



Menu: 10-May-2010

	Breakfast		Mid Morning Snack		Lunch		Afternoon Snack
Monday	Mielie meal Milk Sugar		Mixed tin fruit Rooibos tea		Meatballs and rice Corn Juice and water		Custard Juice and water
Tuesday	Maltabella porridge Milk Sugar		Custard Juice and water		Mac and cheese Salad Juice and water		Oranges Juice and water
Wednesday	Oats porridge Milk Sugar		Apples Rooibos tea		Cottage pie Mix vegetables Juice and water		Tennis biscuits Juice and water
Thursday	Rice crispies Milk Sugar		Toasted marmite Cheese Juice and water		Chicken ala king Rice and pumpkin Juice and water		Yogurt Juice and water
Friday	Mielie meal Milk Sugar		Chocolate biscuits Rooibos tea		Hamburgers Juice and water		Jelly Juice and water