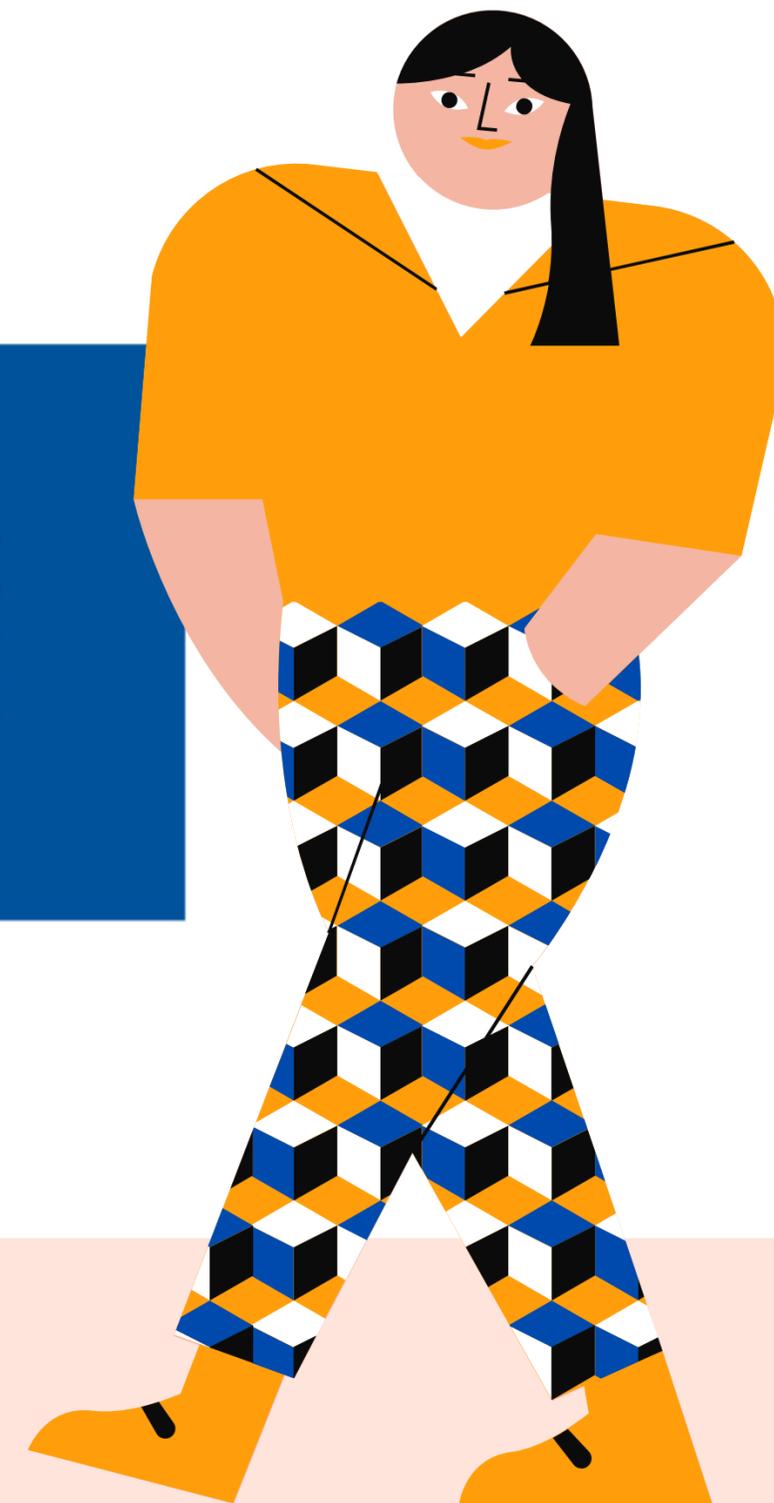




VRYBURGER OMGEEEMENSE

Dien met vreugde



Goue Spyskaart vir gesin van 5:

R3500 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

									
3 x 60 eiers	9 brode	6 pakke piesangs (55 piesangs)	1 x 2 liter olie	5 kg meel	1 x 400g grondboontjebotter	2 pakke pere (15 pere)	3 pakke lemoene (55 lemoene)	1kg botter	1kg oats
									
2 x 2 liter melk	1 x 500g sout	1 x 2kg suiker	1 x 900g konfynt	6 x 170g tuna	375g mayonaise botteltjie	400g spinasie	3 pakke uie (18 uie)	1 x 24stuk hoenderaftreksel	5kg rys
									
8x tamaties geblik	3 kg botterskorsie	20 x verskeie poeier soppe	4 x tamatie patee geblik	6 x baked beans geblik	6 x botter boontjies geblik	1 x 200g kerrie poeier	8x kekerertjies geblik	4 x lensies geblik	7 x 200g soy "mins"
									
13 x ertjies geblik	13 x mielies geblik	5 x poeier kaassous	4 x groente geblik	5kg mieliemeel	8 x sakkies gis	6 x drieboene slaai	12 blikkies groenbone	8 sakkies poeier hoendersop	3 x 500g macaroni


1 x boks tee (102 sakkies)



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

R3500



Breakfast

Lunch

Supper

Week

4 days

3 Days

4 days

3 Days

4 days

3 Days

1



Fruit of the week

1 egg on a slice of bread and

1 two egg omelete per person

2 slices of bread with butter and peanut butter

1 scrambled egg with 1 tsp mayonnaise and 2 slices bread per person

Chickpea and lentil stew

Soy mince and rice

2



Fruit of the week

2 slices of bread, 1 tsp butter and 1 tsp jam with a cup of tea with milk and sugar per person

1/2 cup oats with 1 tsp peanut butter and sugar with 1 pear per person

Reconstitute 2 packets powder soup and give each person a slice of bread with 1 tsp butter

2 small tins tuna with 3 tsp mayonnaise. Serve between 2 slices of bread per person

Filled pancakes

Black beans and rice

3



Fruit of the week

Homemade bread with butter and jam

1 cup mieliepap per person with butter, peanutbutter and sugar

Leftover green beans and butter

Leftover 3 bean salad and rice

Green beans and butternut

3 bean salad and rice

4

1 cup mieliepap per person with butter, peanutbutter and sugar.

3/4 cup oats with 1 tsp butter and 1 tsp sugar per person

Vetkoek and jam

Leftover creamy pasta and veg

Vetkoek and soy mince

Creamy pasta and veg



For the family: Here is your menu





Homemade bread

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

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 for 30 - 40 minutes.

Vetkoek and soy mince

- 1 kg flour
- 2 tbsp oil
- 2 sachets yeast
- 2 cups oil
- 2 tsp salt
- 540g soy
- 2 tsp sugar
- 1 onion
- 600ml water
- 1 tin tomato paste
- 2 tbsp curry

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. Peel and small dice one onion. Add to a pan with 2 tbsp oil and cook until translucent. Add the soy mince, tomato paste, and curry and 1/2 cup water and let it cook for 30 minutes. Serve on the vetkoek.

Save half for tomorrow's lunch.

Curry chickpea and lentils

- 1 onion
- 1 can lentils
- 1 tbsp oil
- 1 cup spinach
- 1 tbsp curry
- 10 tsp butter
- 2 cans chickpeas
- 1 butternut
- 2 cans tomatoes
- 100ml milk

Peel and cut the butternut into cubes. Cover with water and boil until soft. Peel and small dice the onion. Place in a pan with 1 tbsp oil and 1 tbsp curry. Cook until fragrant. Drain and add the chickpeas and lentils. Add the canned tomatoes without draining. Let it cook for 20 minutes adding water if needed. Mash the butternut and serve the chickpeas and lentils on top.

Creamy pasta and veg

- 500g pasta
- 3 cans corn
- 2 sachets cheese
- 840 g white beans
- sauce
- 2 cans peas

Cook the pasta according to instructions. Reconstitute the cheese sauce. Drain the corn and white beans and add to the cheese sauce. Mix it with the pasta. **Save half for tomorrow's lunch.**

3 bean salad and rice

- 2 boxes three bean salad
- 1/4 tsp salt
- 5 tbsp oil
- 4 cups rice

Place the rice in a large pot and cover it with water. Add 1/4 tsp salt. Cook until water is evaporated and rice is soft and fluffy. Check it regularly while cooking. Mic 5 tbsp oil into the opened three-bean salad and heat it in a microwave or on the stove. Serve on top of the rice. **Save half for tomorrow's lunch.**

Soy mince and rice

- 1 butternut
- 1 cube chicken
- 1 cup spinach
- stock
- 200g box soy mince
- reconstituted
- 1 can peas
- 1 tbsp curry
- 1 can corn
- 2 cups rice

Add the rice to a pot and cover with water. Boil until all the water evaporates and the rice is fluffy. Peel and dice the butternut. Reconstitute the cube chicken stock with water and pour over the butternut. Boil until soft. Drain the water and add the spinach, drained peas and corn, and 1 tbsp curry. Let it simmer for 20 minutes then serve on rice.

Black beans and rice

- 2 tbsp oil
- 2 cans black beans
- 1 onion
- 1 cup spinach
- 2 cups rice
- 2 cubes chicken stock

Place the rice in a pot and cover with the reconstituted chicken stock. Cook until rice is soft. Peel and small dice the onion. Add it to a pan. Stir for 5 minutes then add the beans and spinach. Cook for 5 - 10 minutes then serve on the rice.

Filled pancake

- 4 eggs
- 1 can corn
- 3 cups water
- 1 can peas
- 1/2 cup oil
- 1 packet cheese
- 1/2 tsp salt
- sauce
- 2 cups flour
- reconstituted

Whisk the eggs, water, and oil. Sift the flour and salt and gradually mix into the egg mixture. Add water if it seems too thick. Heat oil in a pan, pour 1/3 cup batter into the pan and swirl the pan to coat it. Add more if it won't cover the pan. Wait 5 minutes for the batter to cook and use an egg lifter to turn the pancake over. Keep going until the batter is finished. Drain the corn and peas. Reconstitute the cheese sauce and mix it with the corn and peas. Use it as a filling for the pancakes.

Green beans and butternut

- 3 cans greenbeans
- 2 butternut
- 2 onions
- 8 teaspoons butter
- 2 packet chicken soup
- 200ml milk
- reconstituted
- 1 tsp salt
- 5 tsp oil

Peel and dice the butternut. Place it in a pot, cover with water and boil until it is soft. Peel and small dice the onion. Drain the beans and add to the pan. Stir for 10 minutes then add the chicken soup. Add the milk, butter, and salt to the butternut and mash. Serve the green bean mixture on top of the mashed butternut. **Save half for tomorrow's lunch.**



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 cigarettes



Don't spend your money on cold drink, chips or sweets