

Summer Menu

	08:00	10:00	Week 1 12:00	Week 2 12:00	Week 3 12:00	Week 4 12:00	15:00
Monday	Muesli / Oats	** Snack	Chicken a la king with rice	Roast chicken strips with potato wedges	Chicken Nuggets, mash potato, carrot salad	Chicken pie with white sauce	*** Snack
Tuesday	Mieliepap	** Snack	Macaroni & cheese	Fish cakes & mash	Cottage pie (Deconstructed)	Spaghetti bolognaise & pumpkin fritters	*** Snack
Wednesday	Muesli / Oats	** Snack	Fish fingers & chips	Spaghetti bolognaise & gem squash	Pilchards stew, rice & beetroot	Fishcakes & mash with beetroot salad	*** Snack
Thursday	Mieliepap	** Snack	Chicken strips & jacket potato, sweet carrot	Macaroni & cheese	Pilchards spinach & mash potato	Macaroni & cheese	*** Snack
Friday	Muesli / Oats	** Snack	Pizza OR hotdog	Vetkoek & mince OR quiche	Egg muffin OR flapjacks	Pastry wheels OR sausage roll	*** Snack

Meals at times may differ due to unforeseen circumstances

* **Breakfast:** Mieliepap/ Muesli **aka** "Cookies" / Oats

** **Morning Snack:** Fruit/ Wheat puffs / popped corn

*** **Afternoon Snack:** Mini muffin/ Brown bread & spread/ Popcorn/ Jelly / Custard slices / Packet of chips