

## Menu

<b>Week 1</b>	<b>Breakfast</b>	<b>Mid morning snack</b>	<b>Lunch</b>
<b>Monday</b>	Selection of low GI cereals with hot / cold full-cream milk	Syrup on whole-wheat bread	Spaghetti bolognese with hidden veggies
<b>Tuesday</b>	Selection of low GI cereals with hot / cold full-cream milk	Seasonal fruit	Meat balls on a bed of rice with a side of veggies
<b>Wednesday</b>	Selection of low GI cereals with hot / cold full-cream milk	Jam on whole-wheat bread	Chicken casserole, rice and side veggies
<b>Thursday</b>	Selection of low GI cereals with hot / cold full-cream milk	Seasonal fruit	Sheplands Macaroni cheese with crisp salad
<b>Friday</b>	Selection of low GI cereals with hot / cold full-cream milk	Banana loaf	Fish fingers and chips
<b>Beverage</b>		Water	Water

<b>Week 2</b>	<b>Breakfast</b>	<b>Mid morning snack</b>	<b>Lunch</b>
<b>Monday</b>	Selection of low GI cereals with hot / cold full-cream milk	Syrup on whole-wheat bread	Spaghetti bolognese with hidden veggies
<b>Tuesday</b>	Selection of low GI cereals with hot / cold full-cream milk	Seasonal fruit	Meat balls on a bed of rice with a side of veggies
<b>Wednesday</b>	Selection of low GI cereals with hot / cold full-cream milk	Jam on whole-wheat bread	Chicken casserole, rice and side veggies
<b>Thursday</b>	Selection of low GI cereals with hot / cold full-cream milk	Seasonal fruit	Tuna mayo noodle bake
<b>Friday</b>	Selection of low GI cereals with hot / cold full-cream milk	Banana loaf	Boerewors and chips
<b>Beverage</b>		Water	Water



## Menu - Vegetarian

Week 1	Breakfast	Mid morning snack	Lunch
Monday	Selection of low GI cereals with hot / cold full-cream milk	Syrup on whole-wheat bread	Slow roasted vegetables spaghetti
Tuesday	Selection of low GI cereals with hot / cold full-cream milk	Seasonal fruit	Soya balls on a bed of rice with a side of veggies
Wednesday	Selection of low GI cereals with hot / cold full-cream milk	Jam on whole-wheat bread	Vegetable casserole on a bed of rice
Thursday	Selection of low GI cereals with hot / cold full-cream milk	Seasonal fruit	Sheplands Macaroni cheese with crisp salad
Friday	Selection of low GI cereals with hot / cold full-cream milk	Banana loaf	Veggie fingers and chips
Beverage		Water	Water

Week 2	Breakfast	Mid morning snack	Lunch
Monday	Selection of low GI cereals with hot / cold full-cream milk	Syrup on whole-wheat bread	Slow roasted vegetables spaghetti
Tuesday	Selection of low GI cereals with hot / cold full-cream milk	Seasonal fruit	Soya balls on a bed of rice with a side of veggies
Wednesday	Selection of low GI cereals with hot / cold full-cream milk	Jam on whole-wheat bread	Vegetable casserole on a bed of rice
Thursday	Selection of low GI cereals with hot / cold full-cream milk	Seasonal fruit	Cheese noodle bake
Friday	Selection of low GI cereals with hot / cold full-cream milk	Banana loaf	Legume sausages and chips
Beverage		Water	Water