



# MENU - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 08H00	MAIZE PORRIDGE	JUNGLE OATS	MAIZE PORRIDGE	JUNGLE OATS	MAIZE PORRIDGE
SNACK 10H00	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA
LUNCH 12H00	CURRY MINCE ON RICE WITH MASHED PUMPKIN	* FISH SHEPARD'S PIE WITH CARROT SALAD * MINESTRONE SOUP (WINTER) <u>DESSERT</u> JELLY & CUSTARD	TOMATO BEEF STEW WITH RICE	* CHICKEN & MUSHROOM CREAMY PASTA <u>DESSERT</u> OVEN-BAKED SPONGE PUDDING WITH VANILLA CUSTARD	* BLOMMELAND MAC & CHEESE WITH BEETROOT SALAD
SNACK 14H00	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)
SNACK 15H30	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA

Menu items subject to availability and ad hoc changes may occur if ingredients are out of stock.

Meals marked with \* are Halaal



# MENU - WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 08H00	JUNGLE OATS	MAIZE PORRIDGE	JUNGLE OATS	MAIZE PORRIDGE	JUNGLE OATS
SNACK 10H00	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA
LUNCH 12H00	BEEF AND VEGETABLE CURRY WITH RICE	* CHICKEN NAPOLITANA PASTA * CREAMY CHICKEN SOUP (WINTER) <u>DESSERT</u> SAGO PUDDING	BEEF / VENISON RAGU ON SWEET POTATO MASH	* HAWAIIIN CHICKEN STIR FRY WITH RICE <u>DESSERT</u> JELLY AND CUSTARD	* SPAGHETTI & CHICKEN VIENNAS WITH BEETROOT SALAD
SNACK 14H00	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)
SNACK 15H30	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA

Menu items subject to availability and ad hoc changes may occur if ingredients are out of stock.

Meals marked with \* are Halaal



# MENU - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 08H00	MAIZE PORRIDGE	JUNGLE OATS	MAIZE PORRIDGE	JUNGLE OATS	MAIZE PORRIDGE
SNACK 10H00	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA
LUNCH 12H00	CABBAGE AND BEEF POTJIE ON RICE WITH CARROT SALAD	* CHICKEN BREYANI WITH BEETROOT SALAD *CHICKEN & CORN NOODLE SOUP (WINTER)  <u>DESSERT</u> JELLY & CUSTARD	* FISH CAKES WITH POTATO MASH AND BAKED BEANS	* CHICKEN A LA KING SERVED ON RICE  <u>DESSERT</u> ICE CREAM & SPRINKLES	SPAGHETTI BOLOGNAISE
SNACK 14H00	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)
SNACK 15H30	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA

Menu items subject to availability and ad hoc changes may occur if ingredients are out of stock.

Meals marked with \* are Halaal



# MENU - WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 08H00	JUNGLE OATS	MAIZE PORRIDGE	JUNGLE OATS	MAIZE PORRIDGE	JUNGLE OATS
SNACK 10H00	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA
LUNCH 12H00	BEEF GOULASH STEW WITH MIXED VEGETABLES ON RICE	* FISH CURRY ON RICE * BUTTERNUT AND LENTIL SOUP (WINTER) <u>DESSERT</u> SAGO PUDDING	SPAGETTI AND MEATBALLS WITH BAKED BEANS	* HAWAIIIN CHICKEN STIR FRY WITH RICE <u>DESSERT</u> JELLY & CUSTARD	* BLOMMELAND MAC & CHEESE WITH BEETROOT SALAD
SNACK 14H00	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)	FRESH FRUIT / SNACK (FROM HOME)
SNACK 15H30	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	SANDWICHES (BROWN BREAD) MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA	POPCORN MARIE BISCUITS (BABIES) ROOIBOS TEA / ICE TEA

Menu items subject to availability and ad hoc changes may occur if ingredients are unavailable or out of stock.

Meals marked with \* are Halaal