

Menu



CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
Beef, Chicken or Meat Free Burger Patty

21 SEP – 25 SEP 2026

MONDAY

OPTION1: Pasta with bell pepper and broccoli

OPTION2: Beef Lasagne & Salad

VEGETARIAN: Butternut & Spinach Lasagne

TUESDAY

OPTION1: Stir-Fry veg and egg noodles

OPTION2: Chicken Curry, Basmati Rice & Sambals

VEGETARIAN: Chickpea & Vegetable Curry with Rice & Sambals

WEDNESDAY

OPTION1: Roast Potatoes & country Veg

OPTION2: Slow-Cooked Beef Stew & Mash

VEGETARIAN: Lentil Shepherd's Pie

THURSDAY

OPTION1: Pasta Salad

OPTION2: Pork Chops, Gravy, Mash & Veg

VEGETARIAN: Spinach, Mushroom & Feta Pasta

FRIDAY

OPTION1: Golden roasted sweet potato with corn, and green beans

OPTION2: Grilled hake & potato wedges with Homemade Tartar

VEGETARIAN: Sweet potato and quinoa salad

R 90
PER MEAL

R 20
DELIVERY

Menu



CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
Beef, Chicken or Meat Free Burger Patty

28 SEP – 02 OCT 2026

MONDAY

OPTION1: Sweet potato with mushrooms and green beans

OPTION2: Beef Bobotie, Rice & Sambals

VEGETARIAN: Lentil Bobotie

TUESDAY

OPTION1: Pesto pasta with chickpeas, cherry tomato, cucumber and red onion

OPTION2: Chicken Pot Pie & Vegetables

VEGETARIAN: Creamy Mushroom Pot Pie

WEDNESDAY

OPTION1: Brown rice Black bean and corn salad topped with herbs

OPTION2: Beef Stroganoff & Rice

VEGETARIAN: Mushroom and pepper Stroganoff & Rice

THURSDAY

OPTION1: Bulgar wheat with honey roasted butternut and broccoli florets

OPTION2: Beef Stew, Mash & Vegetables

VEGETARIAN: Vegetable Lentil Stew

FRIDAY

OPTION1: Roasted sweet chilli baby potato with green beans and fresh herbs

OPTION2: Chicken Parmesan, Pasta & Salad

VEGETARIAN: Eggplant Parmesan

R 90
PER MEAL

R 20
DELIVERY

Menu



CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
Beef, Chicken or Meat Free Burger Patty

05 OCT – 09 OCT 2026

MONDAY

OPTION1: Bulgar wheat salad with dill cucumber cherry tomatoes and corn
OPTION2: Chicken Tikka Masala & Rice
VEGETARIAN: Butter Bean Curry & Rice

TUESDAY

OPTION1: Brown rice with roasted peppers and green beans
OPTION2: Grilled Pork Chop, Roast Potatoes & Veg
VEGETARIAN: Creamy Spinach & Mushroom Pasta

WEDNESDAY

OPTION1: Lentils, beetroot salad with rocket butternut and feta
OPTION2: Seafood Pasta in Tomato Sauce
VEGETARIAN: Creamy Butternut Ravioli

THURSDAY

OPTION1: Lettuce, salsa & cheese wrap
OPTION2: Oxtail, Mash & Vegetables
VEGETARIAN: Chickpea Tikka Masala

FRIDAY

OPTION1: Spiced rice with roasted cauliflower and a splash of lemon
OPTION2: Roasted yogurt-marinated chicken with basmati rice, salsa and a roti
VEGETARIAN: Vegetable Cottage Pie

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PER MEAL

R 20
DELIVERY

Menu



CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
Beef, Chicken or Meat Free Burger Patty

12 OCT – 16 OCT 2026

MONDAY

OPTION1: Lentil and beetroot salad, with rocket pumpkin and feta
OPTION2: Beef Short Rib, Mash & Veggies
VEGETARIAN: Vegetable Moussaka

TUESDAY

OPTION1: Cous cous with grilled baby marrow
OPTION2: Chicken Alfredo Pasta & Salad
VEGETARIAN: Spinach & Ricotta Pasta Bake

WEDNESDAY

OPTION1: Pasta with bell pepper and broccoli
OPTION2: Pork nek Casserole, Mash & Veggies
VEGETARIAN: Butternut & Chickpea Casserole

THURSDAY

OPTION1: Lentil and brown rice served with roasted cauliflower and peas
OPTION2: Chicken enchilada topped with a smoky tomato and cheese
VEGETARIAN: Lentil & Vegetable Moussaka

FRIDAY

OPTION1: Sesame ginger veg and noodles flash fry with sweet soy
OPTION2: Fish cakes with Greek salad and potato wedges
VEGETARIAN: Spanish Vegetable Paella

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R 20
DELIVERY

Menu



CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
Beef, Chicken or Meat Free Burger Patty

19 OCT – 23 OCT 2026

MONDAY

OPTION1: Sweet potato with broccoli and cauliflower

OPTION2: Beef Cottage Pie & Vegetables

VEGETARIAN: Lentil Cottage Pie

TUESDAY

OPTION1: veg Stir-Fry & Noodles

OPTION2: Chicken a la King, Rice & Veggies

VEGETARIAN: Creamy Mushroom & Spinach Rice

WEDNESDAY

OPTION1: Double baked potato stuffed with sweet corn and mushrooms

OPTION2: Beef & Guinness-Style Stew

VEGETARIAN: Vegetable & Bean Stew

THURSDAY

OPTION1: Lentil and beetroot salad, with rocket pumpkin and feta

OPTION2: Pork Belly, Mash & Apple slaw

VEGETARIAN: Vegetable Biryani

FRIDAY

OPTION1: Caesar Pasta Salad

OPTION2: Grilled Fish, Lemon Butter, Rice & Veg

VEGETARIAN: Spinach & Feta Stuffed Peppers

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19 OCT – 23 OCT 2026

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OPTION1: Sweet potato with broccoli and cauliflower

OPTION2: Beef Cottage Pie & Vegetables

VEGETARIAN: Lentil Cottage Pie

TUESDAY

OPTION1: veg Stir-Fry & Noodles

OPTION2: Chicken a la King, Rice & Veggies

VEGETARIAN: Creamy Mushroom & Spinach Rice

WEDNESDAY

OPTION1: Double baked potato stuffed with sweet corn and mushrooms

OPTION2: Beef & Guinness-Style Stew

VEGETARIAN: Vegetable & Bean Stew

THURSDAY

OPTION1: Lentil and beetroot salad, with rocket pumpkin and feta

OPTION2: Pork Belly, Mash & Apple slaw

VEGETARIAN: Vegetable Biryani

FRIDAY

OPTION1: Caesar Pasta Salad

OPTION2: Grilled Fish, Lemon Butter, Rice & Veg

VEGETARIAN: Spinach & Feta Stuffed Peppers

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CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
Beef, Chicken or Meat Free Burger Patty

26 OCT – 30 OCT 2026

MONDAY

OPTION1: Lemon and herb grilled vegetables with rice
OPTION2: Chicken Roast, Gravy, Roast Potatoes & Veg
VEGETARIAN: Vegetable Lasagne

TUESDAY

OPTION1: Sweet Chilli Rice Bowl and veg
OPTION2: Beef Curry, Rice & Sambals
VEGETARIAN: Red Lentil Curry

WEDNESDAY

OPTION1: Fluffy quinoa with a medley of roasted veg
OPTION2: grilled lemon and herb chicken breast with Rice & Vegetables
VEGETARIAN: Creamy Vegetable Bake

THURSDAY

OPTION1: Pesto Pasta Salad
OPTION2: Pork Schnitzel, Mash & Veg
VEGETARIAN: Mushroom Schnitzel & Mash

FRIDAY

OPTION1: Garlic and herb roasted veg on a bed of cous cous
OPTION2: Tuna Pasta Salad
VEGETARIAN: Moroccan Chickpea Tagine

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CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
Beef, Chicken or Meat Free Burger Patty

02 NOV – 06 NOV 2026

MONDAY

OPTION1: Brown rice, black bean and corn salad topped with herbs

OPTION2: Chilli con carne meatballs with rice

VEGETARIAN: Mushroom Bourguignon

TUESDAY

OPTION1: Golden roasted sweet potato, butternut, baby spinach and feta

OPTION2: Chicken & Leek Pie, Mash & Veg

VEGETARIAN: Leek & Mushroom Pie

WEDNESDAY

OPTION1: Couscous Salad

OPTION2: Oxtail Potjie & Rice

VEGETARIAN: Vegetable Potjie

THURSDAY

OPTION1: Lentil and brown rice with cauliflowers and peas

OPTION2: Beef Pasta Bake

VEGETARIAN: Three-Bean Casserole

FRIDAY

OPTION1: Baby potato with honey roasted butternut and broccoli florets

OPTION2: Fish Cakes, potato wedges & Salad

VEGETARIAN: Spinach & Feta Pasta Bake

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CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
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09 NOV – 13 NOV 2026

MONDAY

OPTION1: Brown rice with roasted peppers zucchini and mushrooms

OPTION2: Beef & Mushroom Pie, Mash & Veg

VEGETARIAN: Mushroom & Lentil Pie

TUESDAY

OPTION1: Pesto Pasta with fresh peppers and broccoli

OPTION2: Chicken Parmesan & Pasta

VEGETARIAN: Vegetable Parmesan

WEDNESDAY

OPTION1: Golden roasted sweet potato with corn and green beans

OPTION2: Tuna Pasta Bake

VEGETARIAN: Butternut & Lentil Curry

THURSDAY

OPTION1: Herbed cous cous, cherry toms, baby spinach, cucumbers & peppadew

OPTION2: Pork Chops, Pepper Sauce, Mash & Veg

VEGETARIAN: Creamy Mushroom & Pepper Pasta

FRIDAY

OPTION1: Pasta with bell pepper and broccoli

OPTION2: Seafood Risotto

VEGETARIAN: Mushroom & Spinach Risotto

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CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
Beef, Chicken or Meat Free Burger Patty

16 NOV – 20 NOV 2026

MONDAY

OPTION1: chickpeas on Bulgar wheat, cucumber, tomato, peppers baby spinach
OPTION2: chicken, mushroom and spinach stroganoff with Rice
VEGETARIAN: Vegetable Cacciatore

TUESDAY

OPTION1: Pesto pasta, chickpeas, cherry tomato, cucumber and red onion
OPTION2: Beef Stroganoff, Mash & Veg
VEGETARIAN: Mushroom Stroganoff

WEDNESDAY

OPTION1: Roast potato with butternut carrots and cauliflower and parsley
OPTION2: Beef & Vegetable Stir-Fry
VEGETARIAN: Lentil Shepherd's Pie

THURSDAY

OPTION1: Lentil and brown rice with roasted cauliflower and peas
OPTION2: Chicken Pot Pie & Vegetables
VEGETARIAN: Butternut & Spinach Pot Pie

FRIDAY

OPTION1: Roasted baby potato with seasonal veg
OPTION2: Grilled Fish, Roast Potatoes & Veg
VEGETARIAN: Spinach, Mushroom & Feta Ravioli

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23 NOV – 27 NOV 2026

MONDAY

OPTION1: Baby potato with seasonal vegetables

OPTION2: Creamy Chicken and mushroom pasta

VEGETARIAN: Creamy butter chick pea curry with basmati rice and coriander

TUESDAY

OPTION1: Spicy rice and Baby marrow topped with almond flakes

OPTION2: Slow braised beef stew with creamy Cous cous and roasted root veg

VEGETARIAN: Spinach and feta stuffed cannelloni topped with napolitana sauce and cheese

WEDNESDAY

OPTION1: Brown rice buddha bowl, vegetables, chickpeas & lemon tahini dressing

OPTION2: Baked hake in a lemon herb sauce served with savoury rice and veggies

VEGETARIAN: Teriyaki vegetable Stir-fry with egg noodles and sesame seeds

THURSDAY

OPTION1: Passata primavera Light garlic olive oil green beans and herbs

OPTION2: Pork bangers and mash with brown onion sauce, mash and peas

VEGETARIAN: Grilled halloumi and roasted vegetable bowl topped with lemon dressing and brown rice

FRIDAY

OPTION1: Roasted chickpeas, cauliflower and carrots with sweet potato wedges

OPTION2: Thai green chicken curry With veg and Jasmin rice

VEGETARIAN: Wild mushrooms stroganoff with homemade pasta

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CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
Beef, Chicken or Meat Free Burger Patty

30 NOV – 04 DEC 2026

MONDAY

OPTION1: Rainbow rice bowl

OPTION2: BBQ roasted chicken leg quarter with potato cubes and seasonal veg

VEGETARIAN: Hearty lentil & spinach shepherd's pie with creamy mash topping

TUESDAY

OPTION1: Potato cubes, lentils, roasted eggplant, zucchini and cherry tomato

OPTION2: Layers of rich beef mince, tomato sauce and creamy bechamel

VEGETARIAN: Smoky bean and veg frjita bowl with guacamole and salsa on brown rice

WEDNESDAY

OPTION1: Cous cous Roasted veg bowl with lemon dressing

OPTION2: Chicken curry with fragrant basmati rice and sambals

VEGETARIAN: Mac & Cheese – Golden baked macaroni smothered in a rich, creamy cheese sauce

THURSDAY

OPTION1: Veggie stir-fry with egg noodles and topped off with soya

OPTION2: Slow cooked bbq pulled pork wrapped in a soft tortilla with crunchy slaw

VEGETARIAN: Sweet potato and chickpea buddha bowl with tahini dressing

FRIDAY

OPTION1: Sweet potato and corn salsa bowl

OPTION2: Garlic Seafood mix with Spicy savoury rice and lemon butter

VEGETARIAN: Mild coconut veg curry with steamed rice and sambals

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07 DEC – 11 DEC 2026

MONDAY

- OPTION1:** Chickpeas roasted served with bulgar wheat and fresh cucumber, tomato, peppers and baby spinach and a squeeze of lemon
OPTION2: Chicken pie with flaky pastry and roasted veg
VEGETARIAN: Roasted veg pesto pasta topped with parmesan

TUESDAY

- OPTION1:** Brown rice and lentil bowl with baby marrow
OPTION2: Crispy Pork belly served with smooth mash and tangy apple slaw
VEGETARIAN: Vegetable Biryani – Fragrant basmati rice with spiced vegetables and caramelized onions

WEDNESDAY

- OPTION1:** Roasted sweet Potato, pumpkin, cauliflower and carrots with parsley
OPTION2: Tender beef meatballs in a hearty tomato sauce, served over spaghetti
VEGETARIAN: Vegetable fried rice with crispy tofu cubes

THURSDAY

- OPTION1:** Quinoa and Thyme with roasted green beans and bell peppers
OPTION2: Creamy Tuscany chicken with mash and butternut and spinach
VEGETARIAN: 3 bean chilli bowl with flat bread

FRIDAY

- OPTION1:** Moroccan cous cous with roasted carrots, zucchini, and mint
OPTION2: Seafood paella with chorizo
VEGETARIAN: Creamy mushroom risotto rice with fresh herbs

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14 DEC – 18 DEC 2026

MONDAY

- OPTION1:** Turmeric spiced rice and cauliflower with a splash of lemon dressing
OPTION2: Aromatic chicken breyani with spicy rice and tender chicken pieces
VEGETARIAN: Grilled vegetable cous cous bowl with lemon and herbs

TUESDAY

- OPTION1:** Coconut rice and green veg
OPTION2: Slow cooked beef oxtail served with mash and seasonal veg
VEGETARIAN: Mac and cheese

WEDNESDAY

- OPTION1:** Baby marrow and mushroom pasta
OPTION2: Greek style chicken breast on cous cous
VEGETARIAN: Thai green Veg curry with tofu and jasmine rice

THURSDAY

- OPTION1:** Harissa roasted veg and cous cous
OPTION2: Creamy mussel pasta with white wine sauce topped with chives
VEGETARIAN: Roasted Vegetable & Feta savoury pie topped with a flaky crust

FRIDAY

- OPTION1:** Sweet potato, black bean, corn, pea and feta
OPTION2: Roasted pork neck with baby potatoes and colslaw
VEGETARIAN: Broccoli & Cheddar Quiche

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CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
Beef, Chicken or Meat Free Burger Patty

11 JAN – 15 JAN 2026

MONDAY

OPTION1: Cajun rice with sauteed zucchini and peppers

OPTION2: Golden fish cakes, served with lemon mayo and a crunchy salad

VEGETARIAN: Cheesy veg Quesadillas with salsa and sour cream

TUESDAY

OPTION1: Golden roasted sweet potato, butternut, baby spinach and feta

OPTION2: Slow cooked beef stew with root vegetables in a rich gravy, with rice

VEGETARIAN: Chilli bean bowl with mash

WEDNESDAY

OPTION1: Veggie burrito bowl

OPTION2: Chicken parmesan served on a bed of pasta and country veg

VEGETARIAN: Butternut, Spinach and gnoki bowl with sage butter

THURSDAY

OPTION1: Roasted bell peppers, carrots and zucchini over fluffy couscous

OPTION2: Bbq Grilled pork chop with creamy mash and country veg

VEGETARIAN: Mexican burrito bowl with beans, corn, rice and fresh salsa

FRIDAY

OPTION1: Bulgar wheat salad on dill cucumber, cherry tomato, feta and parsley

OPTION2: Bbq Grilled pork chop with creamy mash and country veg

VEGETARIAN: Pesto pasta with cherry tomato, basil and mozzarella

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CHOOSE YOUR PROTEIN PORTION FOR OPTION 1
Beef, Chicken or Meat Free Burger Patty

18 JAN – 22 JAN 2026

MONDAY

OPTION1: Lemon and herb rice with grilled veg

OPTION2: Butter chicken curry and basmati rice and sambals

VEGETARIAN: Double baked Potato with sweet corn topped with cheese

TUESDAY

OPTION1: Roasted potato and veg tray baked

OPTION2: Grilled bbq pork chops served with potato wedges and crunchy slaw

VEGETARIAN: Creamy butter bean curry with jasmine rice and sambals

WEDNESDAY

OPTION1: Quinoa Chickpea salad with fresh herbs and a lemon dressing

OPTION2: Lemon and herb chicken legs with country veg and sweet potato cubes

VEGETARIAN: Wild mushroom and truffle oil pasta

THURSDAY

OPTION1: Veg lo Mein

OPTION2: Oven baked tuna pasta topped with bubbly cheese

VEGETARIAN: Polenta with Roasted Vegetables & Goat's Cheese

FRIDAY

OPTION1: Roasted veg and pesto pasta

OPTION2: Beef Short rib in herb gravy with mashed potato & roasted seasonal veg

VEGETARIAN: Thai red curry with coconut rice and sambals

R 90
PER MEAL

R 20
DELIVERY