



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	Macaroni & Cheese Cucumber Salad	Rice & Low-fat Beef Mixed Vegetables	Chicken Soup with Bread	Rice & Beef strips Mashed Potato & Carrot salad
		Fruit	Fruit	Fruit	Fruit	Yoghurt
14:30	Refreshment	Water	Water	Water	Water	Water
Afternoon Snack 15:30		Toasted Cheese / Butter toast Juice/tea	Peanut Butter and Jam sandwich Juice/tea	Lo GI Muffin 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 & Chicken Stew Mixed vegetables	Vegetable Soup with Bread	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	Peanut Butter and Jam sandwich Juice/tea	Low GI Muffin Juice/tea	Egg Mayo sandwich Juice/tea	Toasted Cheese/ Butter toast Juice/tea