

EASY STEPS TO BOOK A MEAL



1.

On the menu rotation list check the menu day for the date a booked meal is required.

2.

Go to the menu and browse the available menu options.

3.

Close the menu and go to the booking options and book for your choice.

TuksRes

Legaeae - Real home



MARCH MENU ROTATION

DEPARTMENT OF RESIDENCE AFFAIRS AND ACCOMMODATION: TUKSRES FOOD SERVICES

Lunch option: Combo Menu's as advertised in your Dining hall

Weekends: See weekend menu *if applicable to your dining hall*.

Due to unforeseen circumstances and challenges we might need to change our menu and substitute certain items from time to time, please accept our apologies for any inconvenience

MENU ROTATION – APRIL 2026

DATE	DAY	MENU
1	Wednesday	Day 7 (Recess)
2	Thursday	Day 8 (Recess)
3	Friday	Saturday A (Recess)
4	Saturday	Sunday A (Recess)
5	Sunday	Saturday B (Recess)
6	Monday	Sunday B (Recess)
7	Tuesday	Day 9
8	Wednesday	Day 10
9	Thursday	Day 11
10	Friday	Day 12
11	Saturday	Weekend C
12	Sunday	Weekend C
13	Monday	Day 13
14	Tuesday	Day 14
15	Wednesday	Day 15
16	Thursday	Day 16
17	Friday	Day 1
18	Saturday	Weekend A
19	Sunday	Weekend A
20	Monday	Day 2
21	Tuesday	Day 3
22	Wednesday	Day 4
23	Thursday	Day 5
24	Friday	Day 6
25	Saturday	Weekend B
26	Sunday	Weekend B
27	Monday	Saturday C (Public Holiday)
28	Tuesday	Day 7
29	Wednesday	Day 8
30	Thursday	Day 9



MEAL OF THE DAY: SUMMER MENU

DEPARTMENT OF RESIDENCE AFFAIRS AND ACCOMMODATION: TUKSRES FOOD SERVICES

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Vegetarian Supper	Cheddar-melt vegetarian schnitzel Spicy potato wedges OR Rice Roasted onion gravy Roasted butternut OR Coleslaw	Vegetarian strips Pap OR Rice Peas OR French salad Salad dressing	Tortilla with vegetables & creamy sauce Seasoned potatoes Roasted butternut OR Mixed salad Salad dressing	Cheese & corn samosas Mashed Potatoes OR Rice Roasted onion gravy OR Tom & onion gravy Broccoli with white sauce OR Beetroot salad	Pasta alfredo with spinach & feta Mini bread roll fresh Margarine portion Chunky mix vegs OR Mediterranean chickpea salad Salad dressing
Standard Supper	Fried fish Spicy potato wedges OR Rice Seafood sauce OR Roasted onion gravy Roasted butternut OR Coleslaw	Spicy chicken supreme Pap OR Rice Tom & onion gravy OR Roasted onion gravy Peas OR French salad Salad dressing	Garlic brown sugar thighs Seasoned potatoes OR Rice Roasted onion gravy Roasted butternut OR Mixed salad Salad dressing	Spicy creamy chicken fillet Mashed Potatoes OR Rice Roasted onion gravy OR Tom & onion gravy Broccoli with white sauce OR Beetroot salad	Chicken a la King Rice OR Pap Tom & onion gravy Chunky mix vegs OR Mediterranean chickpea salad Salad dressing
TuksRes Supper	Alfredo sauce with bacon & mushrooms Pasta Roasted butternut OR Coleslaw	Beef stroganoff Pap OR Rice Tom & onion gravy OR Roasted onion gravy Peas OR French salad Salad dressing	Oven-baked pork chop Seasoned potatoes OR Rice Roasted onion gravy Roasted Butternut OR Mixed salad Salad dressing	Braised steak Mashed Potatoes OR Rice Roasted onion gravy OR Tom & onion gravy Broccoli with white sauce OR Beetroot salad	Beef Goulash Rice OR Pap Chunky mix vegs OR Mediterranean chickpea salad Salad dressing



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DEPARTMENT OF RESIDENCE AFFAIRS AND ACCOMMODATION: TUKSRES FOOD SERVICES

	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
Vegetarian Supper	Veggie bites Seasoned potatoes OR Full chips Sparerib sauce Carrots, peas & cut corn OR Mixed salad Salad dressing	Spinach & feta quiche 3 Way mix AND Beetroot salad	Lentil and bean dish Mini bread roll fresh Margarine portion Sweet baby carrots OR Greek salad Salad dressing	Sweet Potato Casserole Mashed potatoes Tom & onion gravy OR Pepper sauce Glazed Butternut OR Mediterranean chickpea salad Salad dressing	Spaghetti Bolognaise vegetarian Mixed Vegetables OR Beetroot salad	Spinach & feta pie Savoury Rice OR Rice Roasted onion gravy OR Cheese sauce Chunky mix vegs OR French salad Salad dressing
Standard Supper	Chicken burger/menu Full chips OR Seasoned potatoes Carrots, peas & cut corn OR Mixed salad Salad dressing	Crumbed chicken Leg Creamy Pasta OR Rice Tomato onion gravy OR Roasted onion gravy 3 Way mix OR Beetroot salad	BBQ chicken leg Pap OR Rice Roast onion gravy OR Tom & onion gravy Sweet baby carrots OR Greek salad Salad dressing	Chicken schnitzel Mashed potatoes OR Pap Tom & onion gravy OR Pepper sauce Glazed Butternut OR Mediterranean chickpea salad Salad dressing	Crumbed Hake Spicy potato wedges OR Rice Seafood sauce Mixed vegetables OR Beetroot salad	Chicken cordon bleu Savoury rice OR Rice Roasted onion gravy OR Cheese sauce Chunky mix vegs OR French salad Salad dressing
TuksRes Supper	Beef burger/menu Full chips OR Seasoned potatoes Sparerib sauce Carrots, peas & cut corn OR Mixed salad Salad dressing	Cheddar-melt beef schnitzel Creamy pasta OR Rice Tomato onion gravy OR Roasted onion gravy 3 Way mix OR Beetroot salad	Hungarian beef stew Pap OR Rice Rice Sweet baby carrots OR Greek salad Salad dressing	Beef Stir-fry Mashed potatoes OR Pap Tom & onion gravy OR Pepper sauce Glazed Butternut OR Mediterranean chickpea salad	Wiener schnitzel Spicy potato wedges OR Rice Rice BBQ sauce Mixed vegetables OR Beetroot salad	Curry mince Savoury Rice OR Rice OR Roasted onion gravy OR Cheese sauce Chunky mix vegs OR French salad Salad dressing



MEAL OF THE DAY: SUMMER MENU

DEPARTMENT OF RESIDENCE AFFAIRS AND ACCOMMODATION: TUKSRES FOOD SERVICES

	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16
Vegetarian Supper	Pasta alfredo with spinach & feta Yellow rice OR Samp Tom & onion gravy Spinach with tomato & onion OR Garden salad Salad dressing	Green beans and Mush Risotto Mini bread roll fresh Margarine portion Mixed vegetables OR Beetroot salad	Sweet potato casserole Rice Roasted onion gravy Glazed julienne carrots OR Mixed salad Salad dressing	Spinach & feta quiche Parsley baby potatoes OR Rice Monkeygland sauce Roast butternut with feta OR Coleslaw	Tortilla with veg and creamy cheese sauce Oven-baked baby potatoes OR Savoury rice Roasted onion gravy Fried curry cabbage OR French salad Salad dressing
Standard Supper	Peri peri Chicken Wings Yellow rice OR Samp Tom & onion gravy Spinach with tomato & onion OR Garden salad Salad dressing	Crumbed chicken leg Square chips OR Rice Roasted onion gravy Mixed vegetables OR Beetroot salad	Lemon & Rosemary Chicken fillet Rice Roasted onion gravy OR Cheese sauce Glazed julienne carrots OR Mixed salad Salad dressing	Sweet sticky wings Parsley baby potatoes OR Rice Monkeygland sauce Roast butternut with feta OR Coleslaw	Chicken strips Oven-baked baby potatoes OR Savoury rice Roasted onion gravy Fried curry cabbage OR French salad Salad dressing
TuksRes Supper	Beef stir-fry Yellow rice OR Samp Tom & onion gravy Spinach with tomato & onion OR Garden salad Salad dressing	Braised steak Square chips OR Rice Roasted onion gravy Mixed vegetables OR Beetroot salad	Cheddar-melt beef schnitzel Rice Roasted onion gravy OR Cheese sauce Glazed julienne carrots OR Mixed salad Salad dressing	BBQ pork chop Parsley baby potatoes OR Rice Monkeygland sauce Roast butternut with feta OR Coleslaw	Crumbed pork chop Oven-baked baby potatoes OR Savoury rice Roasted onion gravy Fried curry cabbage French salad with Salad dressing



MEAL OF THE DAY: WEEKEND SUMMER MENU

DEPARTMENT OF RESIDENCE AFFAIRS AND ACCOMMODATION: TUKSRES FOOD SERVICES

	SAT A	SUN A	SAT B	SUN B	SAT C	SUN C
Vegetarian Lunch	Vegetarian sausage bredie Pap OR Lyonnaise potatoes Roasted onion gravy Glazed Julienne Carrot OR Garden salad Salad dressing	Pasta alfredo with spinach & feta Mini bread roll fresh Margarine portion Green beans with tom & onion OR Morogo salad	Lentil and bean dish Seasoned potatoes Tom & onion gravy OR Seafood sauce Peas and baby carrots OR Pasta salad	Giant cheese & corn samosas Mashed Potatoes OR Rice Roasted onion gravy OR Tom & onion gravy Vegetable Trio OR Summer salad	Green bean risotto Creamy Pasta OR Rice Roasted onion gravy OR Tom & onion gravy Ratatouille OR Mixed salad	Sweet potato casserole Pap OR Rice Tom & onion gravy Green beans with garlic OR Chakalaka salad
Standard Lunch	Oven-baked chicken thighs Pap OR Lyonnaise potatoes Roasted onion gravy Glazed Julienne Carrot OR Garden salad Salad dressing	Chakalaka chicken leg Rice OR Pap Roasted onion gravy Green beans with tom & onion OR Morogo salad	Crumbed Hake Rice OR Seasoned potatoes Tom & onion gravy OR Seafood sauce Peas and baby carrots OR Pasta salad	Mushroom chicken leg Mashed Potatoes OR Rice Roasted onion gravy OR Tom & onion gravy Vege Trio OR Summer salad	Cheddar-melt chicken schnitzel Creamy Pasta OR Rice Roasted onion gravy OR Tom & onion gravy Ratatouille OR Mixed salad	Chicken lasagne Mini bread roll & margarine Green beans with garlic OR Chakalaka salad
TuksRes Lunch	Boerewors Pap OR Lyonnaise potatoes Roasted onion gravy Glazed Julienne Carrot OR Garden salad Salad dressing	Curry beef stew Rice OR Pap Roasted onion gravy Green beans with tom & onion OR Morogo salad	Marinated Club Steak Rice OR Seasoned potatoes Tom & onion gravy OR Seafood sauce Peas and baby carrots OR Pasta salad	Braised steak Mashed Potatoes OR Rice Roasted onion gravy OR Tom & onion gravy Vege Trio OR Summer salad	Wiener schnitzel Creamy Pasta OR Rice Roasted onion gravy OR Tom & onion gravy Ratatouille OR Mixed salad	Mustard pork chop Pap OR Rice Tom & onion gravy Green beans with garlic OR Chakalaka salad



MEAL OF THE DAY: WEEKEND SUMMER MENU

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	SAT A	SUN A	SAT B	SUN B	SAT C	SUN C
Vegetarian Supper	Giant cheese & corn samosas Savoury rice OR Chips small Sweet chilli sauce OR Tom & onion gravy Country mix vegetables OR Greek Salad Salad dressing	Vegetarian Strips Spicy potato wedges OR Savoury rice Cheese sauce OR Sweet chilli sauce Pumpkin medley OR French salad Salad dressing	Sweet Potato Casserole Rice Roasted onion gravy OR Tom & onion gravy Spinach with potato Beetroot salad	Spaghetti bolognaise vegetarian Creamy pasta OR Rice Roasted onion gravy Country mix OR Chakalaka salad	Vegetarian cottage pie Glazed julienne carrots AND Greek Salad Salad dressing	Vegetarian schnitzel Mashed potatoes OR Rice Roasted onion gravy Mediterranean roast Mix Beetroot salad
Standard Supper	Battered hake Savoury rice OR Chips small Seafood sauce OR Tom & onion gravy Country mix vegetables OR Greek Salad Salad dressing	Chicken Schnitzel Spicy potato wedges OR Savoury rice Cheese sauce OR Sweet chilli sauce Pumpkin medley OR French salad Salad dressing	BBQ chicken leg Pap OR Rice Roasted onion gravy OR Tom & onion gravy Spinach with potato Beetroot salad	Masala Chicken Fillet Savoury Rice OR Rice Roasted onion gravy Country mix OR Chakalaka salad	Chicken Bites/Pops Seasoned potatoes Sweet & sour sauce Glazed julienne carrots OR Greek Salad Salad dressing	Creamy Tomato Chicken Fillet Mashed potatoes OR Rice Roasted onion gravy Mediterranean Roast Mix Beetroot salad