

Week 1

Monday

Breakfast: Oats

Snack: Fruit

Lunch: Chicken, rice and gravy

Tuesday

Breakfast: Weetbix

Snack: Banana bread/Sandwiches

Lunch: Mince Pasta

Wednesday

Breakfast: Corn Flakes

Snack: Fruit

Lunch: Fish fingers, beans, mash

Thursday

Breakfast: Oats

Snack: Biscuits

Lunch: Mac and cheese

Friday

Breakfast: Rice Crispies

Snack: Popcorn

Lunch: Pizza slices

Week 2

Monday

Breakfast: Oats

Snack: Fruit

Lunch: Chicken a'la King

Tuesday

Breakfast: Weetbix

Snack: Sandwiches

Lunch: Carbonara with bacon

Wednesday

Breakfast: Corn flakes

Snack: Fruit

Lunch: Curried mince with rice

Thursday

Breakfast: Oats

Snack: Biscuits

Lunch: Vegetable saucy pasta

Friday

Breakfast: Rice Crispies

Snack: Popcorn

Lunch: Boerie rolls and chips/Hot dogs (dependent on what sausage we can get)

Week 3

Monday

Breakfast: Oats

Snack: Fruit

Lunch: Chicken Tomato Bredie

Tuesday

Breakfast: Weetbix

Snack: Cinnamon Toast

Lunch: Ham and mushroom pasta

Wednesday

Breakfast: Corn flakes

Snack: Fruit

Lunch: Mince, peas and rice

Thursday

Breakfast: Oats

Snack: Biscuits

Lunch: Tomato pasta

Friday

Breakfast: Rice crispies

Snack: Popcorn

Lunch: Ham and cheese toasties

Week 4

Monday

Breakfast: Oats

Snack: Fruit

Lunch: Chicken a'la king

Tuesday

Breakfast: Weetbix

Snack: Sandwiches

Lunch: Carbonara flavoured pasta

Wednesday

Breakfast: Corn flakes

Snack: Fruit

Lunch: Spanish rice with mince

Thursday

Breakfast: Oats

Snack: Biscuits

Lunch: Vegetable Saucy Pasta

Friday

Breakfast: Rice Crispies

Snack: Popcorn

Lunch: Pizza wheels/Pizza Toast