

SUMMER MENU 2020

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Corn flakes	Weet-bix	Maize meal	Oats	Corn Flakes
LUNCH	Cottage pie, served with butternut	Chicken a la king with rice and courtyard vegetables	Spaghetti Bolognese, served with carrots	Chicken pie, mixed vegetables	Hot dogs / Boerewors roll
SNACK	Fresh Fruit	Jelly	Muffins	Sandwiches	Biscuits



WEEK 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weet-bix	Maize meal	Oats	Corn flakes	Maize meal
LUNCH	Beef Lasagne	Fish cakes / Fish fingers and chips	Macaroni and cheese	Chicken breasts served on carrot-potato mash with tangy white sauce	Pizza on tomato base topped with sausage and cheese
SNACK	Ice cream	Flapjacks	Biscuits	Fresh Fruit	Popcorn and juice

