



Little Rascals
Pre Schools

LRPS

Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<u>BREAKFAST</u> MIELIE PAP <u>LUNCH</u> Chicken, Veg & Rice	<u>BREAKFAST</u> OATS <u>LUNCH</u> Spaghetti Bolognaise (Beef Mince)	<u>BREAKFAST</u> MIELIE PAP <u>LUNCH</u> Cottage Pie (Beef Mince)	<u>BREAKFAST</u> OATS <u>LUNCH</u> Chicken Noodle Bake	<u>BREAKFAST</u> MIELIE PAP <u>LUNCH</u> Fish Fingers & Chips
WEEK 2	<u>BREAKFAST</u> OATS <u>LUNCH</u> Spaghetti Bolognaise (Beef Mince)	<u>BREAKFAST</u> MIELIE PAP <u>LUNCH</u> Beef Casserole with Rice	<u>BREAKFAST</u> OATS <u>LUNCH</u> Macaroni & Cheese (Chicken)	<u>BREAKFAST</u> MIELIE PAP <u>LUNCH</u> Fish Fingers & Chips	<u>BREAKFAST</u> OATS <u>LUNCH</u> Hot Dogs & Chips
WEEK 3	<u>BREAKFAST</u> OATS <u>LUNCH</u> Chicken Pie	<u>BREAKFAST</u> MIELIE PAP <u>LUNCH</u> Cottage Pie (Beef Mince)	<u>BREAKFAST</u> OATS <u>LUNCH</u> Chicken and Veg Casserole with Rice	<u>BREAKFAST</u> MIELIE PAP <u>LUNCH</u> Spaghetti Bolognaise (Beef Mince)	<u>BREAKFAST</u> OATS <u>LUNCH</u> Sausage Rolls & Chips
WEEK 4	<u>BREAKFAST</u> OATS <u>LUNCH</u> Mince and Veg with Rice	<u>BREAKFAST</u> MIELIE PAP <u>LUNCH</u> Macaroni & Cheese (No Meat)	<u>BREAKFAST</u> OATS <u>LUNCH</u> Chicken and Veg Casserole with Rice	<u>BREAKFAST</u> MIELIE PAP <u>LUNCH</u> Tuna Bake	<u>BREAKFAST</u> OATS <u>LUNCH</u> Hot Dogs