

Menu - Meals served to our learners

Week 1 & 3			Week 2 & 4		
Monday	Morning Break	Sandwich, Juice, Fruit	Monday	Morning Break	Sandwich, Fruit and Juice
	Lunch Time	<i>Spaghetti Bolognese, mixed vegetables Fruit Juice/tea</i>		Lunch Time	<i>Fish fingers and mash, Cabbage salad Fruit juice</i>
	Afternoon Break	Sandwich/Muffin, Juice		Afternoon Break	Sandwich/Flapjacks and Juice
Tuesday	Morning Break	Sandwich, Fruit and Juice	Tuesday	Morning Break	Sandwich, Fruit and Juice
	Lunch Time	<i>Fish fingers, sweet corn fritter and mash Jelly & Custard, Fruit Juice</i>		Lunch Time	<i>Chicken ala King, Sweet Potato Juice/Nesquick</i>
	Afternoon Break	Sandwich/Flapjacks and Juice		Afternoon Break	Sandwich/Muffin and Juice
Wednesday	Morning Break	Sandwich, Fruit and Juice	Wednesday	Morning Break	Sandwich, Fruit and Juice
	Lunch Time	<i>Macaroni and cheese, tomato and cucumber salad Fruit juice</i>		Lunch Time	<i>Mince, pap and fried cabbage with onion Fruit juice</i>
	Afternoon Break	Sandwich/Muffin and Juice		Afternoon Break	Sandwich/Flapjacks and Juice
Thursday	Morning Break	Sandwich, Fruit and Juice	Thursday	Morning Break	Sandwich, Fruit and Juice
	Lunch Time	<i>Chicken ala King and rice Pumpkin, Juice/Tea</i>		Lunch Time	<i>Macaroni and cheese, cucumber salad Fruit juice, Pudding</i>
	Afternoon Break	Sandwich/flapjacks, Juice		Afternoon Break	Sandwich/Muffin and Juice
Friday	Morning Break	Sandwich, Fruit and Juice	Friday	Morning Break	Sandwich, Fruit and Juice
	Lunch Time	<i>Chicken burger Fruit juice/Tea</i>		Lunch Time	<i>Hamburger Fruit juice /Tea</i>
	Afternoon Break	Burger/Muffin and Juice		Afternoon Break	Burger/Muffin and Juice

- Nursery Class is supplied with porridge for breakfast
- Sandwiches, juice & fruit is served @ 10h00 & 15h00 snack time
 - Menu is subject to change – availability, stock etc.
- Tuck shop is available on Friday for R7.00, ice cream or sweetie packs
- Any special dietary requirements must be reported to the teachers
 - ALL FOOD IS HALAL

Sandwiches

Brown bread with tomato and cheese
 Brown bread with chicken mayonnaise
 Brown bread with egg mayonnaise
 Brown bread with cheese and mayonnaise and chilli sauce
 Flapjacks with jam and syrup
 Muffins with jam and cheese
 Brown bread with polony and sweet chilli sauce