



## **MENU**

Week 1 and 2

### **MONDAY's**

Breakfast – Oats  
Snack @10h – Juice & Fruit  
Lunch – Vegetables with mince & rice  
Snack @15h – Juice & Bread

### **TUESDAY's**

Breakfast – Weet-bix  
Snack @10h – Juice & Fruit  
Lunch – Macaroni and cheese  
Snack @15h – Juice & Bread

### **WEDNESDAY's**

Breakfast – Mealie pap  
Snack 10h – Juice & Fruit  
Lunch – Cottage Pie with Vegies  
Snack 15h – Juice & Bread

### **THURSDAY's**

Breakfast – Oats  
Snack @10h – Juice & Fruit  
Lunch – Spaghetti bolognaise  
Snack @15h – Juice & Bread

### **FRIDAY's**

Breakfast – Mealie pap  
Snack @10h – Juice & Fruit  
Lunch – Chicken a la King  
Snack @15h – Juice & Bread