



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Oats, Raisins & Cinnamon	Mieliemeal	Oats, Raisins & Cinnamon	Mieliemeal	Oats, Raisins & Cinnamon
SNACK	Bananas	Yogurt	Watermelon	Pears	Bakerman
	Water	Water	Water	Water	Water
LUNCH	Macaroni & Cheese	Spaghetti & Mince	Chicken & Rice	Fish Fingers & Mash	Chicken Vienna's Hotdogs
	Sweetcorn & Fresh Tomato	Mixed Veggies	Potatoes & Carrots	Peas & Sweetcorn	Cucumber Slices
	Juice	Juice	Juice	Juice	Juice
SNACK	Mixed Fruit Jam Sandwiches	Apples	Bran Muffins	Apricot Jam Sandwiches	Oranges
	Water	Water	Water	Water	Water

Menu is subject to change without prior notice and fruit is seasonal

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Mieliemeal	Oats, Raisins & Cinnamon	Mieliemeal	Oats, Raisins & Cinnamon	Mieliemeal
SNACK	Watermelon	Oranges	Baking Activity (Healthy)	Bananas	Bakerman
	Water	Water	Water	Water	Water
LUNCH	Macaroni & Cheese	Boerewors, Pap & Gravy	Chicken Pasta Salad	Cottage Pie	Chicken Vienna's Hotdogs
	Sweetcorn & Fresh Tomato	Baked Beans	Cucumber & Tomatoes	Mixed Veggies	Cucumber Slices
	Juice	Juice	Juice	Juice	Juice
SNACK	Mixed Fruit Jam Sandwiches	Apples	Vanilla Muffins	Tuna & Mayonnaise Sandwiches	Cheese Sandwiches
	Water	Water	Water	Water	Water

Menu

