

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
	Chicken a La King with Rice and fresh Seasonal Veggies	Beef Meatballs, Spaghetti, Carrots, Baby Marrow	Mac, Cheese & Bacon with Fresh Seasonal Veggies	Beef Stroganoff, Basmati Rice, fresh Garden Salad
20	21	22	23	24
Chicken & Mushroom Pot Pie, Chips on the side	Boere Wors, Mashed Potato, Peas, Corn &	Chicken & Spinach Pasta with Carrots	Saucy Mince, Basmati Rice with Seasonal Veggies	Chicken, Spinach & Mushroom Pasta
27	28	29	30	31
Mini Vetkoeke, Saucy Mince with Chips	Spaghetti Bolognaise with fresh Seasonal Veggies	Sweet n Sour Chicken Stir fry with Rice	Chicken Nuggets, Potato Wedges, Fresh Veggies	Beef Goulash, Mashed Potato, Fresh Seasonal Veggies