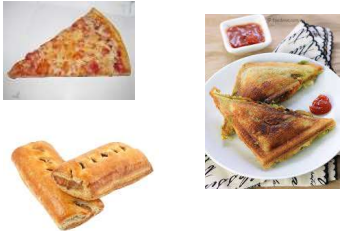


MENU WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Macaroni and Cheese	Fish Fingers	GRAVY SOUP	Chicken a la king	Friday's choice
Vegetables	Baked beans	Mixed vegetables Gravy	Vegetables	
Optional	rice or mash with gravy	Optional extra: - beans	With rice	Vegetable rice & gravy

Ingredients

Pasta Tomato sauce Tinned tomato and onion	Fish fingers/ rice Tinned baked beans	Soya mince / mince Gravy Mielie meal (pap) Frozen mixed vegetables	Chicken A la King sauce powder Rice	Friday's choice served with baked beans or corn
Vegetable option				
				 

MENU WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Bolognaise Vegetables	Veggie Bake Optional extra:	Mince and Rice Mixed vegetables Gravy Optional extra: -beans	Chicken Pasta Vegetables	Friday's choice Toasted sandwich rice with gravy

Ingredients

Spaghetti Pasta Bolognaise powder sauce Tinned tomato and onion Vegetable option	Mielie meal (pap) Mixed vegetables Gravy	Soya mince / mince Gravy rice Frozen mixed vegetables	Chicken A la King sauce powder Pasta Vegetable option	Friday's choice served with baked beans or corn
				

School menu

We offer nutritious meals daily.

7:30- 8:30 Breakfast is served every morning. Porridge is offered

10:00-10:15 Seasonal fruit Apple / popcorn/ juice/ biscuits/jelly / carrots will be served everyday

Tea/ snack is offered 3x a day before morning play and before afternoon play. And again, in the late afternoon.

- Mabella
- Oats
- Mielie meal
- Movite

