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## Menu (October – March)

<u>Week 1</u>	<b>Breakfast 07:30-8:30</b>	<b>Snack 10:00-10:15</b>	<b>Lunch 11:40-12:00</b>	<b>Snack 15:00 -15:15</b>
<b>Monday</b>	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken & Veggie stew on rice	Sandwich & Oros
<b>Tuesday</b>	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Pap Wors & gravy	Sandwich & Oros
<b>Wednesday</b>	Oats Porridge	Fruit Wedges & biscuits. Rooibos tea	Cold meat & Mash with mixed veggies	Sandwich & Oros
<b>Thursday</b>	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Mince & Veggies on macaroni	Sandwich & Oros
<b>Friday</b>	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Fish & Chips	Sandwich & Oros
<u>Week 2</u>	<b>Breakfast 07:30-8:30</b>	<b>Snack 10:00-10:15</b>	<b>Lunch 11:40-12:00</b>	<b>Snack 15:00 -15:15</b>
<b>Monday</b>	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Mince & Veggie on Mash	Sandwich & Oros
<b>Tuesday</b>	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Wors & Potato dish on Brown Bread	Sandwich & Oros
<b>Wednesday</b>	Oats Porridge	Fruit Wedges & biscuits. Rooibos tea	Fish & Mash with mixed veggies	Sandwich & Oros
<b>Thursday</b>	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken & Veggies on macaroni	Sandwich & Oros
<b>Friday</b>	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Viennas & Chips	Sandwich & Oros

## Menu (April-September)

<u>Week 1</u>	<b>Breakfast 07:30-8:30</b>	<b>Snack 10:00-10:15</b>	<b>Lunch 11:40-12:00</b>	<b>Snack 15:00 -15:15</b>
<b>Monday</b>	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken & Veggie Soup with Brown bread fingers	Sandwich & Oros
<b>Tuesday</b>	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Pap Wors & gravy	Sandwich & Oros
<b>Wednesday</b>	Oats Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken & Veggie stew on rice	Sandwich & Oros
<b>Thursday</b>	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Mince & Veggies on macaroni	Sandwich & Oros
<b>Friday</b>	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Fish & Chips	Sandwich & Oros
<u>Week 2</u>	<b>Breakfast 07:30-8:30</b>	<b>Snack 10:00-10:15</b>	<b>Lunch 11:40-12:00</b>	<b>Snack 15:00 -15:15</b>
<b>Monday</b>	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Veggie Soup with Brown Bread fingers	Sandwich & Oros
<b>Tuesday</b>	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Wors & Potato dish on Brown Bread	Sandwich & Oros
<b>Wednesday</b>	Oats Porridge	Fruit Wedges & biscuits. Rooibos tea	Fish & Mash with mixed veggies	Sandwich & Oros
<b>Thursday</b>	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken & Veggies on macaroni	Sandwich & Oros
<b>Friday</b>	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Viennas & Chips	Sandwich & Oros