



Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oats	WheatBix	Oats	ProNutro	Oats
Snack	Apple	Sandwich	Biscuit	Sandwich	Banana
Lunch	Macaroni & Cheese	Chicken, noodles & carrots	Fish fingers, mash & beans	Mince, rice & mielies	Hotdogs

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oats	WheatBix	Oats	ProNutro	Oats
Snack	Apple	Sandwich	Biscuit	Sandwich	Banana
Lunch	Spaghetti & mince	Chicken, rice & peas	Vienna, chips & butternut	Beef, rice & pumpkin	Nuggets, mash & mielies