



Weekly meal plan

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 08h15	Cereal	Maltabella Milk	Soft porridge Milk	Oats Milk	Maltabella Milk	Soft porridge Milk
Snack 10:00		Own snack	Own snack	Own snack	Own snack	Own snack
	Refreshment	Water	Water	Water	Water	Water
Lunch 12:00	Meal	Pap & Chicken Boiled Cabbage	Rice & Low-fat Beef Mixed vegetables	Macaroni & cheese Cucumber Salad	Rice & Mince Mixed vegetables	Rice & beef strips Mashed Potato & Carrot salad
		Fruit	Fruit	Fruit	Fruit	Custard & Jelly
14:30	Refreshment	Water	Water	Water	Water	Water
Afternoon Snack 15:30		Toasted cheese / butter toast Juice/tea	Lo GI Muffin Juice/tea	Peanut butter and Jam sandwich Juice/tea	Scrambled egg sandwich Juice/tea	Jam and butter sandwich Juice/tea



Weekly meal plan

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 08h15	Cereal	Oats Milk	Maltabella Milk	Soft porridge Milk	Oats Milk	Soft Porridge Milk
Snack 10:00		Own snack	Own snack	Own snack	Own snack	Own snack
	Refreshment	Water	Water	Water	Water	Water
Lunch 12:00	Meal	Rice & Low-fat Beef Mixed vegetables	Cottage Pie	Pap & Chicken Stew Sweet potato mash	Spaghetti Bolognaise Mixed vegetables	Pap & Wors Tomato gravy
		Fruit	Fruit	Fruit	Fruit	Yoghurt
14:30	Refreshment	Water	Water	Water	Water	Water
Afternoon snack 15:30		Jam and Butter sandwich Juice/tea	Low GI Muffin Juice/tea	Peanut Butter and Jam sandwich Juice/tea	Egg Mayo sandwich Juice/tea	Toasted cheese/ butter toast Juice/tea