

| MENU - WEEK 1 | MENU - WEEK 2 | MENU - WEEK 3 | MENU - WEEK 4 |
|---------------|---------------|---------------|---------------|
|---------------|---------------|---------------|---------------|

| <u>BREAKFAST</u> | <u>BREAKFAST</u> | <u>BREAKFAST</u> | <u>BREAKFAST</u> |
|------------------|------------------|------------------|------------------|
| Either Or | Either Or | Either Or | Either Or |
| Oats | Oats | Oats | Oats |
| Mieliemeel | Mieliemeel | Mieliemeel | Mieliemeel |

| <u>MORNING SNACK</u> | <u>MORNING SNACK</u> | <u>MORNING SNACK</u> | <u>MORNING SNACK</u> |
|-------------------------|-------------------------|-------------------------|-------------------------|
| Either Or | Either Or | Either Or | Either Or |
| Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |
| Biscuits | Biscuits | Biscuits | Biscuits |
| Served with Rooibos Tea | Served with Rooibos Tea | Served with Rooibos Tea | Served with Rooibos Tea |

| <u>LUNCH</u> | <u>LUNCH</u> | <u>LUNCH</u> | <u>LUNCH</u> |
|---|--|--|---|
| <u>MONDAY</u> French Toast | <u>MONDAY</u> Cocktail Cheese Rolls, Chips & Baked Beans | <u>MONDAY</u> Hotdogs | <u>MONDAY</u> Italian Style Pasta |
| <u>TUESDAY</u> Chicken Pie & Mash | <u>TUESDAY</u> Sheppard's Pie & Butternut | <u>TUESDAY</u> Bolognaise & Butternut | <u>TUESDAY</u> Chicken a La King & Rice |
| <u>WEDNESDAY</u> Fish Fingers, Chips & Baked Beans | <u>WEDNESDAY</u> Fish Cakes, Chips and Salad | <u>WEDNESDAY</u> Pizza Muffins, Scrambled Egg and Baked Beans | <u>WEDNESDAY</u> Fish Fingers, Chips & Bread Roll |
| <u>THURSDAY</u> Bolognaise & Butternut | <u>THURSDAY</u> Pumpkin Fritters, Baby Potatoes in a Herb Butter & Chicken Nuggets. | <u>THURSDAY</u> Fish Cakes, Chips and Salad | <u>THURSDAY</u> Creamy tomato, herb & Cheddar cheese Noodle Dish & Butternut |
| <u>FRIDAY</u> Potato Cheese Bread, Chips and Salad | <u>FRIDAY</u> Macaroni Cheese | <u>FRIDAY</u> Vetkoek and Jam | <u>FRIDAY</u> Pizza |

NO PORK SERVED
Thick Chicken & Veg Soup & Bread In Winter Month's, (Twice in a Month)

NO PORK SERVED
Soup & Bread In Winter Month's, (Twice in a Month)

| <u>AFTERNOON SNACK</u> | <u>AFTERNOON SNACK</u> | <u>AFTERNOON SNACK</u> | <u>AFTERNOON SNACK</u> |
|------------------------------|------------------------------|------------------------------|------------------------------|
| Either Or | Either Or | Either Or | Either Or |
| Cheese Spread / Jam Sandwich | Cheese Spread / Jam Sandwich | Cheese Spread / Jam Sandwich | Cheese Spread / Jam Sandwich |
| Popcorn | Popcorn | Popcorn | Popcorn |
| Sago Pudding and Custard | Sago Pudding and Custard | Sago Pudding and Custard | Sago Pudding and Custard |
| Jelly & Custard | Jelly & Custard | Jelly & Custard | Jelly & Custard |
| Bread Pudding and Custard | Bread Pudding and Custard | Bread Pudding and Custard | Bread Pudding and Custard |
| Ice Cream | Ice Cream | Ice Cream | Ice Cream |
| Flings | Flings | Flings | Flings |
| Muffins | Muffins | Muffins | Muffins |
| Crumpets | Crumpets | Crumpets | Crumpets |