



*"Where Geniuses starts with little steps"*

Monday	Breakfast	Morning snack	Lunch	Afternoon Snack
	Maize meal & hot milk	Brown bread + Peanut Butter Sandwich, Fruit Salad & Juice	Chicken veg stew with rice & Butternut, peas & carrots or veg soup & bread	Brown bread + Peanut Butter Sandwich, Fruit Salad & Juice
Tuesday	Breakfast	Morning snack	Lunch	Afternoon Snack
	Jungle Oats & Milkshake	Brown bread + Peanut Butter Sandwich, Fruit Salad & Juice	Egg breyani with pumpkin & cauliflower or Tuna/Fish pasta with Baked Beans, Gem squash & Carrots	Brown bread + Peanut Butter Sandwich, Fruit Salad & Juice
Wednesday	Breakfast	Morning snack	Lunch	Afternoon Snack
	Maize meal & hot milk	Brown bread + Peanut Butter Sandwich, Fruit Salad & Juice	Fish pie with mashed potatoes, baked beans, gem squash or Tuna/Fish pasta with Baked Beans, Gem squash & Carrots	Brown bread + Peanut Butter Sandwich, Fruit Salad & Juice
Thursday	Breakfast	Morning snack	Lunch	Afternoon Snack
	Jungle Oats & Milkshake	Brown bread + Peanut Butter Sandwich, Fruit Salad & Juice	Minced meat, tomato spaghetti pasta with pumpkin, gem squash, sweet corn or chicken veg soup with bread	Brown bread + Peanut Butter Sandwich, Fruit Salad & Juice
Friday	Breakfast	Morning snack	Lunch	Afternoon Snack
	Maize meal & hot milk	Brown bread + Peanut Butter Sandwich, Fruit Salad & Juice	Hot Dogs with Hot chips or minced frikkadel with rice/ mashed potato with sweet corn, peas, carrots, sweet potatoes	Brown bread + Peanut Butter Sandwich, Fruit Salad & Juice