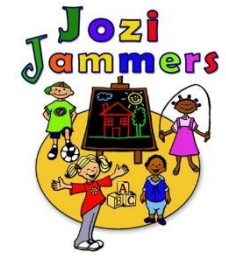


# Jozi Jammers Menu



\*Please ensure that your child's teacher is informed of any changes to diet.

"Train a child in the way he should go, and when he is old, he will not turn from it"

\*This menu is subject to change

Proverbs 22.6

Day	Breakfast 08:00	Snack 09:30	Lunch 12:00	Snack 14:00	Snack 16:00	Snack 17:00
<b>Monday</b>	Pap Porridge	Jam Sandwich 1 Slice of Seasonal Fruit Water	Mac & Cheese with Cheese Sauce Juice Spaghetti with Tomato Basil Sauce	Peanut Sandwich Water	Noodles Water	Yoghurt Water
<b>Tuesday</b>	Oats	Cheese Sandwich 1 Slice of Seasonal Fruit Water	Saucy Chicken & Veg with Rice Juice  Chicken & Lentils with Rice	Jam Sandwich Water	Baking Water	Chips Water
<b>Wednesday</b>	Pap Porridge	Peanut Butter Sandwich 1 Slice of Seasonal Fruit Water	Fish Fingers & Baked Beans with Chips Juice	Cheese Sandwich Water	Chicken Vienna Carrot Sticks Water	Popcorn Water
<b>Thursday</b>	Oats	Cheese Sandwich 1 Slice of Seasonal Fruit Water	Pap & Stew with Mixed Veg Juice	Jam Sandwich Water	Pizza Water	Yoghurt Water
<b>Friday</b>	Pap Porridge	Peanut Butter Sandwich 1 Slice of Seasonal Fruit Water	Chicken Hot Dog Juice	Peanut Sandwich Water	Noodles Water	Popcorn Water

