



Reddam House Umhlanga - Week 1

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cold Cereal	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Toast	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye
Eggs	Fried Egg	Fried Egg	Scrambled Egg	French Toast	Fried Egg		Fried Egg
Protein	Beef Sausage	Chicken Nuggets	Chicken Sausage		Brioche Roll with Cheese	Breakfast Wrap	Croissant with Cheese
Veg	Tomato	Mushrooms	Onions	Fried Banana	Tomato		
Gluten Free	Beef Sausage	Grilled Chicken Strips	Chicken Sausage	French Toast GF	Mushrooms	Breakfast Wrap GF	Crumpets GF
SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Muffin	Cheese & Jam Scones	Popcorn	Crumpets	Fresh Sandwiches	NONE	NONE
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	WRAP SANDWICH	PASTA	WRAP SANDWICH	PROTEIN VEG	BURGER	WRAP SANDWICH	BURGER
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Lunch	Chicken Hot Dogs	Macaroni Cheese	Cajun Chicken Wrap	Crumbed Chicken	Beef Prego	Pulled Chicken & Coleslaw Wrap	Roast Beef Sub Rolls
Lunch Starch	Chips			Chips			Baked Potato Wedges
Lunch Veg				Corn on the Cob			
Lunch Salad	Coleslaw Salad	Green Salad	Butternut Salad	Green Salad	Potato salad	Corn Salad	Summer Salad
Gluten Free	Grilled Saucy Chicken Strips with Wedges	Beef & Vegetable Stirfry	Cajun Chicken Wrap GF	Grilled Chicken Poke Bowl	Beef Strips with Quinoa	Pulled Chicken & Coleslaw Wrap GF	Roast Beef Summer Salad
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PROTEIN VEG	PROTEIN VEG	PROTEIN VEG	PASTA	PROTEIN VEG	LIVE STATION	PROTEIN VEG
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Dinner	Beef & Vegetable Curry	Chicken Schnitzel	Grilled Hake	Chicken Lasagna Pasta	Roast Chicken	Braai	Chicken a la king
Dinner Starch	Basmati Rice	Parsley Baby Potatoes	Savoury Rice		Mashed Potato & Gravy	Starch	Brown Rice
Dinner Veg		Roasted Butternut	Creamed Spinach		Pumpkin	Vegetable	Glazed Baby Carrots
Dinner Salad	Carrot Salad	Greek Salad	Coleslaw Salad	Greek Salad	Coleslaw Salad	Summer Salad	Summer Salad
Dessert			Dessert			Dessert	
Gluten Free	Beef & Vegetable Curry	Grilled Chicken Breast	Grilled Hake	Grilled Chicken & Avo Wrap GF	Roast Chicken	Braai	Chicken Poke Bowl



Reddam House Umhlanga - Week 2

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cold Cereal	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Toast	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye
Eggs	Scrambled Egg	Fried Egg	Fried Egg	Scrambled Egg	Fried Egg	Fried Egg	Grilled Cheese & Tomato Sandwiches
Protein	Beef Sausage	English Muffin & Cheese	Grilled Chicken Strips	Egg, Cheese & Tomato Salsa Quesadilla	Brioche Bun & Grilled Sliced Chicken Loaf	Savoury Mince	
Veg	Tomato	Mushrooms	Onions		Mushrooms	Tomato	Fruit Salad
Gluten Free	Beef Sausage	Chicken Sausage	Grilled Chicken Strips	Mushroom & Tomato	Grilled Sliced Chicken Loaf	Savoury Mince	Omellette
SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pretzels & Fruit	Muffin	Popcorn	Beef Sausage Rolls	Banana Bread	NONE	NONE
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	WRAP SANDWICH	PASTA	WRAP SANDWICH	PROTEIN VEG	BURGER	WRAP SANDWICH	BURGER
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Lunch	Savoury Mince Pita	Chicken Pesto Pasta	Chicken Mayo Tramezzini	Grilled Chicken Breast	BBQ Chicken Wings	Meatball, Napolitana & Mozzarella Panini	Chicken Prego
Lunch Starch			Chips		Chips		Baked Potato Wedges
Lunch Veg							
Lunch Salad	Coleslaw Salad	Green Salad	Coleslaw Salad	Asian Stir-fry Salad	Summer Salad	Coleslaw Salad	Greek Salad
Gluten Free	Savoury Mince Wrap GF	Vegetable Napolitana Pasta GF	Chicken Mayo Sandwich GF	Grilled Chicken Breast	BBQ Chicken Wings	Sticky Chicken & Pine Salad	GF Southern Fried Cauliflower & Broccoli Florettes
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PROTEIN VEG	PROTEIN VEG	PROTEIN VEG	PASTA	PROTEIN VEG	LIVE STATION	PROTEIN VEG
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Dinner	T-Bone Steak	Chicken Bunny Chow	Roast Chicken	Spaghetti & Meatballs	Vetkoek & Mince	Build a Burger	Beef & Vegetable Stew
Dinner Starch	Rice	Potatoes	Savoury Rice			Starch	Rice
Dinner Veg		Vegetables	Butternut		Salted Sweet Potato Frys	Vegetable	
Dinner Salad	Summer Salad	Carrot Salad	Coleslaw Salad	Greek Salad	Coleslaw	Green Salad	Bean Salad
Dessert				Dessert		Dessert	
Gluten Free	Tbone Steak	Chicken Bunny Rotti GF	Roast Chicken	Meatball Poke Bowl	Vetkoek & Mince GF	Build a Burger GF	Beef & Vegetable Stew



Reddam House Umhlanga - Week 3

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cold Cereal	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Toast	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye
Eggs	French Toast	Fried Egg	Scrambled Egg	Fried Egg	Fried Egg		Omellette
Protein	Mince	Crumbed Fish	Chicken Sausage	Grilled Chicken Breast	Omelette	Bolognese Crepes	Cheese & Mushroom
Veg	Tomato	Mushrooms	Onions	Tomato	Mushrooms	Tomato	Mushrooms
Gluten Free	French Toast GF	Veg Frittata GF	Chicken Sausage	Grilled Chicken Breast	Omelette	Bolognese Crepes GF	Omellette
SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Fresh Sandwiches	Flapjacks	Banana Bread	Muffin	Cheese & Tomato Quesadilla	NONE	NONE
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	WRAP SANDWICH	PASTA	WRAP SANDWICH	PROTEIN VEG	BURGER	WRAP SANDWICH	BURGER
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Lunch	Blackend Chicken Wrap	Chicken Alfredo Pasta	Falafel Wrap	Chicken Schnitzel	Beef Burger	Beef Teriyaki Wrap	Pizza
Lunch Starch	Chips			Savoury Rice	Chips		
Lunch Veg				Creamed Spinach			
Lunch Salad	Green Salad	Greek Salad	Pine & Cucumber Salad	Beetroot Salad	Green Salad	Green Salad	Summer Salad
Gluten Free	Blackend Chicken Wrap GF	Chicken Napolitana Pasta GF	Falafel Wrap GF	Grilled Hake with Mixed Vegetables	Deconstructed Beef Burger with Vegetables	Beef Teriyaki Wrap GF	Pizza GF
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PROTEIN VEG	PROTEIN VEG	PROTEIN VEG	PASTA	PROTEIN VEG	LIVE STATION	PROTEIN VEG
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Dinner	Cottage Pie	Lamb Curry	Grilled Hake	Teriyaki Chicken & Vegetable Stirfry	Roasted Chicken	Braai	Carvery
Dinner Starch	Mashed Potato	Rice	Savoury Rice		Mashed Potato	Starch	Roast Potatoes & Rice
Dinner Veg	Peas & Corn		Creamed Spinach		Broccoli, Cauliflour & Cheese Sauce	Vegetable	Veg Medley
Dinner Salad	Summer Salad	Carrot Salad	Coleslaw Salad		Summer Salad	Summer Salad	Summer Salad
Dessert			Dessert			Dessert	
Gluten Free	Savoury Mince Poke Bowl	Lamb Curry	Grilled Hake	Teriyaki Chicken Stirfry GF	Grilled Brisket	Braai	Beef Poke Bowl



Reddam House Umhlanga - Week 4

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cold Cereal	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix	Corn Flakes, All Bran, Rice Crispies, Meusli, Weetbix
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Toast	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye	White, Whole Wheat or Rye
Eggs	Boiled Egg	Fried Egg	Scrambled Egg	Boiled Egg		Quiche	Fried Egg
Protein	Savoury Mince	Chicken Sausage	Beef Patties	Chicken Mayo Croissant	Breakfast Wrap	Chicken	Beef Sausage
Veg	Tomato	Mushrooms	Onions	Tomato		Tomato	Tomato
Gluten Free	Mince	Chicken Sausage	Beef Patties	Chicken Mayo Toasted GF	Breakfast Wrap GF	Quiche	Beef Sausage
SNACK	Home Made Biscuits	Fresh Sandwiches	Muffin	Banana Bread	Flapjacks	NONE	NONE
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	WRAP SANDWICH	PASTA	WRAP SANDWICH	PROTEIN VEG	BURGER	WRAP SANDWICH	BURGER
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Lunch	Chicken Club Sandwich	Spaghetti Bolognese	Beef Strips Sub	Chicken Wings	Butter Chicken Foldover	Dagwood Sandwich	Chicken Mayo Tramezzini
Lunch Starch	Chips			Chips			Roast Potatoes
Lunch Veg							
Lunch Salad	Green Salad	Summer Salad	Green Salad	Butternut Salad	Green Salad	Coleslaw Salad	Summer Salad
Gluten Free	Caesar Chicken Salad	Spaghetti Bolognese GF	Beef Strips Poke Bowl	Chicken Wings	Butter Chicken Foldover GF	Dagwood Sandwich GF	Chicken Mayo Sandwich GF
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PROTEIN VEG	PROTEIN VEG	PROTEIN VEG	PASTA	PROTEIN VEG	LIVE STATION	PROTEIN VEG
Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Dinner	Beef Ribs	Beef & Vegetable Stew	Chicken Pasta Bake	Sweet & Sour Chicken	1/4 Chicken	Build a Burger	Beef Sroganoff
Dinner Starch	Roast Potatoes	Steamed Bread		Fried Rice	Mashed Potato & Gravy	Starch	Brown Rice
Dinner Veg	Butternut		Sweet Corn	Mixed Fried Vegetables	Corn on the Cob	Vegetable	
Dinner Salad	Summer Salad	Summer Salad	Coleslaw Salad	Broccoli Salad	Summer Salad	Summer Salad	Summer Salad
Dessert				Dessert		Dessert	
Gluten Free	Beef Ribs	Beef & Vegetable Stew	Chicken Poke Bowl	Sweet & Sour Chicken	1/4 Chicken	Build a Burger GF	Beef Poke Bowl