



Montessori East Summer Menu

Week 1

<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>
Monday	Oats	French Toast	Italian pasta Salad
Tuesday	Mieliepap	Popcorn	Rice Mince Pumpkin
Wednesday	Maltabella	Sandwich Peanut butter	Fish fingers, Chips and Coleslaw
Thursday	Flavoured Instant Mieliepap	Muffin	Chicken Nuggets Mash Baked beans
Friday	Mieliepap	Sandwich Cheese spread	Hamburgers and Chips

Week 2

<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>
Monday	Oats	French Toast	Sausage rolls Mash Sweet corn
Tuesday	Maltabella	Popcorn	Pap Chicken stew Vegetables
Wednesday	Mieliepap	Sandwich Peanut butter	Tuna + Spaghetti Cucumber salad
Thursday	Flavoured Instant Mieliepap	Flap Jacks	Meatballs Rice Beetroot
Friday	Mieliepap	Sandwich Cheese spread	Pizza

