



Breakfast: Daily

Mielie Meel, Oats or Maltabella Porridge

Morning Snack:

Please provide a healthy snack suitable for your child like yoghurt, fruit, vegetables, biltong, salty crackers, sandwich etc.

NO SWEETS, CHIPS, BISCUITS, SODA ETC.

Afternoon Snack:

Sandwiches, fruit, tea or juice

Week 1:

Monday	Mash, Mince & Peas
Tuesday	Chicken A La King & Mixed Vegetables
Wednesday	Fish Fingers, Chips & Tomato/Cucumber
Thursday	Macaroni & Cheese with Bacon
Friday	Hot Dogs

Week 2:

Monday	Spaghetti Bolognese with Mince & Veg
Tuesday	Chicken A La King & Peas
Wednesday	Boerewors Bredie with Mash & Veg
Thursday	Macaroni Tuna Bake, Salad
Friday	Sausage Rolls