



## MENU

Monday:

Breakfast: Soft Porridge  
Lunch: Macaroni & Mince

Tuesday:

Breakfast: Mabele  
Lunch: Polony stew, Rice, mix veg

Wednesday:

Breakfast: Soft porridge  
Lunch: Pulled chicken and veg with rice

Thursday:

Breakfast: Mabele  
Lunch: Madombi, Beef Stew

Friday:

Breakfast: Jam Sandwich + Rooibos tea  
Lunch: Pap, Chicken Seswaa  
Dessert: Jelly