



MENU

Week 1

Monday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Flings

12:00 Lunch—Mince, vegetables and rice

15:00 Afternoon snack—Marie biscuits



Tuesday

08:00 Breakfast—Maltabella

10:00 Morning snack—Bovril sandwich

12:00 Lunch—Fish with rice

15:00 Afternoon snack—Bananas

Wednesday

08:00 Breakfast—Oats

10:00 Morning snack—Marie biscuits

12:00 Lunch—Macaroni and cheese

15:00 Afternoon snack—Flings



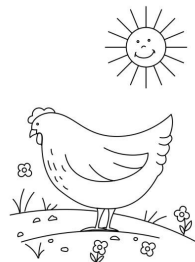
Thursday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Bananas

12:00 Lunch—Chicken curry with rice

15:00 Afternoon snack—Jam Sandwich



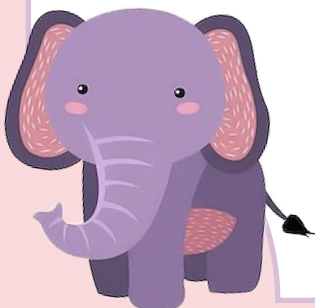
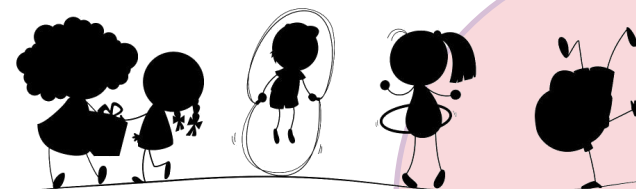
Friday

08:00 Breakfast—Corn Flakes

10:00 Morning snack—Lunchbox

12:00 Lunch—Pizza Sandwich

15:00 Afternoon snack—Jelly





MENU

Week 2

Monday

08:00 Breakfast—Mieliepap

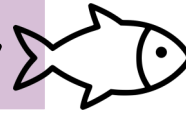
10:00 Morning snack—Flings

12:00 Lunch—Spaghetti bolognaise

15:00 Afternoon snack—Marie biscuits



Tuesday



08:00 Breakfast—Maltabella

10:00 Morning snack—Bovril sandwich

12:00 Lunch—Tunapasta

15:00 Afternoon snack—Bananas

Wednesday

08:00 Breakfast—Oats

10:00 Morning snack—Marie biscuits

12:00 Lunch—Sausage, veggies ad rice

15:00 Afternoon snack—Flings



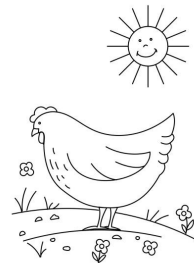
Thursday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Bananas

12:00 Lunch—Chicken-a-la-king

15:00 Afternoon snack—Jam Sandwich



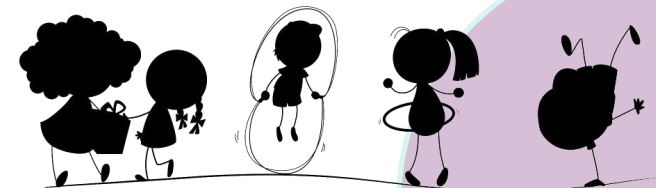
Friday

08:00 Breakfast—Corn Flakes

10:00 Morning snack—Lunchbox

12:00 Lunch—Toasted Cheese Sandwich

15:00 Afternoon snack—Jelly





MENU

Week 3

Monday

08:00 Breakfast—Mieliepap

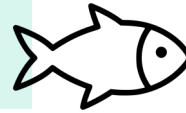
10:00 Morning snack—Flings

12:00 Lunch—Cottage pie

15:00 Afternoon snack—Marie biscuits



Tuesday



08:00 Breakfast—Maltabella

10:00 Morning snack—Bovril sandwich

12:00 Lunch—Fish with pasta

15:00 Afternoon snack—Bananas

Wednesday

08:00 Breakfast—Oats

10:00 Morning snack—Marie biscuits

12:00 Lunch—Bacon, veggies and rice

15:00 Afternoon snack—Flings



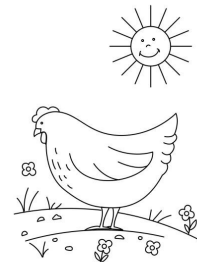
Thursday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Bananas

12:00 Lunch—Chickenstew with veggies and rice

15:00 Afternoon snack—Jam Sandwich



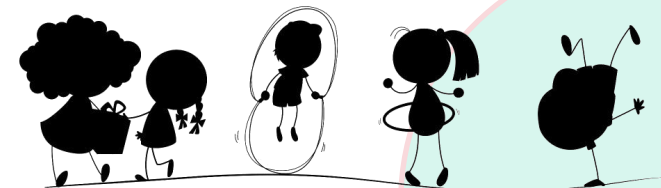
Friday

08:00 Breakfast—Corn Flakes

10:00 Morning snack—Lunchbox

12:00 Lunch—Hotdogs

15:00 Afternoon snack—Jelly





MENU

Week 4

Monday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Bananas

12:00 Lunch—Mince, vegetables and rice

15:00 Afternoon snack—Marie biscuits



Tuesday

08:00 Breakfast—Maltabella

10:00 Morning snack—Bovril sandwich

12:00 Lunch—Tuna with rice

15:00 Afternoon snack—Bananas

Wednesday

08:00 Breakfast—Oats

10:00 Morning snack—Marie biscuits

12:00 Lunch—Sausage, mash and veggies

15:00 Afternoon snack—Flings



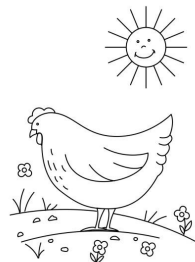
Thursday

08:00 Breakfast—Mieliepap

10:00 Morning snack—Bananas

12:00 Lunch—Chicken pie with rice

15:00 Afternoon snack—Jam Sandwich



Friday

08:00 Breakfast—Corn Flakes

10:00 Morning snack—Lunchbox

12:00 Lunch—Fish fingers with bread

15:00 Afternoon snack—Jelly

