

	DAY	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast	Porridge	Porridge	Maltabella	Scrambled Egg / Porridge	Porridge
	Midmorning	Fresh fruit	Sandwiches	Muffins	Sandwiches	Fresh fruit
1	Snack	Rooibos/Bottle	Rooibos/Bottle	Rooibos/Bottle	Rooibos/Bottle	Rooibos/Bottle
1		Butternut &	Pumpkin &	Carrots & Sweet	Gem Squash &	Pumpkin &
	Lunch	Gem Squash	Baby Marrow	Potato	Mash	Sweet Potato
		Juice	Juice	Juice	Juice	Juice
	Afternoon	Sandwiches	Fresh fruit	Yoghurt/Fruit Salad	Fresh fruit	Jelly
	Snack	Rooibos/Juice	Rooibos/Juice	Rooibos/Juice	Rooibos/Juice	Rooibos/Juice



