

Winter Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Biscuit & R/Bos Tea	Toasted Sandwich & R/Bos Tea	Muffin & R/Bos Tea	Cocktail Roll with Scrambled Egg R/Bos tea	Crunchie & R/Bos Tea
Lunch	Mild Chicken Curry Rice Chopped Tomato	Beef Lasagne Or Vegetable Lasagne	Fish Fingers Potato Mash Peas	Jambalaya (Chicken/Bean pieces, veg & linguine)	Hotdogs Flings
Afternoon snack	Fresh fruit	Yoghurt	Popcorn	Yoghurt	Fresh fruit
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Biscuit & R/Bos Tea	Toasted Sandwich & R/Bos Tea	Muffin & R/Bos Tea	Cocktail Roll with Scrambled Egg R/Bos Tea	Crunchie & R/Bos Tea
Lunch	Mince & Rice	Pap/Rice Beef/Chicken Sausage Gravy	Chicken Casserole Mash Pumpkin	Macaroni & Cheese With Broccoli	Chicken Nuggets Potato Chips
Afternoon snack	Fresh fruit	Yoghurt	Popcorn	Yoghurt	Fresh Fruit

AFTERCARE MENU					
Afternoon snack	Alphabet Soup	Muffin	Samoosa	Pizza	Hot Chocolate Roti