



## Menu D: Lunch and supper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LUNCH</b>						
Tuna Pasta Bake	Thai Green Curry Chicken Wrap	Mince Pie	Macaroni and cheese	Unbelievable chicken	Spaghetti bolognese	Beef stew with green beans
<b>SUPPER</b>						
Curried Chicken	Cottage Pie	Chicken and broccoli bake	Bobotie	Mild Curry Chicken Wrap	Hake Apricot	Chicken pie

Lunch should include half plate green salad

Supper 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 prepared salad, Woolworth's cherry tomatoes, baby beetroot etc.

