

# Week 1

## Monday

Breakfast: Mealiepap

Morning Snack: Yoghurt and Juice

Lunch: Spaghetti Bolognaise

Afternoon Snack: Sandwiches and Juice

## Tuesday

Breakfast: Weetbix

Morning Snack: Bananas and Flavoured Milk

Lunch: Rice and Mince with Pumpkin and Green Beans

Afternoon Snack: Sandwiches and juice

## Wednesday

Breakfast: Maltabella

Morning Snack: Cookies & Juice

Lunch: Macaroni and Cheese

Afternoon Snack: Sandwiches and Juice

## Thursday

Breakfast: Mealiepap

Morning Snack: Jelly & Custard and Juice

Lunch: Rice and Mince with Sweet Potatoes and Carrots

Afternoon Snack: Sandwiches and Juice

## Friday

Breakfast: Oats

Morning Snack: Tuck Shop

Lunch: Chips and Vienna's

Afternoon Snack: Sandwiches and Juice

Juice will be alternated with Milo, Hot Chocolate and flavoured milk!

# Week 2

## **Monday**

Breakfast: Mealiepap

Morning Snack: Bananas and Flavoured Milk

Lunch: Spaghetti Bolognaise

Afternoon Snack: Sandwiches and Juice

## **Tuesday**

Breakfast: Weetbix

Morning Snack: Cookies and Juice

Lunch: Mash and Fish Fingers with Green Beans and Pumpkin

Afternoon Snack: Sandwiches and Juice

## **Wednesday**

Breakfast: Oats

Morning Snack: Jelly & Custard and Juice

Lunch: Bully Beef and Macaroni

Afternoon Snack: Sandwiches and Juice

## **Thursday**

Breakfast: Maltabella

Morning Snack: Yoghurt and Juice

Lunch: Rice and Mince with Sweet Potatoes and Carrots

Afternoon Snack: Sandwiches and Juice

## **Friday**

Breakfast: Mealiepap

Morning Snack: Tuck Shop

Lunch: Two-minute Noodles and Vienna's

Afternoon Snack: Sandwiches and Juice

Juice will be alternated with Milo, Hot Chocolate and flavoured milk!

**Week 3**

## **Monday**

Breakfast: Mealiepap

Morning Snack: Bananas and Flavoured Milk

Lunch: Spaghetti Bolognaise

Afternoon Snack: Sandwiches and Juice

## **Tuesday**

Breakfast: Oats

Morning Snack: Yoghurt and Juice

Lunch: Rice and Mince with Carrots and Sweet Potatoes

Afternoon Snack: Sandwiches and Juice

## **Wednesday**

Breakfast: Weetbix and French toast

Morning Snack: Cookies & Juice

Lunch: Macaroni and Cheese

Afternoon Snack: Sandwiches and Juice

## **Thursday**

Breakfast: Oats

Morning Snack: Jelly & Custard and Juice

Lunch: Cottage Pie with Pumpkin and Green Beans

Afternoon Snack: Sandwiches and Juice

## **Friday**

Breakfast: Maltabella

Morning Snack: Tuck Shop

Lunch: Chips and Fish Fingers

Afternoon Snack: Sandwiches and Juice

Juice will be alternated with Milo, Hot Chocolate and flavoured milk!



## **Monday**

Breakfast: Maltabella  
Morning Snack: Yoghurt and Juice  
Lunch: Spaghetti Bolognaise  
Afternoon Snack: Sandwiches and Juice

## **Tuesday**

Breakfast: Oats  
Morning Snack: Cookies and Juice  
Lunch: Rice and Mince with Pumpkin and Green Beans  
Afternoon Snack: Sandwiches and Juice

## **Wednesday**

Breakfast: Mealiepap  
Morning Snack: Jelly & Custard and Juice  
Lunch: Bully Beef and Macaroni  
Afternoon Snack: Sandwiches and Juice

## **Thursday**

Breakfast: Oats  
Morning Snack: Bananas and Flavoured Milk  
Lunch: Rice and Mince with Sweet Potatoes and Carrots  
Afternoon Snack: Sandwiches and Juice

## **Friday**

Breakfast: Weetbix  
Morning Snack: Tuck Shop  
Lunch: Two-minute Noodles with Vienna's  
Afternoon Snack: Sandwiches and Juice

Juice will be alternated with Milo, Hot Chocolate and flavoured milk!