

# PIKKIE PARADYS

## SPRING/SUMMER MENU

|     | WEEK 1  | WEEK 2   | WEEK 3   | WEEK 4   |
|-----|---|--|--|--|
| MON | <p>BREAKFAST<br/>JUNGLE OATS</p> <p>LUNCH<br/>SPAGHETTI<br/>BOLOGNAISE AND<br/>CUCUMBER</p> <p>SNACK<br/>SANDWICHES</p> | <p>BREAKFAST<br/>MIELIEPAP</p> <p>LUNCH<br/>GREEN BEAN STEW ON<br/>RICE</p> <p>SNACK<br/>SANDWICHES</p>                | <p>BREAKFAST<br/>JUNGLE OATS</p> <p>LUNCH<br/>MINCE PASTA AND<br/>CUCUMBER</p> <p>SNACK<br/>SANDWICHES</p>                   | <p>BREAKFAST<br/>MIELIEPAP</p> <p>LUNCH<br/>SAUSAGE ROLLS, RICE<br/>AND VEGGIES</p> <p>SNACK<br/>SANDWICHES</p>              |
| TUE | <p>BREAKFAST<br/>MIELIEPAP</p> <p>LUNCH<br/>BROCCOLI CHICKEN<br/>ON RICE</p> <p>SNACK<br/>FRUIT</p>                     | <p>BREAKFAST<br/>JUNGLE OATS</p> <p>LUNCH<br/>MACARONI &amp; CHEESE<br/>WITH CUCUMBER</p> <p>SNACK<br/>FRUIT</p>       | <p>BREAKFAST<br/>MIELIEPAP</p> <p>LUNCH<br/>FISH CAKES WITH RICE,<br/>PEAS AND CORN</p> <p>SNACK<br/>FRUIT</p>               | <p>BREAKFAST<br/>JUNGLE OATS</p> <p>LUNCH<br/>ALFREDO PASTA WITH<br/>CUCUMBER</p> <p>SNACK<br/>FRUIT</p>                     |
| WED | <p>BREAKFAST<br/>JUNGLE OATS</p> <p>LUNCH<br/>FISH CAKES WITH RICE,<br/>PEAS AND CORN</p> <p>SNACK<br/>SANDWICHES</p>   | <p>BREAKFAST<br/>MIELIEPAP</p> <p>LUNCH<br/>SAUSAGE ROLLS WITH<br/>RICE, PEAS AND CORN</p> <p>SNACK<br/>SANDWICHES</p> | <p>BREAKFAST<br/>JUNGLE OATS</p> <p>LUNCH<br/>CHICKEN CURRY,<br/>RICE AND PEAS</p> <p>SNACK<br/>SANDWICHES</p>               | <p>BREAKFAST<br/>MIELIEPAP</p> <p>LUNCH<br/>SAVOURY MINCE WITH<br/>MASHED POTATOES</p> <p>SNACK<br/>SANDWICHES</p>           |
| THU | <p>BREAKFAST<br/>MIELIEPAP</p> <p>LUNCH<br/>MEATBALLS WITH<br/>RICE AND PUMPKIN</p> <p>SNACK<br/>DESSERT</p>            | <p>BREAKFAST<br/>JUNGLE OATS</p> <p>LUNCH<br/>COLD MEATS AND<br/>SALAD</p> <p>SNACK<br/>DESSERT</p>                    | <p>BREAKFAST<br/>MIELIEPAP</p> <p>LUNCH<br/>MEATBALLS WITH<br/>POTATO SALAD AND<br/>BAKED BEANS</p> <p>SNACK<br/>DESSERT</p> | <p>BREAKFAST<br/>JUNGLE OATS</p> <p>LUNCH<br/>CHICKEN STEAKLET<br/>WITH RICE AND SWEET<br/>PEAS</p> <p>SNACK<br/>DESSERT</p> |
| FRI | <p>BREAKFAST<br/>JUNGLE OATS</p> <p>LUNCH<br/>CHEESE ROLSS</p> <p>SNACK<br/>FRUIT</p>                                   | <p>BREAKFAST<br/>MIELIEPAP</p> <p>LUNCH<br/>CHICKEN BURGER</p> <p>SNACK<br/>FRUIT</p>                                  | <p>BREAKFAST<br/>JUNGLE OATS</p> <p>LUNCH<br/>HOT DOGS</p> <p>SNACK<br/>FRUIT</p>  | <p>BREAKFAST<br/>MIELIEPAP</p> <p>LUNCH<br/>BEEF BURGER OR BEEF<br/>BANGER ON ROLL</p> <p>SNACK<br/>FRUIT</p>                |