

## Red meat lunch menu options

	Option 1	Option 2	Option 3	Option 4	Option 5	Option 6
meat dishes (one serving spoon)	120g lamb (chops, grilled)	120g beef stew (no bones, no vegetables)	120g braised beef	200g cottage pie	120g mutton stew	120g beef goulash
sauces/gravy	brown gravy		mushroom sauce			sauce
starch (one serving spoon)	maize pap	whole-wheat dumpling	brown rice		lentil rice	samp
cooked vegetable (one serving spoon)	cooked spinach	steamed country vegetables	steamed baby carrots	braised green beans	pumpkin/butternut	roasted vegetables
salad vegetable (one serving spoon)	three bean salad	beetroot salad	cucumber and tomato salsa	carrot pineapple salad	green salad	broccoli salad
fruit or fruit salad	fruit or fruit salad	fruit or fruit salad	fruit or fruit salad	fruit or fruit salad	fruit or fruit salad	fruit or fruit salad
beverage	water	water	water	water	water	water
nutrition analysis	energy(kJ): 2 649 carbs(g): 62.2 protein(g): 33.1 fat(g): 27.3 sodium(mg): 571 fibre(g): 11.8	energy(kJ): 2 143 carbs(g): 59.3 protein(g): 24.3 fat(g): 19.1 sodium(mg): 603 fibre(g): 11.9	energy(kJ): 2 357 carbs(g): 61.6 protein(g): 26.5 fat(g): 22.8 sodium(mg): 788 fibre(g): 10.6	energy(kJ): 2 031 carbs(g): 55.2 protein(g): 27.3 fat(g): 17.1 sodium(mg): 687 fibre(g): 10.5	energy(kJ): 2 334 carbs(g): 65.7 protein(g): 32.6 fat(g): 17.9 sodium(mg): 765 fibre(g): 11.4	energy(kJ): 2 571 carbs(g): 71.9 protein(g): 26.4 fat(g): 22.8 sodium(mg): 781 fibre(g): 12.2
vegetarian	roasted vegetable tart	ratatouille with chickpeas	vegetable biryani	vegetarian cottage pie	bean curry	vegetable and bean stew

## Chicken lunch menu options

	Option 7	Option 8	Option 9	Option 10	Option 11	Option 12
chicken dishes	grilled chicken	chicken skewers/ kebabs	roast chicken	mediterranean grilled chicken	chicken stew (no vegetables)	chicken casserole
sauces/gravy	gravy	sauce	tomato and onion relish	sauce	none	none
starch (one serving spoon)	cooked whole-wheat pasta	brown rice	yellow rice and lentils	boiled jacket potatoes	samp	parsley baby potatoes, boiled
cooked vegetable (one serving spoon)	steamed baby carrots	pumpkin/butternut	cooked spinach (not creamed)	braised green beans	steamed country vegetables	roasted vegetables
salad vegetable (one serving spoon)	cucumber and tomato salsa	greek salad	beetroot salad	carrot and pineapple salad	three bean salad	broccoli salad
fruit or fruit salad	fruit or fruit salad	fruit or fruit salad	fruit or fruit salad	fruit or fruit salad	fruit or fruit salad	fruit or fruit salad
beverage	water	water	Water	water	Water	water
nutrition analysis	energy(kJ): 2 285 carbs(g): 69.9 protein(g): 29.6 fat(g): 16.1 sodium(mg): 789 fibre(g): 11.5	energy(kJ): 2 355 carbs(g): 57.6 protein(g): 23.4 fat(g): 23.1 sodium(mg): 561 fibre (g): 10.6	energy(kJ): 2 344 carbs(g): 65.6 protein(g): 25.1 fat(g): 18.5 sodium(mg): 662 fibre (g): 11.6	energy(kJ): 2 228 carbs(g): 65.9 protein(g): 26.3 fat(g): 17.4 sodium(mg): 670 fibre (g): 12.8	energy(kJ): 1 997 carbs(g): 57.9 protein(g): 22.7 fat(g): 26.1 sodium(mg): 446 fibre (g): 14.5	energy(kJ): 2 401 carbs(g): 63.6 protein(g): 26.9 fat(g): 23.1 sodium(mg): 729 fibre (g): 12.9
vegetarian	beans curry	ratatouille with chick peas	vegetable and bean stew	roast vegetable pita bread	roasted vegetable tart	vegetable biryani

## Fish lunch menu options

	Option 13	Option 14	Option 15	Option 16
fish dishes one fillet (100g)	grilled fish	baked fish parcel	lemony steamed fish	fish casserole
sauces/gravy	tomato and onion relish	tartare sauce	tartare sauce	None
starch (one serving spoon)	parsley potatoes	whole-wheat pasta	boiled jacket potatoes	brown rice
cooked vegetable (one serving spoon)	steamed carrot julienne	pumpkin/butternut	steamed baby carrots	braised green beans
salad vegetable (one serving spoon)	avocado and cucumber salad	greek salad	broccoli salad	carrot and pineapple salad (fresh)
fruit or fruit salad	fruit or fruit salad	fruit or fruit salad	fruit or fruit salad	fruit or fruit salad
beverage	Water	water	water	Water
Nutritional analysis	energy(kJ): 1 952 carbs(g): 58.1 protein(g): 22.5 fat(g): 16.4 sodium(mg): 453 fibre(g): 13.2	energy(kJ): 2 139 carbs(g): 64.7 protein(g): 32.0 fat(g): 15.8 sodium(mg): 720 fibre (g): 12.8	energy(kJ): 2 289 carbs(g): 60.6 protein(g): 31.7 fat(g): 19.8 sodium(mg): 544 fibre (g): 13.6	energy(kJ): 1 979 carbs(g): 52.5 protein(g): 26.5 fat(g): 18.1 sodium(mg): 458 fibre (g): 11.9
vegetarian	beans curry	ratatouille with chick peas	vegetable and bean stew	roasted vegetable tart