



Winter Menu



Regular Menu

DAY	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oats	Porridge (Tasty wheat)	Maltabella	Oats	Porridge (Tasty wheat)
Midmorning Snack	Fresh Fruit Rooibos Tea	Sandwiches Rooibos Tea	Muffins Hot Chocolate	Sandwiches Rooibos Tea	Fresh fruit Rooibos Tea
Lunch	Spaghetti Bolognese Juice	Macaroni & Cheese Juice	Chicken Stew Juice	Soup & Bread Juice	Cottage Pie & Vegetables Juice
Afternoon Snack	Sandwiches Rooibos/Juice	Fresh fruit Rooibos/Juice	Yoghurt/Fruit Salad Rooibos/Juice	Biscuits Rooibos/Juice	Jelly/Popcorn Rooibos/Juice

Vegetarian Menu

DAY	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oats	Porridge (Tasty wheat)	Maltabella	Oats	Porridge (Tasty wheat)
Midmorning Snack	Fresh Fruit Rooibos Tea	Sandwiches Rooibos Tea	Muffins Hot Chocolate	Sandwiches Rooibos Tea	Fresh fruit Rooibos Tea
Lunch	Spaghetti Bolognese (Soya Mince) Juice	Macaroni & Cheese Juice	Mash/Rice & Vegetables Juice	Soup & Bread Juice	Fish Fingers / Veggie Fingers & Mash Juice
Afternoon Snack	Sandwiches Rooibos/Juice	Fresh fruit Rooibos/Juice	Yoghurt/Fruit Salad Rooibos/Juice	Biscuits Rooibos/Juice	Jelly/Popcorn Rooibos/Juice