

MENU

| 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 WITH VEGGIES & RICE | BEEF STEW WITH POTATOES, CARROTS AND RICE | SAUSAGE BREAD ROLL |
| LUNCH WEEK 2 12:00 | SAVOURY BEEF MINCE, MIXED VEGETABLES & RICE | OVEN BAKED BEEF SAUSAGE, MASHED POTATO & SWEET CARROTS | CHICKEN PIE WITH MIXED SALAD | MACARONI BOLOGNESE BAKE | MINI HAMBURGER |
| LUNCH WEEK 3 12:00 | PENNE WITH BOLOGNESE BEEF MEATBALLS | SWEET&SOUR CHICKEN WITH VEGGIES & RICE | CRUMBED CHICKEN STRIPS WITH MASHED POTATO & PEAS | FISH FINGERS, BAKED POTATO WEDGES & SWEET PUMPKIN | PIZZA |
| DESERT | CUSTARD | FRESH FRUIT | DESERT YOGHURT | JELLY | FRESH FRUIT |
| SNACK 15:00 | FRESH FRUIT, SANDWICH AND BISCUIT OR POPCORN OR PRETZELS | | | | |