



MENU

Week 2 and 4

MONDAY's

Breakfast – Oats

Snack @10h – Juice & Fruit

Lunch – Spaghetti bolognaise

Snack @15h – Juice & Bread

TUESDAY's

Breakfast – Mealie pap

Snack @10h – Juice & Fruit

Lunch – Vegetables with mince & rice

Snack @15h – Juice & Bread

WEDNESDAY's

Breakfast –Weet-bix

Snack 10h – Juice & Fruit

Lunch – Pap & Mince

Snack 15h – Juice & Bread

THURSDAY's

Breakfast – Oats

Snack @10h – Juice & Fruit

Lunch – Chicken a la King

Snack @15h – Juice & Bread

FRIDAY's

Breakfast – Mealie pap

Snack @10h – Juice & Fruit

Lunch – Macaroni and cheese

Snack @15h– Juice & Bread