



## NURSERY SCHOOL & HOSTEL WEEKLY MENU

DAY	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	SUPPER
<b>MONDAY</b>	Mielie pap soft porridge with milk, sugar & margarine	Brown bread with margarine and peanut butter & tea or juice	Fish, rice & coleslaw	Apple or in season fruit and/or yogurt snack	Hot dogs & juice
<b>TUESDAY</b>	Oats with milk, sugar & margarine	Brown bread with margarine and jam & tea or juice	Beef stew, pap & cabbage	Banana or in season fruit and/or yogurt snack	Eggs & viennas & juice
<b>WEDNESDAY</b>	Mabele porridge with milk, sugar & margarine	Brown bread with margarine and peanut butter & tea or juice	Chicken, rice & beetroot	Orange or in season fruit and/or yogurt snack	Chicken pizza with tomato and cheese & juice
<b>THURSDAY</b>	Mielie pap soft porridge with milk, sugar & margarine	Brown bread with margarine and jam & tea or juice	Macaroni with mince or fish or mixed vegetables	Pear or in season fruit and/or yogurt snack	Vetkoek & mince & juice
<b>FRIDAY</b>	Oats with milk, sugar & margarine	Brown bread with margarine and peanut butter & tea or juice	Three bean salad, samp & mixed vegetables or Mixed vegetable soup & samp	Apple or in season fruit and/or yogurt snack	Fish fingers & mash & juice
<b>SATURDAY</b>	Weetbix with milk & sugar	Brown bread with margarine and jam & tea or juice	Chicken wors, pap & spinach	Banana or in season fruit and/or yogurt snack	Beef Lasagne or Beef/Chicken Pies & juice
<b>SUNDAY</b>	Corn flakes with milk & sugar	Brown bread with margarine and peanut butter & tea or juice	Fried chicken, rice, pumpkin, beetroot & jelly with custard	Orange or in season fruit and/or yogurt snack	Brown Bread, margarine, jam sandwich & juice