

M E N U

WEEK 1



Monday

- 08h00 Breakfast - Oats
- 10h00 Morning Snack - Seasonal fruit
- 11h45 Lunch - Tuna pasta (with salad)
- 14h30 Afternoon Snack - Mom's lunch box

Tuesday

- 08h00 Breakfast - Mieliepap
- 10h00 Morning Snack - Banana bread
- 11h45 Lunch - Shepherd's pie & salad
- 14h30 Afternoon Snack - Mom's lunch box

Wednesday

- 08h00 Breakfast - Weet-Bix
- 10h00 Morning Snack - Seasonal fruit
- 11h45 Lunch - Apple Chicken, rice and salad
- 14h30 Afternoon Snack - Mom's lunch box

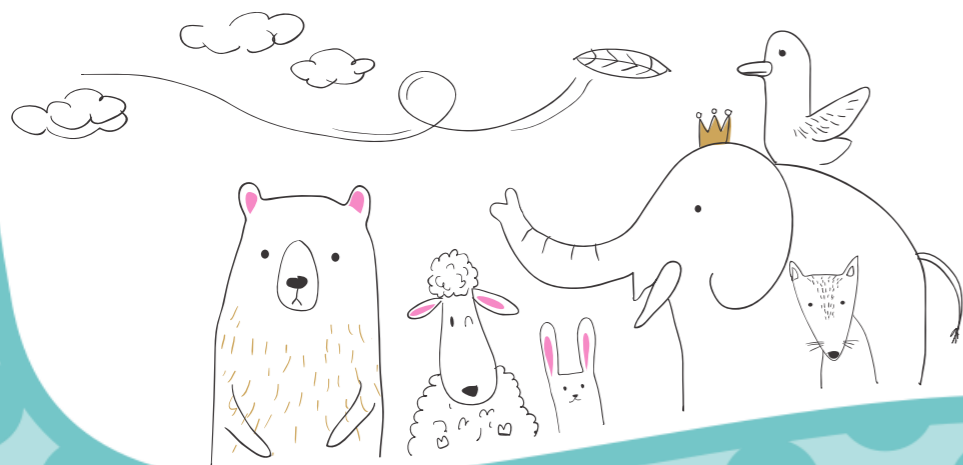


Thursday

- 08h00 Breakfast - Mieliepap
- 10h00 Morning Snack - Banana bread
- 11h45 Lunch - Bobotie & rice (with salad)
- 14h30 Afternoon Snack - Mom's lunch box

Friday

- 08h00 Breakfast - Oats
- 10h00 Morning Snack - Bederfie
- 11h45 Lunch - Fish fingers, mash and peas
- 14h30 Afternoon Snack - Mom's lunch box



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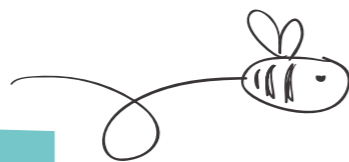


Monday

- 08h00 Breakfast - Oats
- 10h00 Morning Snack - Seasonal fruit
- 11h45 Lunch - Chicken a la King
- 14h30 Afternoon Snack - Mom's lunch box

Thursday

- 08h00 Breakfast - Mieliepap
- 10h00 Morning Snack - Banana bread
- 11h45 Lunch - Bobotie, rice & salad
- 14h30 Afternoon Snack - Mom's lunch box



M E N U

WEEK 4

Tuesday

- 08h00 Breakfast - Mieliepap
- 10h00 Morning Snack - Banana bread
- 11h45 Lunch - Meatballs, mash & salad
- 14h30 Afternoon Snack - Mom's lunch box

Friday

- 08h00 Breakfast - Oats
- 10h00 Morning Snack - Bederfie
- 11h45 Lunch - Mini Chicken burger
- 14h30 Afternoon Snack - Mom's lunch box

Wednesday

- 08h00 Breakfast - Weet-Bix
- 10h00 Morning Snack - Seasonal fruit
- 11h45 Lunch - Chicken stew and sweet potato wedges
- 14h30 Afternoon Snack - Mom's lunch box



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