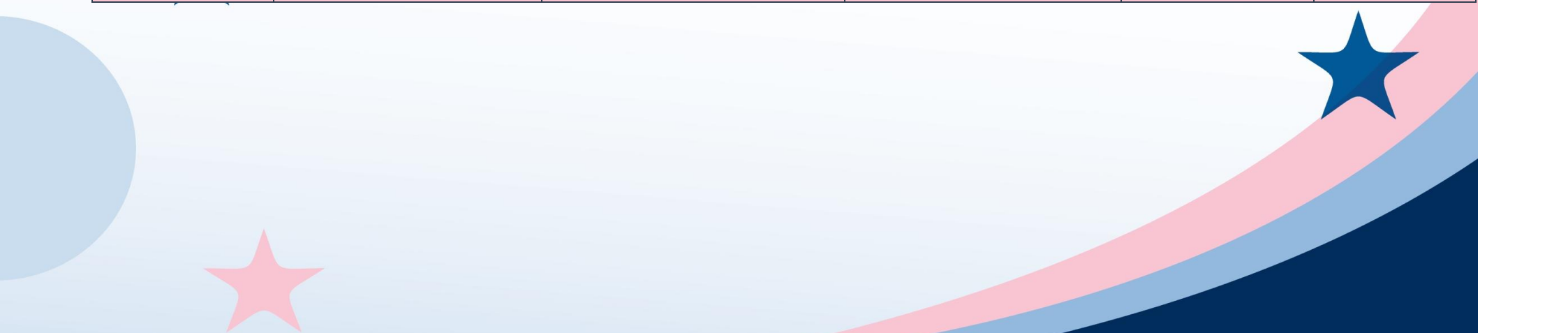


WINTER MENU 2020

WEEK 1		Group 1-2			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Maize meal	Oats	Maize meal	Oats	Maize meal
LUNCH	Beef stew with pumpkin, potatoes & carrots	Chicken soup with potatoes, butternut, carrots, little bit of spinach & noodles	Cottage pie with mixed veggies	Chicken Stew with carrots, potatoes & sweet potatoes	Mince pasta with mixed veggies
SNACK	Pumpkin fritters / Mini Pumpkin muffins	Mini Flapjacks	Boudoir Biscuits	Steamed Apples & Custard	Mini Banana Muffins



WEEK 2		Group 1-2			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Maize meal	Oats	Maize meal	Oats	Maize meal
Lunch	Chicken a la king with mixed veggies and pumpkin	Macaroni & Cheese with sweet potatoes	Beef stew with gem squash, carrots, sweet potatoes and potatoes	Cottage pie with mixed veggies	Beef Soup with noodles, potatoes, butternut, carrots and a little bit of spinach
SNACK	Mini Flapjacks	Pumpkin fritters / pumpkin muffins	Steamed Pears & Custard	Mini Banana Muffins	Boudoir Biscuits