



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
BREAKFAST	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice
SNACKS	Fruit + Milk	Fruit + Milk	Fruit + Milk	Fruit + Milk	Fruit + Milk
LUNCH	Jacket Potato + Beans & Cheese	Sandwich + Veg sticks	Vegetable Rice	Potato + Rotli	Pizza
DESSERT	Fruit	Fruit	Jelly	Fruit	Fruit Yogurt
WEEK 2					
BREAKFAST	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice
SNACKS	Fruit + Milk	Fruit + Milk	Fruit + Milk	Fruit + Milk	Fruit + Milk
LUNCH	Beans on waffles	Noodles + Steamed Vegetables	Soup of the day + Bread	Macaroni Cheese + Veg	Veg Burgers + Oven Fried Chips
DESSERT		Fruit + jelly	Fruit	Fruit Yoghurt	Fruit
WEEK 3					
BREAKFAST	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice
SNACKS	Fruit + Milk	Fruit + Milk	Fruit + Milk	Fruit + Milk	Fruit + Milk
LUNCH	Rotli + Potato curry	Jacket Potato + beans & cheese	Rice + Daal	Sandwich + Veg sticks	Spaghetti + Steamed veg
DESSERT	Fruit	Fruit	Fruit Yoghurt	Fruit	Fruit + Ice Cream
WEEK 4					
BREAKFAST	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice	Cereal or Toast w. Milk or Juice
SNACKS	Fruit + Milk	Fruit + Milk	Fruit + Milk	Fruit + Milk	Fruit + Milk
LUNCH	Rotli + Daal	Pasta + Veg sticks	Vegetable Rice	Pizza	Sandwich + veg sticks
DESSERT	Fruit Yoghurt	Fruit	Fruit	Fruit	Jelly