch	Rice	80 g
		Vegetable/Fruit	Yellow Vegetables	80 g
		Seasoning	Cooking Oil	3 ml
			Iodised Salt	1 g
Onions	10 g			
		Tomatoes	10 g	
Tuesday	Sugar beans with maize meal and green vegetable in season	Protein	Sugar Beans	50 g
		Starch	Maize Meal (Fortified)	80 g
		Vegetable/Fruit	Green Vegetables	80 g
		Seasoning	Cooking Oil	3 ml
			Iodised Salt	1 g
			Onions	10 g
Tomatoes	10 g			
Wednesday	Long life milk with maize meal and fruit in season	Protein	Milk (UHT)	250 ml
		Starch	Maize Meal (Fortified)	80 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	80 g
		Vegetable/Fruit	Green Vegetables	80 g
		Seasoning	Cooking Oil	3 ml
			Iodised Salt	1 g
			Onions	10 g
Tomatoes	10 g			
Friday	Pilchards stew and rice with yellow vegetable in season	Protein	Pilchards In Tomato	400 g
				60 g
		Starch	Rice	80 g
		Vegetable/Fruit	Yellow Vegetables	80 g
		Seasoning	Cooking Oil	3 ml
			Iodised Salt	1 g
			Onions	10 g
Tomatoes	10 g			

UHT
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NORTHERN CAPE 2020/2021, PROVINCIAL MENU, PRIMARY



Monday	Pilchard stew with rice and green vegetable in season	Protein	Pilchards in Tomato	400 g	45 g
				425 g	45 g
		Starch	Rice		45 g
		Vegetable/Fruit	Green Vegetables		60 g
Tuesday	Sugar beans/Lentils stew with samp or rice with yellow vegetable in season	Protein	Sugar Beans		35 g
			Lentils		35 g
		Starch	Samp		40 g
			Rice		45 g
		Vegetable/Fruit	Yellow Vegetables		60 g
Wednesday	Soya mince stew with maize meal or maize rice with green vegetable in season	Protein	Soya Mince		30 g
		Starch	Maize Meal (Fortified)		45 g
			Maize Rice		45 g
		Vegetable/Fruit	Green Vegetables		60 g
Thursday	Soya mince stew with pasta or fatcake with yellow vegetable in season	Protein	Soya Mince		30 g
		Starch	Pasta (Macaroni / Spaghetti)		40 g
			Fatcake		45 g
		Vegetable/Fruit	Yellow Vegetables		60 g
Friday	UHT Milk or Pasteurised amaal with maize meal and fruit in season	Protein	Milk (UHT)		200 ml
			Pasteurised Amaal		200 ml
		Starch	Maize Meal (Fortified)		45 g
		Vegetable/Fruit	Fruit In Season		1 each

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NORTHERN CAPE 2020/2021, PROVINCIAL MENU, SECONDARY



Monday	Pilchard stew with rice and green vegetable in season	Protein	Pilchards In Tomato	400 g	65 g
				425 g	65 g
		Starch	Rice		65 g
		Vegetable/Fruit	Green Vegetables		80 g
Tuesday	Sugar beans/Lentils stew with samp or rice with yellow vegetable in season	Protein	Sugar Beans		45 g
			Lentils		45 g
		Starch	Samp		60 g
			Rice		65 g
		Vegetable/Fruit	Yellow Vegetables		80 g
Wednesday	Soya mince stew with maize meal or maize rice with green vegetable in season	Protein	Soya Mince		40 g
		Starch	Maize Meal (Fortified)		65 g
			Maize Rice		65 g
		Vegetable/Fruit	Green Vegetables		80 g
Thursday	Soya mince stew with pasta or fatcake with yellow vegetable in season	Protein	Soya Mince		40 g
		Starch	Pasta (Macaroni / Spaghetti)		60 g
			Fatcake		65 g
		Vegetable/Fruit	Yellow Vegetables		80 g
Friday	UHT Milk or Pasteurised amaal with maize meal and fruit in season	Protein	Milk (UHT)		250 ml
			Pasteurised Amaal		250 ml
		Starch	Maize Meal (Fortified)		65 g
		Vegetable/Fruit	Fruit In Season		1 each

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NORTH WEST 2020/2021; PROVINCIAL MENU, PRIMARY



MEAL OPTION						
Monday	OPTION 1	Rice OR Maize meal with soya mince and yellow vegetable in season	Protein	Soya Mince	30 g	
			Starch	Maize Meal (Fortified)	45 g	
			Vegetable/Fruit	Maize Rice	45 g	
			Seasoning	Yellow Vegetables	60 g	
				Cooking Oil	2 ml	
Green Pepper	1 g					
Onions	1 g					
Carrots	1 g					
Iodised Salt	1 g					
Tuesday	OPTION 1	Maize meal OR Rice with canned pilchards and green vegetable in season	Protein	Pilchard's In Tomato	400 g 425 g	50 g
			Starch	Maize Meal (Fortified)	45 g	
			Vegetable/Fruit	Rice	45 g	
			Seasoning	Green Vegetables	60 g	
				Cooking Oil	2 ml	
				Onions	3 g	
				Tomatoes	1 g	
Iodised Salt	1 g					
Wednesday	OPTION 1	Pasta OR Rice with lentils and yellow vegetable in season	Protein	Lentils	30 g	
			Starch	Split Peas	30 g	
			Vegetable/Fruit	Pasta (Macaroni / Spaghetti)	40 g	
			Seasoning	Rice	45 g	
				Yellow Vegetables	60 g	
				Cooking Oil	2 ml	
				Onions	3 g	
Green Pepper	1 g					
Iodised Salt	1 g					
Thursday	OPTION 1	Sugar beans and samp with green vegetable in season	Protein	Sugar Beans	30 g	
			Starch	Samp	45 g	
			Vegetable/Fruit	Green Vegetables	60 g	
			Seasoning	Cooking Oil	2 ml	
				Onions	3 g	
Iodised Salt	1 g					
Friday	OPTION 1	Maize meal OR Mabele with UHT milk and fruit in season	Protein	Milk (UHT)	200 ml	
			Starch	Maize Meal (Fortified)	45 g	
			Vegetable/Fruit	Mabele	45 g	
			Seasoning	Fruit in Season	1 each	
				Iodised Salt	1 g	

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NORTH WEST 2020/2021, PROVINCIAL MENU, SECONDARY



Monday	Maize rice OR Maize meal with soya mince and yellow vegetable in season	Protein	Soya Mince	40 g	
		Starch	Maize Rice	85 g	
		Vegetable/Fruit	Maize Meal (Fortified)	85 g	
			Yellow Vegetables	80 g	
		Seasoning	Cooking Oil	1 ml	
		Onions	5 g		
		Tomatoes	1 g		
		Iodised Salt	1 g		
Tuesday	Maize meal OR Rice with canned pilchards and green vegetable in season	Protein	Pilchards in Tomato	400 g	70 g
				425 g	70 g
		Starch	Maize Meal (Fortified)	85 g	
		Vegetable/Fruit	Rice	85 g	
			Green Vegetables	80 g	
		Seasoning	Cooking Oil	2 ml	
			Onions	5 g	
Tomatoes	1 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	
		Vegetable/Fruit	Rice	85 g	
			Yellow Vegetables	80 g	
		Seasoning	Cooking Oil	2 ml	
			Onions	5 g	
Tomatoes	1 g				
		Iodised Salt	1 g		
Thursday	Sugar beans and samp with green vegetable in season	Protein	Sugar Beans	40 g	
		Starch	Samp	85 g	
		Vegetable/Fruit	Green Vegetables	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	Maize Meal (Fortified)	80 g	
		Vegetable/Fruit	Mabele	80 g	
			Fruit in Season	1 each	
		Seasoning	Iodised Salt	1 g	

TENDER MENU - 2020

PROVINCE **WC**

SCHOOL TYPE **Primary**

NPT

DAYS	MEAL PLAN	FOOD GROUP	PRODUCT	MULTIPLE PRODUCTS IN FOOD GROUP AND / OR	QUANTITY PER LEARNER	UNIT g, ml, each	
Monday	Pilchards bryani with rice and butternut	Breakfast	Blended Maize + sugar	AND	10	g	
		Protein	Lentils		10	g	
			Canned Pilchards		40	g	
		Starch	Rice		40	g	
		Vegetable/Fruit	Butternut			40	g
Seasoning	Bryani		2.5	g			
	Salt		1.22	g			
Tuesday	Sugar beans with samp served with but & carrots	Breakfast	Blended Maize + sugar		10	g	
		Protein	Sugar beans		20	g	
		Starch	Samp			40	g
		Vegetable/Fruit	Fruit in season			1	each
Carrots			20	g			
Seasoning	Oil		5	ml			
	Salt		1.22	g			
Wednesday	Soya mince with rice and carrots	Breakfast	Blended Maize + sugar	AND	10	g	
		Protein	Soya Mince		20	g	
			UHT Milk		200	ml	
		Starch	Rice			40	g
		Vegetable/Fruit	Carrots			20	g
Seasoning	Salt		1.22	g			
Thursday	Pilchards with rice and cabbage & carrots	Breakfast	Blended Maize + sugar	OR	10	g	
		Protein	Canned Pilchards		40	g	
		Starch	Rice			40	g
		Vegetable/Fruit	Carrots			20	g
cabbage			40	g			
Seasoning	Salt		1.22	g			
Friday	Soya mince with samp and carrots	Breakfast	Blended Maize + sugar		10	g	
		Protein	Soya Mince		20	g	
		Starch	Samp			40	g
		Vegetable/Fruit	Carrots			20	g
Seasoning	Oil		5	ml			
	Salt		1.22	g			

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TENDER MENU - 2020

PROVINCE	WC	SCHOOL TYPE	Secondary	NPS		
DAYS	MEAL PLAN	FOOD GROUP	PRODUCT	MULTIPLE PRODUCTS IN FOOD GROUP - / AND / OR	QUANTITY PER LEARNER	UNIT g, ml, each
Monday	Pichards braised with rice and butterfat	Breakfast	Blended Maize + sugar		10	g
		Protein	Lentils		10	g
			Canned Pichards		60	g
		Starch	Rice		50	g
		Vegetable/Fruit	Sutewut		80	g
Seasoning	Brayani		2.5	g		
	Salt		1.42	g		
Tuesday	Sugar beans with samp served with fruit & carrots	Breakfast	Blended Maize + sugar		10	g
		Protein	Sugar Beans		30	g
		Starch	Samp		80	g
		Vegetable/Fruit	Fruit in season		1	each
Carrots			30	g		
Seasoning	Oil		7.5	ml		
	Salt		1.42	g		
Wednesday	Soya mince with rice and carrots	Breakfast	Blended Maize + sugar		10	g
		Protein	Soya Mince	AND	40	g
			LHT Milk		200	ml
		Starch	Rice		30	g
		Vegetable/Fruit	Carrots		30	g
Seasoning	Salt		1.42	g		
Thursday	Pichards with rice and cabbage & carrots	Breakfast	Blended Maize + sugar		10	g
		Protein	Canned Pichards		60	g
		Starch	Rice		50	g
		Vegetable/Fruit	Carrots		30	g
cabbage			60	g		
Seasoning	Salt		1.42	g		
Friday	Soya mince with samp and carrots	Breakfast	Blended Maize + sugar		10	g
		Protein	Soya Mince		40	g
		Starch	Samp		80	g
		Vegetable/Fruit	Carrots		30	g
Seasoning	Oil		7.5	ml		
	Salt		1.42	g		

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TENDER MENU - 2020

PROVINCE	WC	SCHOOL TYPE	Prim & Sec.	APP		
DAYS	MEAL PLAN	FOOD GROUP	PRODUCT	MULTIPLE PRODUCTS IN FOOD GROUP - / AND / OR	QUANTITY PER LEARNER	UNIT g, ml, each
Monday	Pitcheards broyeni with rice and butternut	Breakfast	Blended Maize + sugar		10	g
		Protein	Lentils	AND	10	g
			Canned Pitcheards		80	g
		Starch	Rice		40	g
		Vegetable/Fruit	Butternut		40	g
Seasoning	Broyeni		2.5	g		
	Salt		1.22	g		
Tuesday	Sugar beans with samp served with fruit & carrots	Breakfast	Blended Maize + sugar		10	g
		Protein	Sugar beans		20	g
		Starch	Samp		40	g
		Vegetable/Fruit	Fruit in season		1	each
Carrots			20	g		
Seasoning	Oil		5	ml		
	Salt		1.22	g		
Wednesday	Boya mince with rice and carrots	Breakfast	Blended Maize + sugar		10	g
		Protein	Boya mince	AND	20	g
			LHT Milk		200	ml
		Starch	Rice		40	g
		Vegetable/Fruit	Carrots		20	g
Seasoning	Salt		1.22	g		
Thursday	Pitcheards with rice and cabbage & carrots	Breakfast	Blended Maize + sugar		10	g
		Protein	Canned Pitcheards	OR	30	g
		Starch	Rice		40	g
		Vegetable/Fruit	Carrots		20	g
cabbage			40	g		
Seasoning	Salt		1.22	g		
Friday	Boya mince with samp and carrots	Breakfast	Blended Maize + sugar		10	g
		Protein	Boya mince		20	g
		Starch	Samp		40	g
		Vegetable/Fruit	Carrots		20	g
Seasoning	Oil		5	ml		
	Salt		1.22	g		