



4.	BREAKFAST	LUNCH	SNACK
<u>Monday</u>	Porridge	Ham and potato casserole, Grated veggie salad	Kissel
<u>Tuesday</u>	Porridge	Chicken sauce, Rice, Grated veggie salad	Sandwiches
<u>Wednesday</u>	Porridge	Baked fish, Mashed potatoes, Beetroot-apple salad	Quark
<u>Thursday</u>	Porridge	Vegetable patties, Mashed potatoes, Grated veggie salad	Cardamom bun
<u>Friday</u>	Porridge	Chicken-coconut soup, Fresh veggies	Kissel