

M E N U

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 08:15	JUNGLE OATS WITH MILK	WHEETBIX WITH MILK & RAISINS	CORN FLAKES WITH MILK	ALL BRAN FLAKES WITH MILK AND RAISINS	YOGHURT WITH CRUNCHIES
SNACK 10:15	HONEY SANDWICH & ROOIBOS TEA	STRAWBERRY JAM SANDWICH & ROOIBOS TEA	CHEESE SANDWICH & ROOIBOS TEA	APRICOT JAM SANDWICH & ROOIBOS TEA	ALL BRAN MUFFIN & ROOIBOS TEA
LUNCH WEEK 1 12:00	BOLOGNESE BEEF PASTA WITH MIXED SALAD	FISH CAKES WITH BABY POTATOES & SWEET PUMPKIN	SWEET & SOUR CHICKEN STIR FRY WITH RICE	COTTAGE PIE	BBQ CHICKEN PIZZA
LUNCH WEEK 2 12:00	SAVOURY BEEF MINCE, MIXED VEGETABLES & RICE	BOLOGNESE MICE & PASTA BAKE	MACARONI & CHEESE	CRUMBED CHICKEN STRIPS WITH BAKED POTATO WEDGES & SWEETCORN	MINI HAMBURGER
LUNCH WEEK 3 12:00	MACARONI & CHEESE WITH MIXED SALAD	BEEF SAUSAGES WITH MASH AND MIXED VEGETABLES	SWEET & SOUR CHICKEN STIR FRY WITH RICE	FISH FINGERS, BAKED POTATO WEDGES & CARROT SALAD	SAUSAGE ROLLS
DESERT	CUSTARD	FRESH FRUIT	DESERT YOGHURT	JELLY	FRESH FRUIT
SNACK 15:00	FRESH FRUIT, SANDWICH AND BISCUIT OR POPCORN OR PRETZELS				