ROSEMARY HILL

SINCE 1978

Tuckshop Menu Term 4, 2026

DAY	DATE	Standard Meal of the Day	Vegetarian Meal	Gluten-Free Meal	Price
TUESDAY	13 October 2026	Chicken Burger	Halloumi Burger	Chicken Burger on Gluten-Free Roll	R40
WEDNESDAY	14 October 2026	Toasted Ciabatta: Mince & Cheese / Ham & Cheese / Tomato & Cheese	Tomato & Cheese Toasted Ciabatta	Toasties on Gluten-Free Bread: Mince & Cheese / Ham & Cheese / Tomato & Cheese	R35
THURSDAY	15 October 2026	Beef Kebab & Chips	Falafel Pattie & Chips	Gluten-Free Beef Kebab & Chips	R40
FRIDAY	16 October 2026	Bacon Pizza & Margarita Pizza	Margarita Pizza	Bacon Pizza / Margarita Pizza on Gluten-Free Bases	R35
MONDAY	19 October 2026	Beef Burger	Falafel Burger	Beef Burger on Gluten-Free Roll	R40
TUESDAY	20 October 2026	Chicken Caesar Salad Wrap	Halloumi Caesar Salad Wrap	Chicken Caesar Salad in a Gluten-Free Wrap	R40
WEDNESDAY	21 October 2026	Steak Sandwich on Ciabatta	Roasted Vegetable & Mozzarella Sandwich on Ciabatta	Steak Sandwich on Gluten-Free Bread	R45
THURSDAY	22 October 2026	Chicken Quesadilla	Bean Relish & Cheese Quesadilla	Chicken Quesadilla in a Gluten-Free Wrap	R40
FRIDAY	23 October 2026	Boerewors Roll	Grilled Halloumi & Vegetable Roll	Gluten-Free Boerewors on a Gluten-Free Roll	R45
MONDAY	26 October 2026	Bacon, Egg & Cheese English Muffin	Egg & Cheese English Muffin	Gluten-Free Egg Muffin	R40
TUESDAY	27 October 2026	Chicken Burger	Halloumi Burger	Chicken Burger on Gluten-Free Roll	R40
WEDNESDAY	28 October 2026	Toasted Ciabatta: Mince & Cheese / Ham & Cheese / Tomato & Cheese	Tomato & Cheese Toasted Ciabatta	Toasties on Gluten-Free Bread: Mince & Cheese / Ham & Cheese / Tomato & Cheese	R35
THURSDAY	29 October 2026	Beef Kebab & Chips	Falafel Pattie & Chips	Gluten-Free Beef Kebab & Chips	R40
FRIDAY	30 October 2026	Bacon Pizza & Margarita Pizza	Margarita Pizza	Bacon Pizza / Margarita Pizza on Gluten-Free Bases	R35
MONDAY	02 November 2026	Beef Burger	Falafel Burger	Beef Burger on Gluten-Free Roll	R40
TUESDAY	03 November 2026	Chicken Caesar Salad Wrap	Halloumi Caesar Salad Wrap	Chicken Caesar Salad in a Gluten-Free Wrap	R40
WEDNESDAY	04 November 2026	Steak Sandwich on Ciabatta	Roasted Vegetable & Mozzarella Sandwich on Ciabatta	Steak Sandwich on Gluten-Free Bread	R45
THURSDAY	05 November 2026	Chicken Quesadilla	Bean Relish & Cheese Quesadilla	Chicken Quesadilla in a Gluten-Free Wrap	R40
FRIDAY	06 November 2026	Boerewors Roll	Grilled Halloumi & Vegetable Roll	Gluten-Free Boerewors on a Gluten-Free Roll	R45
MONDAY	09 November 2026	Bacon, Egg & Cheese English Muffin	Egg & Cheese English Muffin	Gluten-Free Egg Muffin	R40
TUESDAY	10 November 2026	Chicken Burger	Halloumi Burger	Chicken Burger on Gluten-Free Roll	R40
WEDNESDAY	11 November 2026	Toasted Ciabatta: Mince & Cheese / Ham & Cheese / Tomato & Cheese	Tomato & Cheese Toasted Ciabatta	Toasties on Gluten-Free Bread: Mince & Cheese / Ham & Cheese / Tomato & Cheese	R35
THURSDAY	12 November 2026	Beef Kebab & Chips	Falafel Pattie & Chips	Gluten-Free Beef Kebab & Chips	R40
FRIDAY	13 November 2026	Bacon Pizza & Margarita Pizza	Margarita Pizza	Bacon Pizza / Margarita Pizza on Gluten-Free Bases	R35
MONDAY	16 November 2026	Beef Burger	Falafel Burger	Beef Burger on Gluten-Free Roll	R40
TUESDAY	17 November 2026	Chicken Caesar Salad Wrap	Halloumi Caesar Salad Wrap	Chicken Caesar Salad in a Gluten-Free Wrap	R40
WEDNESDAY	18 November 2026	Steak Sandwich on Ciabatta	Roasted Vegetable & Mozzarella Sandwich on Ciabatta	Steak Sandwich on Gluten-Free Bread	R45
THURSDAY	19 November 2026	Chicken Quesadilla	Bean Relish & Cheese Quesadilla	Chicken Quesadilla in a Gluten-Free Wrap	R40
FRIDAY	20 November 2026	Boerewors Roll	Grilled Halloumi & Vegetable Roll	Gluten-Free Boerewors on a Gluten-Free Roll	R45
MONDAY	23 November 2026	Bacon, Egg & Cheese English Muffin	Egg & Cheese English Muffin	Gluten-Free Egg Muffin	R40
TUESDAY	24 November 2026	Chicken Burger	Halloumi Burger	Chicken Burger on Gluten-Free Roll	R40
WEDNESDAY	25 November 2026	Toasted Ciabatta: Mince & Cheese / Ham & Cheese / Tomato & Cheese	Tomato & Cheese Toasted Ciabatta	Toasties on Gluten-Free Bread: Mince & Cheese / Ham & Cheese / Tomato & Cheese	R35
THURSDAY	26 November 2026	Beef Kebab & Chips	Falafel Pattie & Chips	Gluten-Free Beef Kebab & Chips	R40
FRIDAY	27 November 2026	Bacon Pizza & Margarita Pizza	Margarita Pizza	Bacon Pizza / Margarita Pizza on Gluten-Free Bases	R35
MONDAY	30 November 2026	Beef Burger	Falafel Burger	Beef Burger on Gluten-Free Roll	R40
TUESDAY	01 December 2026	Chicken Caesar Salad Wrap	Halloumi Caesar Salad Wrap	Chicken Caesar Salad in a Gluten-Free Wrap	R40
WEDNESDAY	02 December 2026	Steak Sandwich on Ciabatta	Roasted Vegetable & Mozzarella Sandwich on Ciabatta	Steak Sandwich on Gluten-Free Bread	R45
THURSDAY	03 December 2026	Chicken Quesadilla	Bean Relish & Cheese Quesadilla	Chicken Quesadilla in a Gluten-Free Wrap	R40
FRIDAY	04 December 2026	Boerewors Roll	Grilled Halloumi & Vegetable Roll	Gluten-Free Boerewors on a Gluten-Free Roll	R45

The Waldorf School & The High School
SPECIAL DIETARY REQUIREMENTS & ALLERGIES:

Name	Type	Grade	Details
Berry	Account	Grade 2	Allergic to fish
Koboti	Account	Grade 4	No beef, pork or fish
Parker-Jane	Account	Grade 4	Allergic to all nuts and shellfish
Smankele	Account	Grade 5	Allergic to fish
Asanda	Hostel	Grade 6	Allergic to fish
Thando	Hostel	Grade 7	No Pork
Zee	Hostel	Grade 8	Lactose intolerant and no pork
Kundai	Account	Grade 9	Vegetarian
Jessica	Account	Grade 9	Vegetarian
Kabo	Account	Grade 9	No Carbs
Solulele	Hostel	Grade 9	No pork
Leo	Account	Grade 10	No Iodine
Nadya	Hostel	Grade 11	Low Carb and allergic to Fish & Gelatine.
Katlego	Account	Grade 10	Allergic to all types of nuts
Orefile	Hostel	Grade 10	No Gluten, pap, dairy, beef, peppers, sweet potato, fries (Can give chicken, rice, eggs, fish, veg)
Michael	Account	Grade 11	No Shellfish
Candice	Account	Teacher	No Carbs

NATALIE IS DEATHLY ALLERGIC TO PINEAPPLES. NEVER SEND ANYTHING WITH PINEAPPLE TO SCHOOL!

Aftercare at The Hostel
SPECIAL DIETARY REQUIREMENTS & ALLERGIES:

Hunter	Aftercare	Grade 1	Allergic to Peanuts
Berry	Account	Grade 2	Allergic to fish
Munashe (also called Mumu)	Aftercare	Grade 4	No Apple, Avo, Bananas, Carrots, Cherry, Eggs, Fish, Milk, Peanuts
Solulele	Hostel	Grade 9	No Pork
Peishe	Aftercare	Grade 11	No Avo, Bananas, Dairy, Eggs, Peanuts, Soy and Wheat
Mary	Hostel	Teacher	No Pork