

WEEK 1 MENU





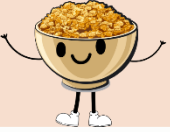
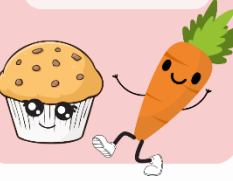
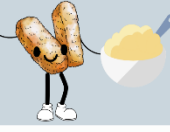
**WEEK 1
MENU**

INFO:

- MENUS ARE APPROVED BY A DIETITIAN
- ALL PORRIDGE IS SERVED WITH MILK AND SUGAR
- MENU MAY VARY DUE TO SUPPLIER AVAILABILITY
- IN CASE OF AN ALLERGY, AN ALTERNATIVE WILL BE PROVIDED



MONDAY WEEK 1

BREAKFAST: WEETBIX 	SNACK: CARROT MUFFIN 
LUNCH FISH FINGERS, MASHED POTATO AND VEGETABLES 	AFTERNOON SNACK: 14:30 & 15:45 FRUIT AND CARROT MUFFIN 

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TUESDAY WEEK 1

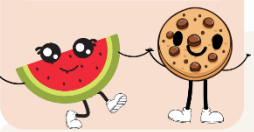
BREAKFAST: MAIZE MEAL PORRIDGE 	SNACK: FRENCH TOAST 
LUNCH PIZZA 	AFTERNOON SNACK: 14:30 & 15:45 FRUIT AND SANDWICH 

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WEDNESDAY WEEK 1

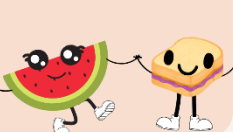
BREAKFAST: MAIZE MEAL PORRIDGE 	SNACK: PEANUT BUTTER BISCUITS 
LUNCH CHEESY CHICKEN, RICE AND VEGETABLES 	AFTERNOON SNACK: 14:30 & 15:45 FRUIT AND PEANUT BUTTER BISCUITS 

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THURSDAY WEEK 1

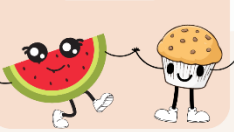
BREAKFAST: MAIZE MEAL PORRIDGE 	SNACK: FRUIT AND YOGHURT 
LUNCH MACARONI AND CHEESE WITH VEGETABLES 	AFTERNOON SNACK: 14:30 & 15:45 FRUIT AND SANDWICH 

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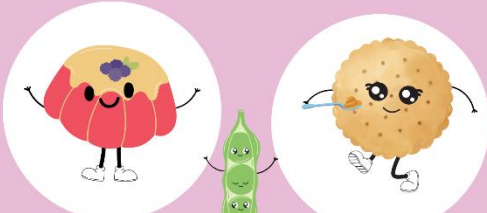


FRIDAY WEEK 1

BREAKFAST: OATS 	SNACK: BANANA MUFFIN 
LUNCH MEAT BALLS, POTATO AND BEANS MASHED WITH PUMPKIN 	AFTERNOON SNACK: 14:30 & 15:45 FRUIT AND BANANA MUFFIN 

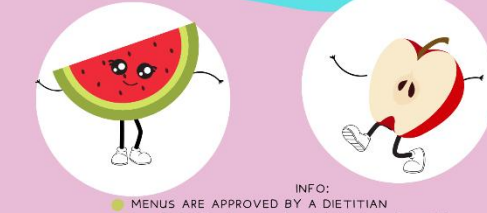
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WEEK 2

MENU



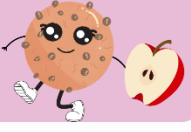
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MONDAY

WEEK 2

BREAKFAST: MAIZE MEAL PORRIDGE 	SNACK: APPLE BISCUITS 
LUNCH SCRAMBLED EGG, BREAD AND CUCUMBER 	AFTERNOON SNACK: 14:30 & 15:45 FRUIT AND APPLE BISCUITS 

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TUESDAY

WEEK 2

BREAKFAST: OATS PORRIDGE 	SNACK: PUMPKINSCONES 
LUNCH COTTAGE PIE WITH SWEET POTATO AND CUCUMBER 	AFTERNOON SNACK: 14:30 & 15:45 FRUIT AND A SANDWICH 

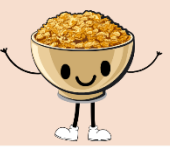
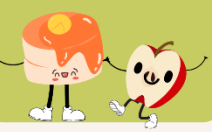
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WEDNESDAY

WEEK 2

BREAKFAST: WEETBIX 	SNACK: JELLY AND CUSTARD 
LUNCH FISH FINGERS WITH MASHED POTATOES, GREEN BEANS AND SWEET CARROTS 	AFTERNOON SNACK: 14:30 & 15:45 FRUIT AND PUMPKIN SCONES 

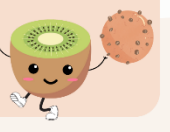
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THURSDAY

WEEK 2

BREAKFAST: MAIZE MEAL PORRIDGE 	SNACK: OATS BISCUITS 
LUNCH MINCE WITH RICE, PEAS AND PUMPKIN 	AFTERNOON SNACK: 14:30 & 15:45 FRUIT AND OATS BISCUITS 

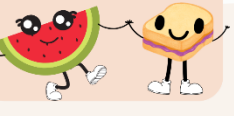
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FRIDAY

WEEK 2

BREAKFAST: MAIZE MEAL PORRIDGE 	SNACK: FRUIT AND YOUGHURT SMOOTHIE 
LUNCH CHICKEN STEW, RICE AND MIXED VEGETABLES 	AFTERNOON SNACK: 14:30 & 15:45 FRUIT AND SANDWICH 

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WEEK 3

MENU





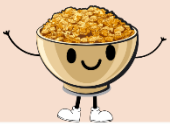
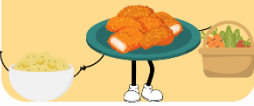



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MONDAY

WEEK 3

BREAKFAST: WEETBIX 	SNACK : PEANUT BUTTER BISCUITS 
LUNCH FISH FINGERS WITH MASHED POTATOES AND MIXED VEGGIES 	AFTERNOON SNACK : 14:30 & 15:45 FRUIT AND BOVRIL SANDWICH 

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TUESDAY

WEEK 3

BREAKFAST: OATS PORRIDGE 	SNACK : SCONES WITH JAM 
LUNCH SPAGHETTI BOLOGNAISE WITH SPINACH AND CARROTS 	AFTERNOON SNACK : 14:30 & 15:45 FRUIT AND SCONES WITH JAM 

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WEEK 3

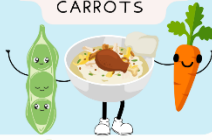
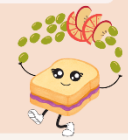
BREAKFAST: MAIZE MEAL PORRIDGE 	SNACK : TOASTED BREAD WITH BOVRIL 
LUNCH CHICKEN LASAGNA WITH MIXED VEGGIES 	AFTERNOON SNACK : 14:30 & 15:45 TOASTED BREAD WITH BOVRIL 

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THURSDAY

WEEK 3

BREAKFAST: MAIZE MEAL PORRIDGE 	SNACK : GRANOLA APPLES AND PEANUT BUTTER 
LUNCH CHEESY CHICKEN & RICE WITH PEAS AND CARROTS 	AFTERNOON SNACK : 14:30 & 15:45 FRUIT AND A SANDWICH 

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FRIDAY

WEEK 3

BREAKFAST: MAIZE MEAL PORRIDGE 	SNACK : FRUIT SLICES AND YOGHURT 
LUNCH CHICKEN NUGGETS WITH POTATO WEDGES AND VEGGIES 	AFTERNOON SNACK : 14:30 & 15:45 FRUIT AND A SANDWICH 

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