



# MENU

## Week 1

### Monday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Apples

12:00 Lunch—Mince, vegetables and rice

15:00 Afternoon snack—Bovril Sandwich



### Tuesday

08:00 Breakfast—Maltabella

10:00 Morning snack—Jam sandwich

12:00 Lunch—Fish with rice

15:00 Afternoon snack—Freshly baked mini muffins

### Wednesday

08:00 Breakfast—Oats

10:00 Morning snack—Marie biscuits

12:00 Lunch—Macaroni and cheese

15:00 Afternoon snack—Jelly



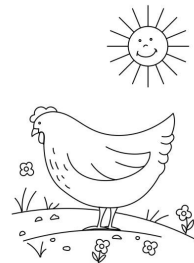
### Thursday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Apples

12:00 Lunch—Chicken curry with rice

15:00 Afternoon snack—Bovril Sandwich



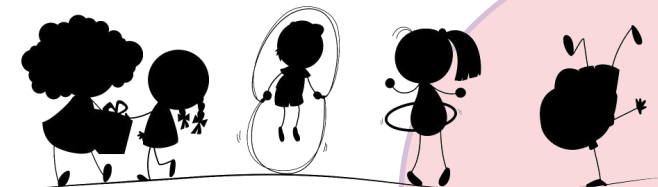
### Friday

08:00 Breakfast—Corn Flakes

10:00 Morning snack—Lunchbox

12:00 Lunch—Pizza Sandwich

15:00 Afternoon snack—Popcorn





# MENU

## Week 2

### Monday

08:00 Breakfast—Mieliepap

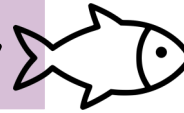
10:00 Morning snack—Apples

12:00 Lunch—Spaghetti bolognaise

15:00 Afternoon snack—Bovril Sandwich



### Tuesday



08:00 Breakfast—Maltabella

10:00 Morning snack—Jam sandwich

12:00 Lunch—Tunapasta

15:00 Afternoon snack—Freshly baked mini muffins

### Wednesday

08:00 Breakfast—Oats

10:00 Morning snack—Marie biscuits

12:00 Lunch—Sausage, veggies and rice

15:00 Afternoon snack—Jelly



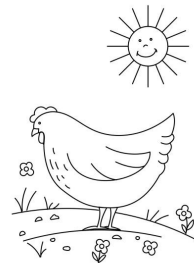
### Thursday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Apples

12:00 Lunch—Chicken-a-la-king

15:00 Afternoon snack—Bovril Sandwich



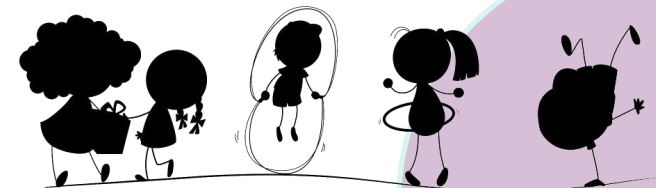
### Friday

08:00 Breakfast—Corn Flakes

10:00 Morning snack—Lunchbox

12:00 Lunch—Cheese Sandwich

15:00 Afternoon snack—Popcorn





# MENU

## Week 3

### Monday

08:00 Breakfast—Mieliepap

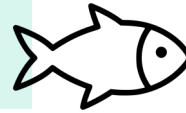
10:00 Morning snack—Apples

12:00 Lunch—Cottage Pie

15:00 Afternoon snack—Bovril Sandwich



### Tuesday



08:00 Breakfast—Maltabella

10:00 Morning snack—Jam sandwich

12:00 Lunch—Fish with pasta

15:00 Afternoon snack—Freshly baked mini muffins

### Wednesday

08:00 Breakfast—Oats

10:00 Morning snack—Marie biscuits

12:00 Lunch—Bacon, veggies and rice

15:00 Afternoon snack—Jelly



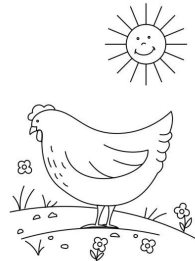
### Thursday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Apples

12:00 Lunch—Chickenstew with rice

15:00 Afternoon snack—Bovril Sandwich



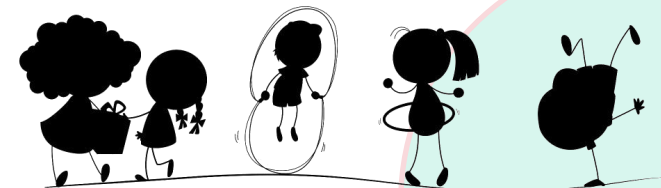
### Friday

08:00 Breakfast—Corn Flakes

10:00 Morning snack—Lunchbox

12:00 Lunch—Hotdogs

15:00 Afternoon snack—Popcorn





# MENU

## Week 4

### Monday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Apples

12:00 Lunch—Mince, vegetables and rice

15:00 Afternoon snack—Bovril Sandwich



### Tuesday

08:00 Breakfast—Maltabella

10:00 Morning snack—Jam sandwich

12:00 Lunch—Tuna with rice

15:00 Afternoon snack—Freshly baked mini muffins

### Wednesday

08:00 Breakfast—Oats

10:00 Morning snack—Marie biscuits

12:00 Lunch—Sausage, mash and rice

15:00 Afternoon snack—Jelly



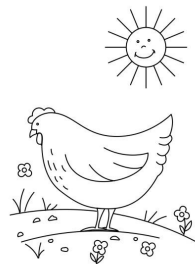
### Thursday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Apples

12:00 Lunch—Chicken pie with rice

15:00 Afternoon snack—Bovril Sandwich



### Friday

08:00 Breakfast—Corn Flakes

10:00 Morning snack—Lunchbox

12:00 Lunch—Fish fingers with bread

15:00 Afternoon snack—Popcorn

