

GAUTENG 2024/2025, PROVINCIAL MENU, 2 - SECONDARY



Monday	Chicken livers stew with pap and yellow vegetable in season.	Breakfast	Creamy Instant Maize Meal (Vanilla)	10 g
		Protein	Processed chicken livers	3 kg-pouches
			425 g tins	60 g
		Starch	Maize Meal (Fortified)	60 g
		Vegetable/Fruit	Yellow Vegetables in Season	70 g
		Seasoning	Onions	7 g
			Cooking Oil	2 ml
			Iodised Salt	1 g
			Sugar	0.5 g
Tuesday	Soya mince stew in rice and green vegetables in season	Breakfast	Instant Sorghum Porridge	10 g
		Protein	Approved Soya Mince	35 g
		Starch	Rice	50 g
		Vegetable/Fruit	Green Vegetables in Season	70 g
		Seasoning	Cooking Oil	2 ml
			Iodised Salt	1 g
			Mild curry powder	1 g
			Onions	7 g
Wednesday	Sugar beans stew with samp and yellow vegetable in season	Breakfast	Creamy Instant Maize Meal (Strawberry)	10 g
		Protein	Sugar Beans	40 g
		Starch	Samp	60 g
		Vegetable/Fruit	Yellow Vegetables in Season	70 g
		Seasoning	Onions	7 g
			Carrots	5 g
			Iodised Salt	1 g
			Sugar	0.5 g
Thursday	UHT Milk/Pasteurized amasi with pap and fruit in season	Breakfast	Instant Sorghum Porridge	10 g
		Protein	Milk (UHT)	200 ml
		Starch	Maize Meal (Fortified)	60 g
		Vegetable/Fruit	Fruit In Season	1 each
		Seasoning	Iodised Salt	1 g
Friday	Pilchard stew with rice and green vegetables in season	Breakfast	Creamy Instant Maize Meal (Vanilla)	10 g
		Protein	Pilchards in Tomato	400 g tins
				60 g
		Starch	Rice	50 g
		Vegetable/Fruit	Green Vegetables in Season	70 g
		Seasoning	Cooking Oil	2 ml
			Onions	7 g
			Iodised Salt	1 g

UHT Milk must be served
 Amasi must be made from pasteurised milk
 Provide safe drinking water in classrooms