

SUMMER MENU 2020

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Maize Meal	Oats	Maize meal	Oats	Maize Meal
LUNCH	Cottage pie, served with butternut	Chicken a la king with courtyard vegetables and pumpkin	Fish Fingers and carrot, potato mash with a cheese sauce	Chicken stew, served with sweet potato	Mince stew with potato and butternut
SNACK	Boudoir Biscuits	Mini Pumpkin muffins	Custard	Mini Flapjacks	Banana or banana muffins



WEEK 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Corn flakes	Maize meal	Oats	Corn flakes	Maize meal
LUNCH	Beef stew on rice and butternut	Chicken stew with pumpkin	Mince, green beans and mash	Chicken breasts served on carrot-potato mash	Mince stew served with mixed veggies
SNACK	Boudoir Biscuits	Mini Flapjacks	Mini banana Muffins	Custard	Pumpkin muffins

