



Menu C: 1 week supper menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cottage Pie	Mild Curry Chicken Wrap	Chicken ala King	Thai Green Curry Chicken	Spaghetti Bolognaise	Chicken Pie	Beef Stew with Green Beans

Every meal should include half a plate vegetables and or salad. Easy to prepare vegetables include:

- Woolworth's steam-it vegetables
- McCain's steam it vegetables
- Frozen vegetables
- Canned vegetables
- Woolworth's, SPAR, Pick & Pay prepared green salad,
- Woolworth's cherry tomatoes, baby beetroot etc.

