Summer menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scr Eggs	**Fish fingers**	Bacon & Egg	Scrambled Egg	Boiled Egg	Scones	**French Toast**
		Cereals with low fat milk		**Cheese Griller**	**Boerewors**	Cereals with low fat milk	Cereals with low fat milk
	Oats		Tasty Wheat	Cereals with low fat milk	Krummel Pap		
	Yoghurt	Yoghurt	Yoghurt	Yoghurt		Yoghurt	Yoghurt
	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Yoghurt	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)
	Cof/Tea with milk	Cof/Tea with milk	Cof/Tea with milk	Cof/Tea with milk	Bread & Preserves (High Fibre / white)	Cof/Tea with milk	Cof/Tea with milk
	Fruits & Juice Blend/	Fruits & Juice Blend/	Fruits & Juice Blend/	Fruits & Juice Blend/	Fruits & Juice Blend/	Fruits & Juice Blend	Fruits & Juice Blend
LUNCH	**Grilled Kassler Chop**	**Chicken a la king**	**Beef and pasta pot**	**Roast Chicken**	**Crumbed Chicken**	**Beef or Chicken Burger**	**Baked Chicken Schnitzel**
	Monkey gland Steak	**Beef Stroganoff**	**Battered Hake**	**Baked Pork Gammon**	**Macaroni & Cheese**	**Potato Wedges**	**Savoury Rice**
	Paptert	Rice		Potato Salad	Green Salad		Pumpkin Fritters
	Potato Salad	Carrot Salad	Broccoli salad	Greek salad	Carrot Salad		Mashed Green Beans
	Bread Roll	Green Salad	Koring Slaai				Milk Tart
	Juice Blend	Juice Blend	Juice Blend	Bread Roll	Juice Blend	Juice Blend	Juice Blend
			Peaches & Ice Cream	Juice Blend			
DINNER	**Chicken Schnitzel**	**Pork Chops**	**Chutney chicken**	**3 Layer Chicken**	**Grilled hake**	**Braai: T-Bone**	Ham & Cheese Pita
	Mash	Potato bake	Basmati Rice	Rice	Chips	Steak & Sausage	Fresh Fruit
	Vegetable Bake	Grilled butternut		Garden Peas	Coleslaw with raisins	Garlic Bread Roll	Fruit Juice
			Glazed Baby Carrots	Beetroot Salad		Potato Salad	Simba Chips
	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Bread & Preserves (High Fibre / white)	Fruit Juice	
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	