

MEAL PLAN – QUANTITIES PER INDIVIDUAL

WEEK 1					
Monday	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Milk	Tea/Coffee	Macaroni (250g-300g)	Tea/Coffee	Mielie Pap (250g-300g)
	Porridge Maize (250 ml)	Bread (Brown/White)	Mince Lean (150g)	Bread (Brown/White)	Boerewors (150g)
	Tea/Coffee (150ml)	Margarine & Jam	Green Beans (70g)	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml)		Vegetable Salad (70g)		Banana
	Sugar (20g)		Juice (100%)		Juice (100%)
Tuesday	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Milk	Tea/Coffee	Macaroni (250g-300g)	Tea/Coffee	Rice (250g-300g)
	Porridge Oats Maize (250 ml)	Bread (Brown/White)	Beef Stew (180g)	Bread (Brown/White)	Lamb Chops (150g)
	Tea/Coffee	Margarine & Jam	Spinach (70g)	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml)		Vegetable Salad (70g)		Orange
	Sugar (20g)		Ice 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)
Wednesday	Toasted Bread (2 Sliced)	Margarine & Jam	Cabbage (70g)	Margarine & Jam	Vegetable 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
	Milk	Tea/Coffee	Mashed Potatoes (250g-300g)	Tea/Coffee	Macaroni (250g-300g)
	Weet-Bix (75g)	Bread (Brown/White)	Chicken Stripes (150g)	Bread (Brown/White)	Mince-Lean (150g)
	Tea/Coffee (150ml)	Margarine & Jam	Mix Vegetables (70g)	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml) Sugar (20g)		Vegetable Salad (70g)		Orange
			Ice Cream & Chocolate Sauce		Juice (100%)
			Juice (100%)		
Friday	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper

	Post Toasties - Cornflakes (75g)	Tea/Coffee	Millie Pap (250g-300g)	Tea/Coffee	Millie Pap (250g-300g)
	Yogurt (175ml)	Bread (Brown/White)	Boerewors (150g)	Bread (Brown/White)	Lamb Chops (150g)
	Tea/Coffee	Margarine & Jam	Vegetable Salad (70g)	Margarine & Jam	Vegetable Salad (70g)
			Ice Cream & Chocolate Sauce		
			Juice (100%)		Juice (100%)

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

Friday	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)
	Tea/Coffee	Margarine & Jam	Green Beans (70g)	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml)		Ice Cream & Chocolate Sauce (80g)		Apple
	Sugar 20g		Juice (100%)		Juice (100%)

WEEK 3

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

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

Friday			(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 (125ml)	Bread (Brown/White)	Mince-Lean (150g)	Bread (Brown/White)	Boerewors (150g)
	Tea/Coffee	Margarine & Jam	Green Beans (70g)	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml)		Vegetables Salad (70g)		Banana
	Sugar (20g)		Ice Cream & Chocolate Sauce (80g)		Juice (100%)
			Juice (100%)		

WEEK 4					
Monday	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Eggs (2 Fried)	Tea/Coffee	Rice (250g- 300g)	Tea/Coffee	Mielie Pap (250g-300g)
	Bacon (140g)	Bread (Brown/White)	Beef Stew (180g)	Bread (Brown/White)	Lamb Chops (150g)
	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%)		
Tuesday	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Milk	Tea/Coffee	Samp (250g-300g)	Tea/Coffee	Rice (250g-300g)
	Porridge Oats (125ml)	Bread (Brown/White)	Chicken Fried (180g)	Bread (Brown/White)	Mince (150g)
	Tea/Coffee (150ml)	Margarine & Jam	Sweet Potato (70g)	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml)		Juice (100%)		Apple
	Sugar (20g)				Juice (100%)
Wednesday	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Weet-Bix (75g)	Tea/Coffee	Macaroni (250g-300g)	Tea/Coffee	Rice (250g-300g)
	Milk (20ml)	Bread (Brown/White)	Mince-Lean (180g)	Bread (Brown/White)	Beef Stew (180g)
	Tea/Coffee (150ml)	Margarine & Jam	Vegetable Salad (70g)	Margarine & Jam	Cabbage (70g)
	Milk (20ml)		Juice (100%)		Sweet Potato (70g)
	Sugar (20g)				Orange
Thursday	Break-Fast	Tea Break (10h00)	Lunch	Tea Break (15h00)	Supper
	Eggs (2 Fried)	Tea/Coffee	Mashed 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 2 Sliced	Margarine & Jam	Green Beans (70g)	Margarine & Jam	Vegetable Salad (70g)
	Tea/Coffee (150ml)		Vegetable Salad (70g)		Apple
	Milk (20ml)		Juice (100%)		Juice (100%)
	Sugar (20g)				
Friday	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)
	Tea/Coffee (150ml)	Margarine & Jam	Spinach (70g)	Margarine & Jam	Vegetable Salad (70g)
	Milk (20ml)		Mix Vegetables (70g)		Orange
	Sugar (20g)		Ice Cream & Chocolate Sauce (80g)		Juice (100%)
			Juice (100%)		