



VRYBURGER OMGEEEMENSE

Dien met vreugde



Brons Spyskaart vir gesin van 5:

R1200 per gesin

Uitreik en verligting van nood

Help mense wat nie hulle self kan help nie

print back to front

Vir die aankoper: Afrikaans, Engels en Kleurling kultuur spyskaart aankope

								
6 brode	1 bokse van 4 pakkies	1 x 500gram botter	1 x 800g grond-boontjebotter	8 x 155g pilchards	4 x blikkies tamatie en uie	2 x 2kg soet patats	4 blikkies mexican style tomatie en uie	1 x 10kg wit meel
								
2x 5kg Maize meal	1 kg suiker	900g konfyt	5l sonneblom olie	4 blikkies swart bone	1 x 2.5 kg botterskorsie	1 x 250g bisto	2 x 500g samp and beans	
								
4 x blikkies mixed vegetables in curry	6 x blikkies spaghetti en tamatiesous	500g lensies	3 x sakkies tamatiesop poeier	2kg rys	Groot sak lemoene	12 sakkies yeast		



5 mense
Drie etes per dag
4 weke

- ☀️ Pick & pay het n beloningstelsel wat kontant terug in die Vryburgers se sak kan sit.
- ☀️ Om tyd te spaar kan jy alles aanlyn bestel en gaan oplaai. Die diens is gratis.
- ☀️ Kyk uit vir spesiale aanbiedinge soos 4 pakke groente vir R100



Breakfast

Lunch

Supper

Week

1

Fruit of the week



4 Days of the week

Mieliepap with 1 tsp sugar per person

3 Days of the week

Bread with butter and jam

4 Days of the week

2 Slice Bread and 2 tsp butter and 2 tsp jam

3 Days of the week

1 Slice Homemade Bread and 1 tsp butter and 1 tsp peanutbutter

4 Days of the week

2 cans pilchards, 1 can tomato onion mix and 4 peeled, boiled and mashed sweet potatoes. Dish up for 5 people

3 Days of the week

Tomato soup: Boil 1 can mexican style tomato with 3 cups water add 1 tsp flour to thicken. Dish up for 5 people

2

Mieliepap with 1 tsp sugar per person

Homemade bread with butter and jam

2 slices homemade bread and 2 tsp butter and 2 tsp jam

1 Vetkoek with 1tsp jam per person

1 Can black beans and 1 large butternut, cubed and boiled with gravy

1 cup samp and beans boiled in 2 cups water for 30 minutes and gravy

3

Mieliepap with 1 tsp sugar per person

Mieliepap with 1 tsp sugar per person

1 Slice homemade bread and 1 tsp butter and 1 tsp peanutbutter per person

1 packet powder soup with 3 cups boiling water and 1 slice homemade bread per person

Tomato soup: Boil 1 can mexican style tomato with 3 cups water add 1 tsp flour to thicken. Dish up for 5 people

Heat 2 cans spaghetti in tomatoe sauce with 1 cup water and thivken with 1 tsp flour and serve 5 people

4

Mieliepap with 1 tsp sugar per person

Mieliepap with 1 tsp sugar per person

1 Vetkoek with 1tsp jam per person

1 Slice homemade bread and 1 tsp butter and 1 tsp peanutbutter per person

Bring 2 cups water to boil, add 1 cup rice. In antoher pot, heat 1 can mixed vegetables in curry in a pot. Serve on rice

Lentil and vegetable stew on rice. *See recipe.

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OMGEEMENSE
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For the family: Here is your menu

Warning: Due to the preserved nature this meal plan is high in sodium. It is only intended as short term relief for people in distress and not a long term healthy diet. It is especially not suitable for those with high blood pressure and kidney disease.

Vetkoek

- 1 kg flour
- 2 sachets yeast
- 2 tsp salt
- 2 tsp sugar
- 600ml water

Combine all the dry ingredients. Slowly add the water and knead halfway. Add 2 tbsp oil and knead until dough forms. Cover and let it double in size. Once doubled knock it down and form the vetkoek balls. Let them double in size again. Pour the oil into a pot and heat. Place a piece of dough in the oil to see if it bubbles. Once it does, you can gently lower the vetkoek ball into the oil. Let it cook for a few minutes until and flip it over. Continue until all the dough is finished.

Homemade bread

- 6 cups flour
- 2 cups warm water
- 1/2 cup sugar
- 1 sachet yeast
- 1 sachet yeast
- 1 tsp salt
- 1/4 cup oil

Combine the sugar, yeast, and warm water. Allow to proof for 5 minutes. Mix the salt and oil into the yeast, then add the flour one cup at a time. Knead the dough for 7 minutes. Place dough in a greased bowl and allow to rise for one hour. Punch down. Divide in half. Place in greased pans and allow to rise for 30 minutes. Bake at 180 degrees for 30 - 40 minutes.

Lentil and vegetable stew on rice

- 1 cup lentils
- 2 cups water
- 1 sachet tomato soup
- 1 can mixed vegetables
- 1 cup rice
- 2 cups water

In a pot bring two cups water to boil and add 1 cup rice. Boil for 15 minutes until all water evaporates and rice is soft and fluffy. In another pot add lentils and two cups water and bring to boil. Cook for 20 minutes then add canned vegetables and tomato soup powder. Cook until thickened. Serve on rice



Preparation Instructions:

You Will Need:

- 1 (0.87 oz.) pkg. Great Value Reduced Sodium Brown Gravy Mix
- 1 cup water

1. Empty mix into a small saucepan. With a whisk, stir in 1 cup cold water.
2. Bring to a boil, stirring constantly. Reduce heat and simmer 1 minute.

Makes 4 servings.

Gravy

- Drink plenty of water
- If you receive money, buy fruit and grow your own vegetables (like spinach)
- Don't spend your money on alcohol and sigaretters
- Don't spend your money on cooldrink, chips or sweets