

MENU TO BE SUPPLIED	
MEAL PLAN	MENU OF THE DAY
BREAKFAST	
Juice	
Yoghurt	
Porridge	
Cereal	
Milk	
Sugar	
Meat Dish	
Meat Dish	
Egg	
Cheese	
Supplementary Item	
Supplementary Item	
Bread / Toast	
Butter / Margarine	
Beverage	
Milk	
Sugar	
LUNCHEON	
Meat	
Meat	
Sauce	
Starch	
Starch	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Dessert	
Desert Sauce	
Fruit	
Bread	
Butter / Margarine	
Beverage	
Milk	
Sugar	
DINNER	
Meat	
meat	
Sauce	
Starch	

Starch	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Dessert	
Dessert sauce	
Fruits	
Bread	
Butter / margarine	
Beverage	
Milk	
sugar	