



Winter Menu

| Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|------------------------|
| Morning snack | Cookies & rooibos tea | Yoghurt & water | Oats cookies & rooibos tea | Yoghurt & water | Biscuits & rooibos tea |
| Lunch | Mince, macaroni & Veg | Vegetable Soup & Bread | Chicken noodles & veggies | Vegetable Soup & Bread | Hotdogs with Flings |
| Half day snack | Fresh Fruit & Water | Biscuits & Water | Fresh Fruit & water | Biscuits & Water | Fresh fruit & water |
| Afternoon snack | Brown Bread sandwich and juice | Brown Bread sandwich and juice | Brown Bread sandwich and juice | Brown Bread sandwich and juice | Popcorn and juice |

Breakfast of Weet – bix, Cornflakes, Oats is served from 7am-7.45am

| Week 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|------------------------------------|
| Morning snack | Cookies & rooibos tea | Yoghurt & water | Oats cookies & rooibos tea | Yoghurt & water | Biscuits & rooibos tea |
| Lunch | Chicken macaroni & Veg | Vegetable soup & bread | Cottage Pie & Veggies | Macaroni & Cheese | Chicken & cheese pizza with Flings |
| Half day snack | Fresh Fruit & Water | Biscuits & Water | Fresh Fruit & water | Biscuits & Water | Fresh fruit & water |
| Afternoon snack | Brown Bread sandwich and juice | Brown Bread sandwich and juice | Brown Bread sandwich and juice | Brown Bread sandwich and juice | Popcorn and juice |

** Sandwiches are a variety of peanut butter, cheese spread & jam