

WINTER MENU 2020

WEEK 1		Group 3-5			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Maize meal	Oats	Corn flakes	Maize meal	Oats
LUNCH	Macaroni and cheese with broccoli and cauliflower	Cabbage, beef stew on rice with pumpkin	Curry Bunnies	Chicken Stew on rice and butternut	Chips & vienna's or fish fingers
SNACK	Fruit: Apples & Bananas	Flapjacks	Sandwiches	Custard & Baked Pudding	Muffins



WEEK 2		Group 3-5			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Corn flakes	Maize meal	Oats	Corn flakes	Maize meal
Lunch	Savoury mince with green beans and carrots on rice	Samp and beans / Soup and a fresh roll	Spaghetti bolognaise with carrots	Chicken stew on rice with gem squash	Sausage rolls and chips
SNACK	Hot Chocolate and biscuits	Pumpkin fritters / pumpkin muffins	Baked pudding and custard	Carrot Biscuits	Popcorn

