

# Summer Menu

## Blaauwberg Rise Academy & Kieliekrankie Kleuterskool

### MENU 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mieliemeel Porridge	Weet-Bix	Jungle Oats Porridge	Mieliemeel Porridge	Weet-Bix
<b>Snack</b>	Fruit & Yoghurt	Bran Muffins	Fruit & Yoghurt	Fruit & Yoghurt	Popcorn
<b>Lunch</b>	Fish Fingers Mash & Veg	Chicken ala King Veg & Rice	Tuna Mayo Pasta	Cottage Pie & Veg	Burgers
<b>Dessert</b>			Jelly & Custard		Bakers Friday
<b>Snack</b>	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea

### MENU 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mieliemeel Porridge	Weet-Bix	Jungle Oats Porridge	Mieliemeel Porridge	Weet-Bix
<b>Snack</b>	Fruit & Yoghurt	Bran Muffins	Fruit & Yoghurt	Fruit & Yoghurt	Popcorn
<b>Lunch</b>	Mac & Cheese	Chicken Pie & Veg	Bacon & Cheese Quiche	Mince, Rice & Veg	Hot Dogs
<b>Dessert</b>			Jelly & Custard		Bakers Friday
<b>Snack</b>	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea

### MENU 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mieliemeel Porridge	Weet-Bix	Jungle Oats Porridge	Mieliemeel Porridge	Weet-Bix
<b>Snack</b>	Fruit & Yoghurt	Bran Muffins	Fruit & Yoghurt	Fruit & Yoghurt	Popcorn
<b>Lunch</b>	Tuna Mayo Pasta	Cottage Pie & Veg	Chicken Pie & Veg	Spaghetti Bolognaise	Pizza
<b>Dessert</b>			Jelly & Custard		Bakers Friday
<b>Snack</b>	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea

### MENU 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mieliemeel Porridge	Weet-Bix	Jungle Oats Porridge	Mieliemeel Porridge	Weet-Bix
<b>Snack</b>	Fruit & Yoghurt	Bran Muffins	Fruit & Yoghurt	Fruit & Yoghurt	Popcorn
<b>Lunch</b>	Alfredo Pasta	Meatballs Mash & Veg	Bacon & Cheese Quiche	Chicken ala King Veg & Rice	Chip Rolls
<b>Dessert</b>			Jelly & Custard		Bakers Friday
<b>Snack</b>	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea

# WINTER MENU

## Blaauwberg Rise Academy & Kieliekrankie Kleuterskool

### MENU 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mieliemeel Porridge	Weet-Bix	Jungle Oats Porridge	Mieliemeel Porridge	Weet-Bix
<b>Snack</b>	Fruit & Yoghurt	Bran Muffins	Fruit & Yoghurt	Fruit & Yoghurt	Popcorn
<b>Lunch</b>	Cheese Bacon & Veg Potato Bake	Chicken ala King Veg & Rice	Fish fingers Mash & Veg	Cottage Pie & Veg	Burgers
<b>Dessert</b>			Jelly & Custard		Bakers Friday
<b>Snack</b>	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea

### MENU 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mieliemeel Porridge	Weet-Bix	Jungle Oats Porridge	Mieliemeel Porridge	Weet-Bix
<b>Snack</b>	Fruit & Yoghurt	Bran Muffins	Fruit & Yoghurt	Fruit & Yoghurt	Popcorn
<b>Lunch</b>	Mac & Cheese	Chicken Pie & Veg	Veg Soup	Mince, Rice & Veg	Hot Dogs
<b>Dessert</b>			Jelly & Custard		Bakers Friday
<b>Snack</b>	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea

### MENU 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mieliemeel Porridge	Weet-Bix	Jungle Oats Porridge	Mieliemeel Porridge	Weet-Bix
<b>Snack</b>	Fruit & Yoghurt	Bran Muffins	Fruit & Yoghurt	Fruit & Yoghurt	Popcorn
<b>Lunch</b>	Spaghetti Bolognese	Chicken ala King Veg & Rice	Cheese Bacon & Veg Potato Bake	Meatballs Mash & Veg	Pizza
<b>Dessert</b>			Jelly & Custard		Bakers Friday
<b>Snack</b>	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea

### MENU 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mieliemeel Porridge	Weet-Bix	Jungle Oats Porridge	Mieliemeel Porridge	Weet-Bix
<b>Snack</b>	Fruit & Yoghurt	Bran Muffins	Fruit & Yoghurt	Fruit & Yoghurt	Popcorn
<b>Lunch</b>	Alfredo Pasta	Mince, Rice & Veg	Veg Soup	Chicken ala King Veg & Rice	Chip rolls
<b>Dessert</b>			Jelly & Custard		Bakers Friday
<b>Snack</b>	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea	Sandwich & Juice/Tea