

L.P.N.S. MENU

| MEALS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|--|
| BREAKFAST | Meilie Meel with sugar | Oats with sugar | Meilie Meel with sugar | Oats with sugar | Meilie Meel with sugar |
| MORNING SNACK | Bread with butter & jam or peanut butter. Rooibos tea with sugar | Bread with butter & jam or peanut butter. Rooibos tea with sugar | Bread with butter & jam or peanut butter. Rooibos tea with sugar | Bread with butter & jam or peanut butter. Rooibos tea with sugar | Bread with butter & jam or peanut butter. Rooibos tea with sugar |
| LUNCH | Chicken stew with Rice & vegetables | Spaghetti with diced chicken viennas & tomatoe & onion sauce. Jelly or Custard | Fishfingers with Mash/rice & gravy. Carrots or pumpkin | Mince & rice with vegetables. Jelly or Custard | Sausage Rolls with Mash/rice & gravy. Baked Beans/peas |
| AFTERNOON SNACK | Parents to supply | Parents to supply | Parents to supply | Parents to supply | Parents to supply |
| Please note that this menu is subject to change without notice (eg, Friday hot dogs) | | | Tuck is available from R1 & up which include chocolates, suckers, sweeties & chips | | |