

Summer Menu 2019-20

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00 – 8:15	Oats, milk	Mealie pap, sugar, milk	Maltabella Porridge	Mealie pap, milk	Cereal, milk
Morning snack 10:00 – 10:30	Yogurt and fruit lollies Juice	Sandwich with peanut butter and syrup and fruit Oros	Sandwich with marmite and dried fruit/nuts Rooibos tea	Fruit salad and savoury biscuits with spread Milk	Jelly and custard Rooibos tea
Lunch 12:00 -12:30	Cottage Pie and veggies	Tuna and rice and tomato salad	Homemade baked beans and pumpkin	Chicken pasta salad	Fish/chicken fingers and mash/chips with tomatoes
Afternoon snack 15:00 – 15:15	Cheese sandwich and fruit Iced tea	Jelly and frozen water melon Juice	Yogurt ice cream and savoury biscuits Oros	Sandwich with cheese spread and fruit Iced tea	Popcorn and frozen Oros Ice Water

Summer - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00 – 8:15	Mealie pap, sugar, milk	Oats, honey, milk	Maltabella and milk	Oats with milk and sugar	French Toast and tomato sauce
Morning snack 10:00 – 10:30	Sandwich with cheese spread and seasonal fruit Oros	Jelly and fruit Flavoured Milk	Cheese spread on biscuits and fruit Ice tea	Jelly and custard Rooibos Tea	Seasonal fruit bites and savoury biscuits with spread Fruit juice
Lunch 12:00 -12:30	Tuna and pasta salad tomatoes, peas and cucumber	Macaroni and cheese and tomatoes and carrot salad	Mince, rice and pumpkin	Chicken a` la King, pasta, and green salad	Vegetarian couscous dish with veggies
Afternoon snack 15:00 – 15:15	Fruit bites, sandwich with cheese spread Ice tea	Frozen Yogurt and savoury biscuits with spread Fruit Juice	Fruit bites and iced fruit juice Ice water	Sandwiches and fruit Oros	Popcorn and yogurt lollies Ice water