

ROSEMARY HILL

SINCE 1978

Tuckshop Menu Term 3, 2026

DAY	DATE	Standard Meal of the Day	Vegetarian Meal	Gluten-Free Meal	Price
TUESDAY	21 July 2026	Grilled Chicken Burger	Halloumi Burger	Grilled Chicken Strips + Chips	R40
WEDNESDAY	22 July 2026	Toasted Sandwiches on Ciabatta	Cheese, Tomato & Mushroom Toastie	Protein + Side Salad	R35
THURSDAY	23 July 2026	Fish Cakes & Chips	Falafel Patties with Chips	Grilled Fish + Chips or Salad x 2	R40
FRIDAY	24 July 2026	Margherita Pizza	Margherita Pizza	Protein + Side Salad	R35
MONDAY	27 July 2026	Grilled chicken strip Pita	Stir-fry Veg, Mushroom & Slaw Pita	Chicken & Slaw Bowl	R40
TUESDAY	28 July 2026	Vetkoek & Mince	Chickpea & Bean Relish Vetkoek	Savoury Mince & Veg Bowl	R30
WEDNESDAY	29 July 2026	Chicken wings and potato wedges	Loaded Wedges with Cheese & Beans	Same as Standard Meal	R40
THURSDAY	30 July 2026	Chicken Quesadilla	Cheese, Black Bean & Corn Quesadilla	Chicken, Corn & Black Bean Bowl	R40
FRIDAY	31 July 2026	Boerewors Roll	Veggie Skewer and a Bread Roll	Boerewors + Chips or Salad x 2	R45
MONDAY	03 August 2026	Chicken drumsticks & potato wedges	Egg & Cheese Muffins + Potato Wedges	Same as Standard Meal	R35
TUESDAY	04 August 2026	Grilled Chicken Burger	Halloumi Burger	Grilled Chicken Strips + Chips	R40
WEDNESDAY	05 August 2026	Toasted Sandwiches on Ciabatta	Cheese, Tomato & Mushroom Toastie	Protein + Side Salad	R35
THURSDAY	06 August 2026	Fish Cakes & Chips	Falafel Patties with Chips	Grilled Fish + Chips or Salad x 2	R40
FRIDAY	07 August 2026	BBQ Chicken Pizza	Vegetarian Pizza	Protein + Side Salad	R35
MONDAY	10 August 2026	PUBLIC HOLIDAY	PUBLIC HOLIDAY	PUBLIC HOLIDAY	
TUESDAY	11 August 2026	Vetkoek & Mince	Chickpea & Bean Relish Vetkoek	Savoury Mince & Veg Bowl	R30
WEDNESDAY	12 August 2026	Chicken wings and potato wedges	Loaded Wedges with Cheese, Edamame & Beans	Same as Standard Meal	R40
THURSDAY	13 August 2026	Chicken Quesadilla	Cheese, Bean & Corn Quesadilla	Chicken, Corn & Black Bean Bowl	R40
FRIDAY	14 August 2026	Boerewors Roll	Veggie Skewer and a Bread Roll	Boerewors + Chips or Salad x 2	R45
MONDAY	17 August 2026	Chicken drumsticks & potato wedges	Egg & Cheese Muffins + Potato Wedges	Same as Standard Meal	R35
TUESDAY	18 August 2026	Grilled Chicken Burger	Halloumi Burger	Grilled Chicken Strips + Chips	R40
WEDNESDAY	19 August 2026	Toasted Sandwiches on Ciabatta	Cheese, Tomato & Mushroom Toastie	Protein + Side Salad	R35
THURSDAY	20 August 2026	Fish Cakes & Chips	Falafel Patties with Chips	Grilled Fish + Chips or Salad x 2	R40
FRIDAY	21 August 2026	Margherita Pizza	Margherita Pizza	Protein + Side Salad	R35
MONDAY	24 August 2026	Grilled chicken strip Pita	Stir-fry Veg, Mushroom & Slaw Pita	Chicken & Slaw Bowl	R40
TUESDAY	25 August 2026	Vetkoek & Mince	Chickpea & Bean Relish Vetkoek	Savoury Mince & Veg Bowl	R30
WEDNESDAY	26 August 2026	Chicken wings and potato wedges	Loaded Wedges with Cheese & Beans	Same as Standard Meal	R40
THURSDAY	27 August 2026	Chicken Quesadilla	Cheese, Black Bean & Corn Quesadilla	Chicken, Corn & Black Bean Bowl	R40
FRIDAY	28 August 2026	Boerewors Roll	Veggie Skewer and a Bread Roll	Boerewors + Chips or Salad x 2	R45
MONDAY	31 August 2026	Chicken drumsticks & potato wedges	Egg & Cheese Muffins + Potato Wedges	Same as Standard Meal	R35
TUESDAY	01 September 2026	Grilled Chicken Burger	Halloumi Burger	Grilled Chicken Strips + Chips	R40
WEDNESDAY	02 September 2026	Toasted Sandwiches on Ciabatta	Cheese, Tomato & Mushroom Toastie	Protein + Side Salad	R35
THURSDAY	03 September 2026	Fish Cakes & Chips	Falafel Patties with Chips	Grilled Fish + Chips or Salad x 2	R40
FRIDAY	04 September 2026	Chicken & Sweetcorn Pizza	Vegetarian Pizza	Protein + Side Salad	R35
MONDAY	07 September 2026	Grilled chicken strip Pita	Stir-fry Veg, Mushroom & Slaw Pita	Chicken & Slaw Bowl	R40
TUESDAY	08 September 2026	Vetkoek & Mince	Chickpea & Bean Relish Vetkoek	Savoury Mince & Veg Bowl	R30
WEDNESDAY	09 September 2026	Chicken wings and potato wedges	Loaded Wedges with Cheese & Beans	Same as Standard Meal	R40
THURSDAY	10 September 2026	Chicken Quesadilla	Cheese, Black Bean & Corn Quesadilla	Chicken, Corn & Black Bean Bowl	R40
FRIDAY	11 September 2026	Boerewors Roll	Veggie Skewer and a Bread Roll	Boerewors + Chips or Salad x 2	R45
MONDAY	14 September 2026	Chicken drumsticks & potato wedges	Egg & Cheese Muffins + Potato Wedges	Same as Standard Meal	R35
TUESDAY	15 September 2026	Grilled Chicken Burger	Halloumi Burger	Grilled Chicken Strips + Chips	R40
WEDNESDAY	16 September 2026	Toasted Sandwiches on Ciabatta	Cheese, Tomato & Mushroom Toastie	Protein + Side Salad	R35
THURSDAY	17 September 2026	Fish Cakes & Chips	Falafel Patties with Chips	Grilled Fish + Chips or Salad x 2	R40
FRIDAY	18 September 2026	Bacon & Cheese Pizza	Vegetarian Pizza	Protein + Side Salad	R35
MONDAY	21 September 2026	Grilled chicken strip Pita	Stir-fry Veg, Mushroom & Slaw Pita	Chicken & Slaw Bowl	R40
TUESDAY	22 September 2026	Vetkoek & Mince	Chickpea & Bean Relish Vetkoek	Savoury Mince & Veg Bowl	R30
WEDNESDAY	23 September 2026	Chicken wings and potato wedges	Loaded Wedges with Cheese & Beans	Same as Standard Meal	R40