

Cafeteria & Tuck-Shop Prices



OKJA Oat M*lk 200ml Plain/Choco (New)	R 16.00
Red Grapetizer / Appletizer 330ml	R 15.00
Water - Flavoured 500ml (Low Kilojoule)	R 11.00
Water - Still Mother E 500ml	R 10.50
Water - Sparkling 500ml	R 8.00
Dewlands Fruit Juice 200ml	R 6.50
Good Hope Soymilk 200ml	R 8.00
Hot Chocolate	R 11.00
Freshly Ground Filter Coffee (Cafeteria only)	R 13.00
Tea (Glen,Rooibos,5 Roses) / Coffee (Nescafé)	R 8.00

Croissant Chocolate	R 18.00
Laugen Cheese Sticks	R 14.50
Laugen Pretzel ✓	R 11.00
Laugen Stick / Roll ✓	R 9.00



Brownie / Muffin / Biscuits (5)	R 8.50
Yogurt Drizzle Mantellis	R 5.50



Rolls with Various Toppings	R 25.00
Wrap - Chicken / Vegan ✓	R 28.00
Schnitzel Burger (Thursdays only)- Chicken / Vegan ✓	R 30.00

Pizza (Hawaiian/Vegetarian)	R 22.00
Hot Dog	R 18.00
Soup (2 nd & 3 rd Term only) ✓	R 14.00
Quiche (v)	R 16.00
Spring Roll Tuesdays (Veg/Chick)	R 13.00
Samoosa (Vegetable/Beef)	R 8.50
Hard Boiled Egg	R 3.50



Meal in a Tub R 28.00

Couscous Salad (v) / Macaroni & Cheese (v),
 Spaghetti Bolognese / Kadhai Chicken Curry & Rice
 Stir-fried Savoury Rice with Chicken or Soya (v) ✓
 "Lunch of the Day" in a Tub (Subject to availability, Cafeteria only)

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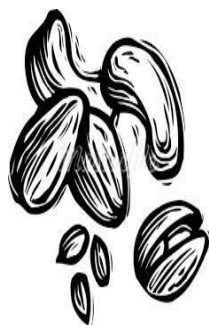


Fruit Salad (1st & 4th Term only)	R 20.00
Breakfast Tub (Yogurt & Granola)	R 19.00
Yogurt 175ml - Plain/Variou Fruit	R 10.50
Fruit Whole	R 6.00

Chocolates Bars - Various	R 13.00
Coti Chocolate - Various 30g Zero Sugar Added	R 11.00
Coti Chocolate Peanut Butter 50g	R 9.00
Jelly Tots 41g / Wine Gum Roll	R 11.00
Mini Chocolates - Various	R 6.50



Fruity Bears - Strawberry 40g (Montagu)	R 15.00
Sour Wiggles - Cherry 40g (Montagu)	R 15.00



Jungle Bar - Various	R 12.00
Choc Coated Raisins 50g (Montagu)	R 11.00
Flaki Fruit 40g (Montagu)	R 9.00
Mixed Dried Fruit Drops 50g (Montagu)	R 9.00
Berry's Bars Minis - Various (New)	R 8.50
Roasted Corn - Chutney 40g (Montagu)	R 7.00
Savi Stix (Mix Pretzel Salt) 60g	R 7.00

Nachos 100g (Gluten Free)	R 18.00
Droewors Original 40g	R 17.00
Bakali Rice Cakes 40g	R 10.50
Popcorn 20g - Butter / Salt	R 4.50



Las Paletas (Artisan Lollies)	R 15.00
ChockStick	R 13.50
Zooty Pop Orange	R 7.50
Icebite (Frozen Fruit Juice)	R 5.50

@ Linga Longa only

Cereal Bar (Mo-Th from 07:15 - 11:00)

Cereal Bar - Cereal/Muesli R 18.00 / Instant Oats R 10.00

Add (instead of milk) : Plain Yogurt R 4.50 / Soy Milk R 3.00 / Oat Milk R 10.50/ Tub & Spoon R 3.50

Salad Bar (Mo-Th from 11:30)

Side Salad R 22.00 / Main Salad R 38.00 / TA Salad 500ml R 28.00

Lunch of the Day (Mo-Th From 12:00) - R 53.00

includes (optional) Salad Bar & Dessert

Eco TA Lunch Container(s) & Cutlery (subsidised) - R 5.00 / Eco Cutlery (ea)- R 1.50