



PIKKIE PARADYS

AUTUMN/WINTER MENU

WEEK 1

MON	TUE	WED	THU	FRI
BREAKFAST JUNGLE OATS	BREAKFAST MIELIEPAP	BREAKFAST JUNGLE OATS	BREAKFAST MIELIEPAP	BREAKFAST JUNGLE OATS
LUNCH SPAGHETTI BOLOGNAISE WITH CUCUMBER	LUNCH FISH CAKES WITH POTATO AND VEGGIES	LUNCH BROCCOLI CHICKEN ON RICE	LUNCH MEATBALLS WITH RICE AND PUMPKIN	LUNCH CHEESE ROLLS
SNACK SANDWICHES	SNACK FRUIT	SNACK SANDWICHES	SNACK DESSERT	SNACK FRUIT

WEEK 2

BREAKFAST MIELIEPAP	BREAKFAST JUNGLE OATS	BREAKFAST MIELIEPAP	BREAKFAST JUNGLE OATS	BREAKFAST MIELIEPAP
LUNCH MACARONI & CHEESE WITH CUCUMBER	LUNCH VEGETABLE SOUP WITH ROLL	LUNCH GREEN BEAN STEW ON RICE	LUNCH SAUSAGE ROLLS WITH MASHED POTATO, PEAS AND CORN	LUNCH HOT DOGS
SNACK SANWICHES	SNACK FRUIT	SNACK SANDWICHES	SNACK DESSERT	SNACK FRUIT

WEEK 3

BREAKFAST JUNGLE OATS	BREAKFAST MIELIEPAP	BREAKFAST JUNGLE OATS	BREAKFAST MIELIEPAP	BREAKFAST JUNGLE OATS
LUNCH MINCE PASTA WITH CUCUMBER	LUNCH SOUP SURPRISE WITH ROLL	LUNCH CHICKEN CURRY ON RICE WITH PEAS	LUNCH FISH CAKES WITH MASHED POTATO AND VEGGIES	LUNCH VETKOEK WITH MINCE
SNACK SANDWICHES	SNACK FRUIT	SNACK SANDWICHES	SNACK DESSERT	SNACK FRUIT

WEEK 4

BREAKFAST MIELIEPAP	BREAKFAST JUNGLE OATS	BREAKFAST MIELIEPAP	BREAKFAST JUNGLE OATS	BREAKFAST MIELIEPAP
LUNCH ALFREDO PASTA WITH CUCUMBER	LUNCH BEAN SOUP WITH ROLL	LUNCH SAVOURY MINCE WITH MASHED POTATO	LUNCH CHICKEN STEAKLET WITH RICE AND PEAS	LUNCH BEEF BANGER ON ROLL
SNACK SANDWICHES	SNACK FRUIT	SNACK SANDWICHES	SNACK DESSERT	SNACK FRUIT