

1.	BREAKFAST	LUNCH	SNACK
<u>Monday</u>	Porridge	Pasta casserole, Grated veggie salad	Kissel
<u>Tuesday</u>	Porridge	Salmon & potato casserole, Grated veggie salad	Smoothie
<u>Wednesday</u>	Porridge	Pea soup, Cucumber	Oven pancake
<u>Thursday</u>	Porridge	Chicken meatballs, Curry-coconut sauce, Mashed potatoes, Grated veggie salad	Seasonal crumble
<u>Friday</u>	Porridge	Butter tofu, Rice, Grated veggie salad	Quark

