

CHARLSEDALE MEAL MENU (WEEK1)

2021 CYCLE 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
CARB	Pancake	Waffles/ bread rolls	Fried Plantain/ Sweet potato	French Toast, Akara/ Custard	Chicken and egg sandwiches/ Oats & Moin Moin	Assorted bread basket	Waffles/ Crepe
PROTEIN	Breakfast sausage, omelette & baked beans	Breakfast sausage, fluffy scramble eggs & baked beans	Chicken franks and Egg sauce	Sausage/ Boiled Eggs in Stew/ Bread		Breakfast sausage, scrambled egg & baked beans	Chicken franks & baked beans
	yoghurt		yoghurt		yoghurt		Fruit salad
	Daily breakfast also includes freshly toasted white and brown bread/ bread roll, stew, 3 selections of cereals with a variety of spreads, milk, tea and hot chocolate.						

CHARLSEDALE MEAL MENU (WEEK1)

2021 CYCLE 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH							
CARB	Pancake	Waffles/ bread rolls	Fried Plantain/ Sweet potato	French Toast, Akara/ Custard	Chicken and egg sandwiches/ Oats & Moin Moin	Assorted bread basket	Waffles/ Crepe
PROTEIN	Breakfast sausage, omelette & baked beans	Breakfast sausage, fluffy scramble eggs & baked beans	Chicken franks and Egg sauce	Sausage/ Boiled Eggs in Stew/ Bread		Breakfast sausage, scrambled egg & baked beans	Chicken franks & baked beans
	yoghurt		yoghurt		yoghurt		Fruit salad
	Daily breakfast also includes freshly toasted white and brown bread/ bread roll, stew, 3 selections of cereals with a variety of spreads, milk, tea and hot chocolate.						

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2021 CYCLE 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner							
CARB	Pancake	Waffles/ bread rolls	Fried Plantain/ Sweet potato	French Toast, Akara/ Custard	Chicken and egg sandwiches/ Oats & Moin Moin	Assorted bread basket	Waffles/ Crepe
PROTEIN	Breakfast sausage, omelette & baked beans	Breakfast sausage, fluffy scramble eggs & baked beans	Chicken franks and Egg sauce	Sausage/ Boiled Eggs in Stew/ Bread		Breakfast sausage, scrambled egg & baked beans	Chicken franks & baked beans
	yoghurt		yoghurt		yoghurt		Fruit salad
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