



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Oats	Wheat Bix	Tasty wheat	Pro Nutro	Oats
LUNCH	<p>Smaaklike hoendergereg en cous-cous, bedien met vars vrugte</p> <p>Delicious chicken and cous cous, served with fresh fruit</p>	<p>Geroosterde hoender en groente, bedien met rys</p> <p>Roast chicken and vegetables served with rice</p>	<p>Maalvleis Lasagne bedien met vars vrugte</p> <p>Beef Lasagne served with fresh fruit</p>	<p>Brokkoli Hoender bedien met vars vrugte</p> <p>Broccoli Chicken served with fresh fruit</p>	<p>Herderspatei en rys bedien met vrugte</p> <p>Shepherd's pie with rice served with fresh fruit</p>
AFTERNOON SNACK	Quiche with fresh fruit	Flapjacks with fresh fruit	<p>Yogurt (Somer) met vrugte</p> <p>Piesangbrood (Winter) bedien met vrugte</p>	Muffins with fresh fruit	Quiche with fresh fruit

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Oats	Wheat Bix	Tasty wheat	Pro Nutro	Oats
LUNCH	<p>Frikkadelle bedien met pasta en vrugte</p> <p>Meatballs served with pasta and fresh fruit</p>	<p>Hoender Lasagne bedien met vars vrugte</p> <p>Chicken Lasagne served with fresh fruit in season</p>	<p>Spaghetti Bolognaise bedien met vars vrugte</p> <p>Spaghetti Bolognaise served with fresh fruit</p>	<p>Blatjang hoender en rys bedien met vars vrugte</p> <p>Chutney chicken and rice, served with fresh fruit</p>	<p>Herderspatei en rys bedien met vrugte</p> <p>Shepherd's pie with rice served with fresh fruit</p>
AFTERNOON SNACK	Quiche with fresh fruit	Flapjacks with fresh fruit	<p>Yogurt (Somer) met vrugte</p> <p>Piesangbrood (Winter) bedien met vrugte</p>	Muffins with fresh fruit	Quiche with fresh fruit

