



Menu (October – March)

<u>Week 1</u>	Breakfast 07:30-8:30	Snack 10:00-10:15	Lunch 11:40-12:00	Snack 15:00 -15:15
Monday	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken cold meats with Mash and beans	Sandwich & Oros
Tuesday	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Pap Wors & gravy	Sandwich & Oros
Wednesday	Oats Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken with rice and mixed veggies	Sandwich & Oros
Thursday	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Macaroni & Cheese	Sandwich & Oros
Friday	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Fish & Chips	Sandwich & Oros
<u>Week 2</u>	Breakfast 07:30-8:30	Snack 10:00-10:15	Lunch 11:40-12:00	Snack 15:00 -15:15
Monday	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken cold meats with Mash and beans	Sandwich & Oros
Tuesday	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Pap Wors & gravy	Sandwich & Oros
Wednesday	Oats Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken with rice and mixed veggies	Sandwich & Oros
Thursday	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Macaroni & Cheese	Sandwich & Oros
Friday	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken viennas & Chips	Sandwich & Oros



Menu (April – September)

<u>Week 1</u>	Breakfast 07:30-8:30	Snack 10:00-10:15	Lunch 11:40-12:00	Snack 15:00 -15:15
Monday	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken & Veggie Soup with Brown bread fingers	Sandwich & Oros
Tuesday	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Pap Wors & gravy	Sandwich & Oros
Wednesday	Oats Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken with rice and mixed veggies	Sandwich & Oros
Thursday	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Macaroni & Cheese	Sandwich & Oros
Friday	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Fish & Chips	Sandwich & Oros
<u>Week 2</u>	Breakfast 07:30-8:30	Snack 10:00-10:15	Lunch 11:40-12:00	Snack 15:00 -15:15
Monday	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Beef & Veggie Soup with Brown bread fingers	Sandwich & Oros
Tuesday	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Pap Wors & gravy	Sandwich & Oros
Wednesday	Oats Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken with rice and mixed veggies	Sandwich & Oros
Thursday	Maltabella Porridge	Fruit Wedges & biscuits. Rooibos tea	Macaroni & Cheese	Sandwich & Oros
Friday	Mielie meal Porridge	Fruit Wedges & biscuits. Rooibos tea	Chicken viennas & Chips	Sandwich & Oros