

# M E N U

## Week 1

### Monday

- 
- 08h00 Breakfast - Oats
  - 10h00 Morning Snack - Seasonal fruit
  - 11h45 Lunch - Tuna pasta  
- salad/vegetables in season
  - 14h30 Afternoon Snack - Mom's lunch box

### Tuesday

- 
- 08h00 Breakfast - Mieliepap
  - 10h00 Morning Snack - Banana bread
  - 11h45 Lunch - Shepherd's pie topped  
with sweet potato mash  
- salad/vegetables in season
  - 14h30 Afternoon Snack - Mom's lunch box

### Wednesday

- 
- 08h00 Breakfast - Weet-Bix
  - 10h00 Morning Snack - Seasonal fruit
  - 11h45 Lunch - Creamy chicken broccoli bake  
with rice  
- salad/vegetables in season
  - 14h30 Afternoon Snack - Mom's lunch box

### Thursday

- 
- 08h00 Breakfast - Mieliepap
  - 10h00 Morning Snack - Banana bread
  - 11h45 Lunch - Bobotie with rice  
- salad/vegetables in season
  - 14h30 Afternoon Snack - Mom's lunch box

### Friday

- 
- 
- 08h00 Breakfast - Oats
  - 10h00 Morning Snack - Bederfie
  - 11h45 Lunch - Chicken nuggets  
with potato wedges  
- salad/vegetables in season
  - 14h30 Afternoon Snack - Mom's lunch box



# M E N U

Week 2

## Monday

- 08h00 Breakfast - Oats  
10h00 Morning Snack - Seasonal fruit  
11h45 Lunch - Cheezy butternut macaroni  
- salad/vegetables in season  
14h30 Afternoon Snack - Mom's lunch box

## Thursday

- 08h00 Breakfast - Mieliepap  
10h00 Morning Snack - Banana bread  
11h45 Lunch - Meatloaf with sweet potato mash  
- salad/vegetables in season  
14h30 Afternoon Snack - Mom's lunch box

## Tuesday

- 08h00 Breakfast - Mieliepap  
10h00 Morning Snack - Banana bread  
11h45 Lunch - Chicken pie  
with savoury rice  
- salad/vegetables in season  
14h30 Afternoon Snack - Mom's lunch box

## Friday

- 08h00 Breakfast - Oats  
10h00 Morning Snack - Bederfie  
11h45 Lunch - Funky Friday Pizza  
14h30 Afternoon Snack - Mom's lunch box

## Wednesday

- 08h00 Breakfast - Weet-Bix  
10h00 Morning Snack - Seasonal fruit  
11h45 Lunch - Tuna & sweetcorn fishcakes  
with mash  
- salad/vegetables in season  
14h30 Afternoon Snack - Mom's lunch box





# M E N U

## Week 3

### Monday



- 08h00 Breakfast - Oats
- 10h00 Morning Snack - Seasonal fruit
- 11h45 Lunch - Spaghetti bolognese  
- salad/vegetables in season
- 14h30 Afternoon Snack - Mom's lunch box

### Thursday

- 08h00 Breakfast - Mieliepap 
- 10h00 Morning Snack - Banana bread
- 11h45 Lunch - Lasagne  
- salad/vegetables in season
- 14h30 Afternoon Snack - Mom's lunch box



### Tuesday



- 08h00 Breakfast - Mieliepap
- 10h00 Morning Snack - Banana bread
- 11h45 Lunch - Chicken curry with rice  
- salad/vegetables in season
- 14h30 Afternoon Snack - Mom's lunch box

### Friday

- 08h00 Breakfast - Oats
- 10h00 Morning Snack - Bederfie 
- 11h45 Lunch - Mini chicken wrap  
- salad in season
- 14h30 Afternoon Snack - Mom's lunch box



### Wednesday



- 08h00 Breakfast - Weet-Bix
- 10h00 Morning Snack - Seasonal fruit
- 11h45 Lunch - Healthy soup served with  
wholewheat triangles
- 14h30 Afternoon Snack - Mom's lunch box



# M E N U

## Week 4

### Monday



- 08h00 Breakfast - Oats
- 10h00 Morning Snack - Seasonal fruit
- 11h45 Lunch - Curry bunny chow  
- salad/vegetables in season
- 14h30 Afternoon Snack - Mom's lunch box

### Thursday

- 08h00 Breakfast - Mieliepap
- 10h00 Morning Snack - Banana bread
- 11h45 Lunch - Chicken à la King with rice  
- salad/vegetables in season
- 14h30 Afternoon Snack - Mom's lunch box



### Tuesday



- 08h00 Breakfast - Mieliepap
- 10h00 Morning Snack - Banana bread
- 11h45 Lunch - Chutney chicken with rice  
- salad/vegetables in season
- 14h30 Afternoon Snack - Mom's lunch box

### Friday

- 08h00 Breakfast - Oats
- 10h00 Morning Snack - Bederfie
- 11h45 Lunch - Fish Fingers  
with potato fries (baked)  
- salad/vegetables in season
- 14h30 Afternoon Snack - Mom's lunch box



### Wednesday



- 08h00 Breakfast - Weet-Bix
- 10h00 Morning Snack - Seasonal fruit
- 11h45 Lunch - Meatballs  
with sweet potato mash  
- salad/vegetables in season
- 14h30 Afternoon Snack - Mom's lunch box

