

**TRANSNET FREIGHT RAIL HALFWEG HOSTEL – 10 DAY MENU
ANNEXURE A - PROPOSED MENU**

	Item	Ration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	
Breakfast	Cereal/ Porridge	90g dry	Mabella	Soft Porridge	Oats	Weetbix	Mabella	Soft Porridge	Oats	Weetbix	Mabella	Soft porridge	
	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	
	Milk	250ml	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	
	Bread	2 slices/ 40g	Bread	Bread	Bread	Bread	Bread	Bread	Bread	Bread	Bread	Bread	
	Jam/ Margarine	10 g each	Jam/ Margarine	Jam/ Margarine	Jam/ Margarine	Jam/ Margarine	Jam/ Margarine	Jam/ Margarine	Jam/ Margarine	Jam/ Margarine	Jam/ Margarine	Jam/ Margarine	
	Protein	60 g/2	2 baked eggs,2 pieces of bacon, Pattie	2 scrambled eggs, 1 fish cake, 2 regular viennas	2 baked eggs, 1 cheese griller bacon	2 scrambled eggs, 1 pork sausage, chicken livers	2 baked eggs, 1 chicken Vienna, 1 pattie	2 scrambled eggs, 2 pieces of bacon, 2 regular viennas	2 baked eggs, 1 cheese griller, chicken livers	2 scrambled eggs, 1 pork sausage, 1 pattie	2 baked eggs, 1 pork sausage, 2 regular viennas	2 baked eggs, 1 pieces of bacon, 1 fish cake	
	Tea / coffee	1 cup	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee
	Milk	50ml	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk
	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
	Fruit	1 portion	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
	Fruit Juice	1 x 150ml	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
	Dairy		Low fat yoghurt (175ml)	Yogisip (250g)	Maas	Low fat yoghurt (175ml)	Yogisip (250g)	Steri Stumpie (330ml)	Low fat yoghurt (175ml)	Yogisip (250g)	Steri Stumpie (330ml)	Maas	

**TRANSNET FREIGHT RAIL HALFWEG HOSTEL – 10 DAY MENU
ANNEXURE A - PROPOSED MENU**

	Item	Ration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Lunch			Crunchy Garlic Chicken	Spaghetti Bolognese	Chicken Pie	Spicy Chicken	Fried Chicken	Fried Fish	Roast Beef	Herb Marinated Chicken	Hamburgers	Vetkoek & Savoury Mince
	Starch	200g	Mash Potatoes	Spaghetti	Rice	Rice	Baked Potatoes	Rice and lentil salad	Rice	Yellow rice	Roll	Vetkoek
	Protein (with bone)	150g	Chicken							Baked Chicken		
	Protein (without bone)	90g		Mince	Chicken	Chicken	Fish	Fish	Beef		Hamburger patty	Curried mince
	Vegetable 1	80g	Creamed Spinach	Baby Marrows	Parsley Carrots	Broccoli	Coleslaw	Brussel sprouts	Cauliflower & cheese sauce	Buttered cabbage	Apple & raisin salad	Beetroot salad
	Vegetable 2	80g	Peas and corn	Patty pans	Green bean salad	Pumpkin fritters	Peas	Butternut, steamed	Garlic green beans	Four bean salad	Potato chips, fried	Butternut, steamed
	Sauce / Dressing	50ml	Creamed Spinach	(tomato-based sauce)	Gravy	Gravy	Mayo / tartar sauce	Mayonnaise	Gravy / Cheese sauce	Gravy	Tomato sauce / mustard	Myo / tartar sauce
	Tea / coffee	1 cup	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee
	Milk	50ml	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk
	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
	Fruit	1 portion	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
	Soft drink	2 x 340 ml Can	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink

**TRANSNET FREIGHT RAIL HALFWEG HOSTEL – 10 DAY MENU
ANNEXURE A - PROPOSED MENU**

	Item	Ration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Dinner			Herb Roasted Sirlion	Chicken & tomato stew	Cottage Pie	Lamb stew	Curry Beef Stew	Crumbed Pork Chops	Creamy goulash	Spaghetti & Meat Balls	Chicken Kebabs	Baked Hake
	Starch	200 g	Mielie Rice	Stiff Maize meal	Potatoes	Rice	Yellow Rice with raisins	Mealie Rice	Sautéed Potatoes	Spaghetti	Mielie Rice	Potato salad
	Protein (with bone)	150g		Chicken		Lamb meat		Pork Chops				
	Protein (without bone)	90g	Sirlion		Mince		Beef cubes		Beef goulash	Meat balls	Chicken	
	Vegetable 1	80g	Steamed mix veg	Mushrooms	Tossed green salad	Glazed carrots	Cucumber & lettuce salad	Carrot & pineapple salad	Curried peach salad	Spicy beetroot	Vegetable soup	Raratouille
	Vegetable 2	80g	Green beans, steamed	Gem Squash	Oven baked butternut	Garlic green beans	Gem squash and corn	Sweet potato, glazed	Peas & corn	Pumpkin, glazed	Whole mealies / cut corn	Sweet corn fritters
	Sauce / Dressing	50ml	Gravy		Gravy		Curry sauce	Mustard sauce	Sweet chilli sauce	(tomato – based sauce)	Sweet chilli sauce	Mayo/ tartar sauce
	Tea / coffee	1 cup	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee
	Milk	50ml	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk
	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
	Dessert	1 portoin	Tinned fruit and custard	Fresh seasonal fruit	Ice cream and choc sauce	Fruit salad	Apple tart	Pancakes with cinnamon	Jelly and custard	Fresh seasonal fruit	Orange pudding	Fresh seasonal fruit
	Soft drink	2 x 340 ml Can	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink

**TRANSNET FREIGHT RAIL HALFWEG HOSTEL – 10 DAY MENU
ANNEXURE A - PROPOSED MENU**

	Item	Ration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Special meal			T Bone steak	Baked fish	Chicken Schnitzel	Rump Steak	Pork Schnitzel	T Bone steak	Boerewors	Chicken Schnitzel	Rump Steak	Pork Schnitzel
	Starch	200g	Stiff maize meal	Potato chips	Mash Potato	Potato chips	Mash Potato	Stiff maize meal	Potato chips	Mash Potato	Potato chips	Mash Potato
	Vegetable/Salad	80g	Tomato & Onion gravy	Lettuce & Tomato	Peas	Greek salad	Cole Slaw	Tomato & Onion gravy	Lettuce & Tomato	Peas	Greek salad	Cole Slaw
	Fresh Bread	2 slices	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread	Fresh Bread
	Margarine / Butter	20g	Margarine / Butter	Margarine / Butter	Margarine / Butter	Margarine / Butter	Margarine / Butter	Margarine / Butter	Margarine / Butter	Margarine / Butter	Margarine / Butter	Margarine / Butter
	Spreads	20g	Jam/ Marmite/ Peanut butter	Jam/ Marmite/ Peanut butter	Jam/ Marmite/ Peanut butter	Jam/ Marmite/ Peanut butter	Jam/ Marmite/ Peanut butter	Jam/ Marmite/ Peanut butter	Jam/ Marmite/ Peanut butter	Jam/ Marmite/ Peanut butter	Jam/ Marmite/ Peanut butter	Jam/ Marmite/ Peanut butter
	Dessert	1 portion	Tinned fruit and custard	Fresh seasonal fruit	Ice cream and choc sauce	Fruit salad	Apple tart	Pancakes with cinnamon	Jelly and custard	Fresh seasonal fruit	Orange pudding	Fresh seasonal fruit
	Tea / coffee	1 cup	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee	Tea / coffee
	Milk	50ml	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk	Low fat Milk
	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
	Soft drink	2 x 340 ml Can	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink	Soft drink

TRANSNET FREIGHT RAIL HALFWEG HOSTEL – 10 DAY MENU ANNEXURE A - PROPOSED MENU

F

Lunch Pack – this will be the same for every day

- Hot meal (choice of what was served at the last meal and at Breakfast the choice between Breakfast and the Special Meal)
- 1 x packet of Simba chips OR Peanuts OR Bakers Mini Cheddars (choice of employee)
- 1 x energy bar
- 1 x 175ml low fat yoghurt
- 2 x fresh fruit (seasonal) or fruit bar (choice of employee)
- 2 x 500ml mineral water
- 2 x 500ml soft drink

Halaal meals – ALL the same as above menus, but should be prepared according to Halaal principles.

Diabetic meals – SHOULD CATER FOR DIABETIC EMPLOYEES AS WELL