

Winter 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 strips, potato chips, sweetcorn	Spaghetti bolognaise with mixed veg	Chicken curry, rice, mixed veg	Chicken noodle soup, toast	*** Snack
Tuesday	Mieliepap	** Snack	Hash brown (potato, onions, corn), mince, mixed veg	Pea/ Butternut soup, toast	Beef & vegetable soup, toast	Rice, meat balls, pumpkin	*** Snack
Wednesday	Muesli / Oats	** Snack	Fishcakes, sweet potato chips, beetroot salad	Macaroni & cheese	Fish fingers, chips	Spaghetti bolognaise with mixed veg	*** Snack
Thursday	Mieliepap	** Snack	Vegetable soup, toast	Pilchards stew Rice Beetroot salad	Chicken pie with white sauce	Macaroni & cheese	*** Snack
Friday	Muesli / Oats	** Snack	Pizza OR hotdog	Vetkoek & mince OR quiche	Egg muffin OR flap jacks	Melted cheese sandwich 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