

MENU

Week 1	Breakfast	Snack	Lunch	
Monday:	Oats	Fruit	Spaghetti bolognaise with veg	
Tuesday:	Mieliepap	Bread	Rice & Chicken with veg	
Wednesday:	Matebella	Fruit	Fish finger & Mash with sweetcorn	
Thursday:	Mieliepap	Bread	Mac & Cheese	
Friday:	Muffin	Koekies	Hotdog	

Week 2	Breakfast	Snack	Lunch	
Monday:	Matebella	Bread	Pap & beef stew with veg	
Tuesday:	Mieliepap	Fruit	Macaroni chicken & veg	
Wednesday:	Oats	Bread	Beef Potato bake	
Thursday:	Matebella	Fruit	Pancake & jelly	
Friday:	Weetbix	Koekies	Pizza	

MENU

Week 3	Breakfast	Snack	Lunch
Monday:	Mieliepap	Bread	Mash Vienna & salad
Tuesday:	Oats	Fruit	Rice & beef stew
Wednesday:	Matebella	Koekies	Soup with bread
Thursday:	Oats	Fruit	Beef spaghetti with veg
Friday:	Cornflakes	Muffin	Vetkoek & jelly

Week 4	Breakfast	Snack	Lunch
Monday:	Oats	Fruit	Rice, mince & veg
Tuesday:	mieliepap	Muffin	Tuna noodle casserole
Wednesday:	Matebella	Koekies	Toasted sandwich
Thursday:	Mieliepap	Fruit	Cottage pie & salad
Friday:	Oats	Bread	Burgers

Any special food requirements are to be provided by parents.