



Menu

Meal Plan 1

Monday:

Breakfast: Mielie Meal Porridge
Lunch: Soup & Fresh bread/Mince Stew and Rice

Tuesday:

Breakfast: Jungle Oats
Lunch: Macaroni & Cheese

Wednesday:

Breakfast: Chocolate Porridge
Lunch: Chicken Stew, Veggies & Rice

Thursday:

Breakfast: Mielie Meal Porridge
Lunch: Spaghetti Bolognese (Enriched with veggies)

Friday:

Breakfast: Jungle Oats
Lunch: Hot Dogs





Menu

Meal Plan 2

Monday:

Breakfast: Chocolate Porridge

Lunch: Macaroni & Cheese

Tuesday:

Breakfast: Jungle Oats

Lunch: Beef Stew & Mash

Wednesday:

Breakfast: Mielie Meal Porridge

Lunch: Pasta & Meatballs with Gravy

Thursday:

Breakfast: Mielie Meal Porridge

Lunch: Soup & Fresh bread/Roast chicken & Rice

Friday:

Breakfast: Jungle Oats

Lunch: Hot Dogs

