MEAL PLAN – QUANTITIES PER INDIVIDUAI

WEEK 1						
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper	
	Milk	Tea/Coffee	Macaroni (250g-300g)	Tea/Coffee	Mielie Pap (250g-300g)	
	Porridge Maize	Bread	Mince Lean	Bread	.Boerewors	
Monday	(250 ml)	(Brown/White)	(150g)	(Brown/White)	(150g)	
dejy	Tea/Coffee	Margarine &	Green Beans	Margarine &	Vegetable	
	(150ml)	Jam	∘(70g)	Jam	Salad (70g)	
	Milk (20ml)		Vegetable Salad (70g)		Banana	
	Sugar (20g)		Juice (100%)		Juice (100%)	
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper	
	Milk	Tea/Coffee	Macaroni (250g-300g)	Tea/Coffee	Rice (250g-300g)	
	Porridge Oats	Bread	Beef Stew	Bread	Lamb Chops	
	Maize (250 ml)	(Brown/White)	(180g)	(Brown/White)	(150g)	
Tuesday	Tea/Coffee	Margarine & Jam	Spinach (70g)	Margarine & Jam	Vegetable Salad (70g)	
	Milk (20ml)		Vegetable Salad (70g)		Orange	
	Sugar (20g)		lce Cream & Chocolate Sauce		Juice (100%)	

			Juice (100%)		
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Eggs (2 Fried)	Tea/Coffee	Samp (250g- 300g)	Tea/Coffee	Mielie Pap (250g-300g)
	Bacon (140g)	Bread (Brown/White)	Lamb Chops (180g)	Bread (Brown/White)	Grilled Steak (150g)
	Toasted Bread (2 Sliced)	Margarine & Jam	Cabbage (70g)	Margarine & Jam.	Vegetable Salad (70g)
Wednesday	Tea/Coffee (150ml)		Vegetable Salad (70g)		Apple
्रे इं	Milk (20ml)		`Juice (100%)		. Juice (100%)
	Sugar 20g				
	Break-fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Milk	Tea/Coffee	Mashed Potatoes (250g-300g)	Tea/Coffee	Macaroni (250g-300g)
	Weet-Bix	Bread	Chicken Stripes	Bread	Mince-Lean
	(75g)	(Brown/White)	(150g)	(Brown/White)	(150g)
Ē	Tea/Coffee	Margarine &	Mix Vegetables	Margarine &	Vegetable
Thursday	(150ml)	Jam	(70g)	Jam	Salad (70g)
	Milk (20ml) Sugar (20g)	,	Vegetable Salad (70g)		Orange
			lce Cream & Chocolate Sauce		Juice (100%)
			Juice (100%)		

Post Toasties -	Tea/Coffee	Millie Pap	Tea/Coffee	Mielie Pap
Cornflakes (75g)	, rea/Collee	(250g-300g)	rea/Conee	(250g-300g)
	,			
Yogurt (175ml)	Bread	Boerewors	Bread	Lamb Chops
rogart (Tronin)	(Brown/White)	(150g)	(Brown/White)	(150g)
Tea/Coffee	Margarine &	Vegetable	Margarine &	Vegetable
100,000	Jam	Salad (70g)	Jam · ˈ	Salad (70g)
		lce Cream &		
	· ·	Chocolate	,	
		Sauce		
·				
-		Juice (100%)	,	Juice (100%)

			WEEK 2		
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Milk	Tea/Coffee	Rice (250g- 300g)	Tea/Coffee	Mielie Pap (250g-300g)
	Weet-Bix	Bread (Brown/White)	Chicken Stripes (150g)	Bread (Brown/White)	Grilled Steak (150g)
Monday	Tea/Coffee (150ml)	Margarine & Jam	Beetroot (70g)	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml)		Green Beans (70g)		Orange
	Sugar (20g)		lce Cream & Chocolate Sauce (80g) Juice (100%)		Juice (100%)
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
Tuesday	Post Toasties Cornflakes (75g)	Tea/Coffee	Rice (250g- 300g)	Tea/Coffee	Macaroni (250g-300g)
	Yogurt (175ml)	Bread (Brown/White)	Beef Stew (180g)	Bread (Brown/White)	Mince-Lean (150g)

	Tea/Coffee	Margarine & Jam	Spinach 70g	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml)		Mix Vegetables (70g)		Apple
	Sugar (20g)	-	Juice (100%)		Juice (100%)
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
1730 <u>-</u> 184	Eggs (2 Fried)	Tea/Coffee	Mashed Potatoes (250g-300g)	Tea/Coffee	Mielie Pap (250g-300g)
×	Bacon (140g)	Bread (Brown/White)	Beef T-Bone (180g)	Bread (Brown/White)	Lamb Chops (180g)
ed	Toasted Bread	Margarine &	Green Beans	Margarine &	Vegetable
Wednesday	(2 Sliced)	Jam	(70g)	Jam	Salad (70g)
	Tea/Coffee		Vegetable		Banana
	(150ml)		Salad (70g)		Danana
	Milk (20ml)		lce Cream & Chocolate Sauce (80g)		Juice (100%)
	Sugar (20g)	*	Juice (100%)		The state of the s
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Post Toasties - Cornflakes (75g)	Tea/Coffee	Rice (250g- 300g)	Tea/Coffee	Rice (250g- 300g)
Thursday	Yogurt (175ml)	Bread (Brown/White)	Beef Stew (180g)	Bread .(Brown/White)	Mince-Lean (150g)
ilay	Tea/Coffee (150ml)	Margarine & Jam	Cabbage (70g)	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml)		Beetroot (70g)		Orange
	Sugar 20g		Juice (100%)		Juice (100%)

	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Milk	Tea/Coffee	Samp (250g- 300g)	Tea/Coffee	Mielie Pap (250g-300g)
=	Weet-Bix (75g)	Bread (Brown/White)	Lamb Chops (180g)	Bread (Brown/White)	Boerewors (150g)
Eriday	Tea/Coffee	Margarine & Jam	Green Beans (70g)	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml)	,	lce Cream & Chocolate Sauce (80g)		Apple
	Sugar 20g	-	Juice (100%)	,	Juice (100%)

	WEEK 3					
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper	
	Eggs (2 Fried)	Tea/Coffee	Mashed Potatoes (250g-300g)	Tea/Coffee	Millie Pap (250g-300g)	
Wo	Mince (140g)	Bread (Brown/White)	Beef T-Bones (180g)	Bread (Brown/White)	Grilled Steak (150g)	
Monday	Toasted Bread	Margarine & Jam	Green Beans · (70g)	Margarine & Jam	Vegetable Salad (70g)	
	Tea/Coffee		Vegetables Salad (70g)		Apple	
	Milk (20ml)		Juice (100%)		Juice (100%)	
	Sugar (20g)		+			
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper	
Tuesday	Post Toasties Cornflakes (75g)	Tea/Coffee	Samp (250g- 300g)	Tea/Coffee	Macaroni (250g-300g)	

	N	Bread	Lamb Chops	Bread	Mince-Lean
	Yogurt (175ml)	(Brown/White)	(180g)	(Brown/White)	(150g)
	Tea/Coffee	Margarine &	Cabbage (70g)	Margarine &	Vegetable
	(20ml)	Jam	Cabbage (10g)	Jam	Salad (70g)
	Milk (20ml)		Vegetable	,	Orange
			Salad (70g)	-	
	Sugar (20g)		Juice (100%)		Juice (100%)
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Eggs (2 Fried)	Tea/Coffee	Rice	Tea/Coffee	Mielie Pap
			(250g-300g)		(250g-300g)
	Bacon (140g)	Bread	Beef Stew	Bread	Boerewors
	,	(Brown/White)	(180g)	(Brown/White)	(150g)
<u>e</u>	Toasted Bread	Margarine &	Spinach (70g)	Margarine &	Vegetable
Wednesday	(2 Sliced)	Jam	,	Jam	Salad (70g)
- 2	Tea/Coffee		Vegetable		Banana
	(150ml)		Salad (70g)		Danacia
			lce Cream &		
	Milk (20ml)		Chocolate		Juice (100%)
			Sauce (80g)	á	
	Sugar (20g)		Juice (100%)		
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Milk	Tea/Coffee	Rice (250g- 300g)	Tea/Coffee	Mielie Pap (250g-300g)
	۵		_,		(200g-000g)
	Weet-Bix (75g)	Bread	Chicken Stripes	Bread	Grilled Steak
Thursday		(Brown/White)	(150g)	(Brown/White)	(150g)
	Tea/Coffee	Margarine &	Beetroot (70g)	Margarine &	Vegetable
	(150ml)	Jam		Jam	Salad (70g)
	Milk (20ml)		Green Beans		Orange

		The state of the s	(70g)		
	Sugar (20g)		Juice (100%)		Juice (100%)
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Milk	Tea/Coffee	Macaroni (250g-300g)	Tea/Coffee	Mielie Pap (250g-300g)
	Porridge Oats	Bread	Mince-Lean	Bread	Boerewors
	(125ml)	(Brown/White)	(150g)	(Brown/White)	(150g)
	Tea/Coffee	Margarine &	Green Beans	Margarine &	Vegetable
Filday	r ear Conee	Jam	(70g)	Jam	Salad (70g)
	Milk (20ml)		Vegetables		.
	IVIII (ZOIII)		Salad (70g)		Banana
			lce Cream &		•
	Sugar (20g)		Chocolate		Juice (100%)
		ر	Sauce (80g)		-
			Juice (100%)		

	WEEK 4					
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper	
	Eggs (2 Fried)	Tea/Coffee	Rice (250g- 300g)	Tea/Coffee	Mielie Pap (250g-300g)	
M	Bacon (140g)	Bread (Brown/White)	Beef Stew (180g)	Bread (Brown/White)	Lamb Chops (150g)	
Monday	Toasted Bread 2 Sliced	Margarine & Jam	Spinach (70g)	Margarine & Jam	Vegetable Salad (70g)	
	Tea/Coffee (150ml)		Sweet Potato (70g)		Banana :	
	Milk (20ml)		Ice Cream & Chocolate Sauce (80g)	-	Juice (100%)	

	Sugar (20g)		Juice (100%)	,	The state of the s
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Milk	Tea/Coffee	Samp (250g-300g)	Tea/Coffee	Rice (250g-300g)
Tuesday	Porridge Oats (125ml)	Bread (Brown/White)	Chicken Fried (180g)	Bread (Brown/White)	Mince (150g)
ay	Tea/Coffee (150ml)	Margarine & Jam	Sweet Potato (70g)	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml)		Juice (100%)	`	Apple .
	Sugar (20g)	,			Juice (100%)
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Weet-Bix (75g)	Tea/Coffee	Macaroni (250g-300g)	Tea/Coffee	Rice (250g-300g)
We	Milk (20ml)	Bread (Brown/White)	Mince-Lean (180g)	Bread (Brown/White)	Beef Stew (180g)
Wednesday	Tea/Coffee (150ml)	Margarine & Jam	Vegetable Salad (70g)	Margarine & Jam	Cabbage (70g)
	Milk (20ml)		Juice (100%)		Sweet Potato (70g)
	Sugar (20g)				Orange
					Juice (100%)
	Break-Fast	Tea Break (10h00)	Lunch Mashed	Tea Break (15h00)	Supper
Thursday	Eggs (2 Fried)	Tea/Coffee	Potatoes (250g-300g)	Tea/Coffee	Mielie Pap (250g-300g)
	Mince (140g)	Bread (Brown/White)	Beef T-bone (180g)	Bread (Brown/White)	Boerewors (150g)

	Toasted Bread	Margarine &	Green Beans	Margarine &	Vegetable
	2 Sliced	Jam	(70g)	Jam	Salad (70g)
	Tea/Coffee (150ml)		Vegetable Salad (70g)		Apple
	· Milk (20ml)		Juice (100%)		Juice (100%)
	Sugar (20g)				
	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Post Toasties Cornflakes (75g)	Tea/Coffee	Rice (250g- 300g)	Tea/Coffee	Macaroni (250g-300g)
	Yogurt (125ml)	Bread (Brown/White)	Beef Stew (150g)	Bread (Brown/White)	Mince-Lean (150g)
Friday	Tea/Coffee (150ml)	Margarine & Jam	Spinach (70g)	Margarine & Jam	Vegetable Salad (70g)
ζ	Milk (20ml)		Mix Vegetables (70g)		Orange
	Sugar (20g)		lce Cream & Chocolate Sauce (80g)		Juice (100%)
		Go.	Juice (100%)	·	