



Two Week Menu

	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast (7:30 -8:30)	Jungle Oats		Mabele Porridge		Tastee Wheat		Rice Krispies/ Corn Flakes		Mielie Pap	
Morning Snack 	Jam/Bovril Sandwiches With Fruit		Jam/Bovril Sandwiches With Fruit		Jam/Bovril Sandwiches With Fruit		Jam/Bovril Sandwiches With Fruit		Waffles with Cinnamon and Banana Slices	
Lunch 	<u>Week 1</u> Spaghetti Bolognese with Hidden Veg	<u>Week 2</u> Penne Napolitana (hidden carrots &celery)	<u>Week 1</u> Macaroni and Cheese with lots of Peas	<u>Week 2</u> Savoury Mince With Mixed Veg and Rice	<u>Week 1</u> Creamy Coconut Chicken with Mixed Veg and Rice	<u>Week 2</u> Homemade Meatballs with Tomato Gravy And Mash	<u>Week 1</u> Tiny Tuna Mayo and Grated Apple Rolls	<u>Week 2</u> Tuna and Sweetcorn Pasta Bake	<u>Week 1</u> Quesadillas with Tomato Salsa	<u>Week 2</u> Fish Kebabs, Chips And Cucumber Coins
2pm Snack: Marie Biscuits, Seasonal Fruit, Raisins, Oatees and Bananas or PopCorn										
4pm Snack: Jam/Bovril Sandwiches, Banana Loaf, Carrot and Raisin Muffins/Sausage Rolls										