




MENU week 1

	MONDAY	TUESDAY	WENDSDAY	THURSDAY	FRIDAY
BREAKFAST	OATS	MALTABELLA	MABELE SOFT PORRIDGE	OATS	MALTABELLA
MORNING SNACK	FRUIT FROM HOME	FRUIT FROM HOME	FRUIT FROM HOME	FRUIT FROM HOME	FRUIT FROM HOME
LUNCH	LEAN BEEF MINCE, RICE AND COLESLAW SALAD	PAP, CHICKEN STEW AND SPINACH	SAMP, SUGAR BEANS AND BUTTERNUT SALAD	MACAROON, LEAN BEEF MINCE AND BEETROOT SALAD	SANDWICH AND SWEETPOTATOE WEDGES
AFTERNOON SNACK	SNACK FROM HOME	SNACK FROM HOME	SNACK FROM HOME	SNACK FROM HOME	SNACK FROM HOME

. AFTERNOON SNACK AND FRUIT WILL BE PROVIDED FOR BY PARENTS

. BREAKFAST WILL BE SERVED WITH WARM MILK(NESPRAY) AND MINIMAL BROWN SUGAR

. CHICKEN, SUGAR BEANS AND LEAN BEEF MINCE WILL BE PREPARED WITH CANOLA OIL, SPICES, ONIONS, CARROTS, BELL PEPPERS, HERBS AND VEGETABLES STOCK

. REFRESHMENTS: FILTERED WATER, ROOIBOS TEA AND FRUIT JUICE