

Tuckshop Lunch Menu August 2022

	Monday	Tuesday	Wednesday	Thursday	FREITAG
1.8-5.8	Chicken Stew Rice & Peas M	Potato & Bacon Bake Mixed Salad PM	Tuna Rapisimo Veggie sticks F	Meatballs & Rice Potato and carrot Mash BGM	Hot Dogs Fruit PG
Vegetarian Option	Bean Stew Rice & Peas	Potato Bake Mixed salad	Veggie Rapisimo Veggie sticks	Veggie Samosas & Rice Potato and carrot mash	Cheese rolls Fruit
8.8-12.8	<i>Schulfrei</i> <i>School closed</i>	<i>Schulfrei</i> <i>School closed</i>	Pasta Napoli & Cheese Fruit VGM	Goulash Rice & Butternut BP	Fish Fingers & Sweetpotato Chips Mixed Salad F
Vegetarian Option			<i>As Above</i>	Veggie Stew Rice & Butternut	Veggie Samosas Sweetpotato Chips Mixed Salad
15.8-19.8	Butter Chicken Rice & Peas M	Cottage Pie Coleslaw BM	Smackeroos Mashed Potatoes & Veggies FM	Beef Rolade Veggie Rice & Fruit B	Ham and Bacon Quiche Mixed Salad GPM
Vegetarian Option	Veggie Springrolls Rice & Peas	Veggie Cottage Pie Coleslaw	Corn Fritters Mashed Potatoes & Veggies	Butternut Rolade Veggie Rice & Fruit	Veggie Quiche Mixed Salad
22.8-26.8	Potato Leek Soup Bread & Fruit VGM	Chicken Schnitzel Noodle Salad G	Vegetarian Pizza Fruit VM	Beef Lasagne Greek salad with Feta BM	Pork Sausages, Mashed Potatoes Broccoli & Cheese Sauce PM
Vegetarian Option	<i>As Above</i>	Corn Fritters Noodle Salad	<i>As Above</i>	Veggie Lasagne Greek Salad with Feta	Veggie Patties, Mashed Potatoes Broccoli & Cheese Sauce
29.8-2.9	Bobotie Rice & Beetroot B	Pasta Napoli & Cheese Fruit VGM	Meatballs in Caper Sauce Rice, Tomatoes & Cucumbers MB	Chicken Strips Mashed Potatoes, Peas, Corn M	Hot Dogs Fruit PG
Vegetarian Option	Veggie Stew Rice & Beetroot	<i>As Above</i>	Veggie Balls in White Sauce Rice, Tomatoes & Cucumbers	Veggie Springrolls Mashed Potatoes, Peas, Corn	Cheese rolls Fruit