



PRIMARY SCHOOL & HOSTEL WEEKLY MENU

DAY	BREAKFAST	BREAK	LUNCH	SUPPER
MONDAY	Mielie pap	Peanut butter sandwiches & juice	Fish, rice & vegetables	Rice salad with fish, carrots, tomatoes, lettuce, cucumber & mayonnaise
TUESDAY	Oats pap	Jam sandwiches & juice	Pap, boerewors or stew & salad	Eggs & bread
WEDNESDAY	Mabela pap	Peanut butter sandwiches & juice	Chicken, rice & vegetables	Soup & bread
THURSDAY	Mielie pap	Jam sandwiches & juice	Macaroni with mince or fish or mixed vegetables	Hot dogs
FRIDAY	Oats pap	Peanut butter sandwiches & juice	Stew, pap or samp & salad	Polony & bread
SATURDAY	Mabela pap	Jam sandwiches & juice	Eggs, viennas & bread	Pap & wors
SUNDAY	Mabela pap	Peanut butter sandwiches & juice	Fried chicken, rice, vegetables & jelly with custard	Jam sandwiches

** Seasonal fruit will be available as a snack after study Monday, Wednesday and Friday.