



Montessori East Winter Menu

Week 1

<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>
Monday	Oats	French Toast	Soup and bread
Tuesday	Mieliepap	Popcorn	Rice Mince Pumpkin
Wednesday	Maltabella	Sandwich Peanut butter	Fish bake with Mash
Thursday	Flavoured Instant Mieliepap	Muffin	Chicken a la King with rice
Friday	Maltabella	Sandwich Cheese spread	Pap and Wors with Gravy

Week 2

<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>
Monday	Oats	French Toast	Macaroni Bake
Tuesday	Mieliepap	Popcorn	Soup and Bread
Wednesday	Maltabella	Sandwich Peanut butter	Pap and Chicken with Vegetables
Thursday	Instant Porridge	Flap Jacks	Tuna and Spaghetti bake with Carrot sticks
Friday	Mieliepap	Sandwich Cheese spread	Rice, Mince and Vegetables

