



GRADE R CENTRE & AFTERCARE MENU

DAY	BREAKFAST	LUNCH WEEK 1	LUNCH WEEK 2
MONDAY	Mielie pap	Fish & macaroni	Macaroni with viennas & vegetables
TUESDAY	Oats pap	Beef stew, pap & cabbage	Baboti, rice & salsa (tomato & onion salad)
WEDNESDAY	Mabela pap	Meatballs, rice & beetroot	Chicken, rice & beetroot
THURSDAY	Mielie pap	Macaroni, mince & vegetables	Beef stew, pap & cabbage
FRIDAY	Oats pap	Eggs, viennas & bread	Vegetable soup & rice

* Aftercare learners only get lunch, not breakfast.