

BREAKFAST: 08h00

WEEK 1

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | PER PERSON |
|---------------------|---------------------|-----------------------------|-------------------------|---------------------|-------------------|----------------------|-------------------------|---------------------------------------|
| Mealie Meal | Oats | Corn Flakes | Malta Bella | Mealie Meal | Oats | All Bran | 80g | 1½ Cups |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 100ml | 1/3 cup |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 16g | 4tsp |
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2 tsp |
| Cheese 1 slice/ 12g | Polony 1 slice/ 12g | Peanut Butter 12g = 2 ½ tsp | Fish Finger 40g & gravy | Polony 1 slice/ 12g | Peanut Butter 12g | Bacon, egg And gravy | 12g = 2 ½ tsp of spread | Day 7: 1 egg, 1 decent piece of bacon |
| Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | 250ml | 1 cup |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 50ml | 10 tsp |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 12g | 3 tsp |

SNACK: 10h30 : RESIDENTS HAVE THE CHOICE OF CHOOSING BETWEEN TEA, COFFEE AND, A FRUIT OR A JUICE

DIABETICS: DIABETIC JAM & JUICE

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|-------------|---------------|-------------|-------------|----------------|-------------|---------------------|---------------|-------------|
| Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | 250g | 1 Cup |
| Juice/Fruit | Juice/Fruit | Juice/Fruit | Juice/Fruit | Juice/Fruit | Juice/Fruit | Juice/Fruit | 250 ml/ 150g | 1 med fruit |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 50ml | 10 tsp |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 12g | 3 tsp |
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2 tsp |
| Jam | Peanut Butter | Jam | cheese | Pilchard paste | Jam | Polony 1 slice/ 12g | 12g | 2 ½ tsp |

LUNCH: 12H00

WEEK 1

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|-------------------|--------------|--------------|-----------|---------------|--------------|----------------|---------------|-------|
| Meatballs & gravy | Mutton stew | chicken Stew | Boerewors | Savoury Mince | Pork stew | Chicken stew | 150g | |
| Rice | Samp & beans | Rice | Rice | Pasta | Rice | Stiff pap | 100g | 1 cup |
| Carrots | Cabbage | Carrots | Mix veg | Carrot salad | Carrot Salad | Carrot Salad | 120g | 1 Cup |
| Cabbage | Carrots | Spinach | B-Nut | cabbage | Cabbage | Beetroot Salad | 160g | 1 Cup |
| | | | | | | Pudding | 100g | |

SNACK 14H30 ALL RESIDENTS: USE DIABETIC JAM FOR DIABETICS PLEASE NOTE THAT THERE IS ((NO)) JUICE ON THE MENU FOR 14H30 SNACK

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|-------------|---------------|-------------|-------------|------------------------|-------------|---------------|---------------|----------|
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2tsp |
| Jam | Peanut Butter | Jam | Jam | Polony 1 slice/ 12g | Jam | Peanut butter | 12g | 2 ½ tsp |
| Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | 250ml | 1 Cup |

SUPPER: 17H00

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|-----------|--------------------|---------------------------------------|-----------|-------------|-----------------------|------------------------|---------------|-------|
| Pork stew | Fried hake fillets | Savoury Mince 50g x2 per person | Pork stew | Beef stew | Savoury Beef mince | Beef Boerewors stew | 100g | |
| Rice | Mash potato | Fat Cake 50g x 2 per person | Stiff pap | Rice | Stiff pap | Rice | 100g | 1 Cup |
| Spinach | B-Nut | Mix veg | Carrots | Green Beans | Green veg | B-Nut | 160g | 1 Cup |

LATE SNACK: 19H30 ALL RESIDENTS : USE DIABETIC JAM

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|-------------|-------------|----------------|---------------|-------------|---------------|-------------|---------------|----------|
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2tsp |
| Cheese | Jam | Pilchard paste | Peanut Butter | Jam | Peanut Butter | Jam | 12g | 2 ½ tsp |
| T-Coffee | T-Coffee | T-Coffee | T-Coffee | T-Coffee | T-Coffee | T-Coffee | 250ml | 1 Cup |

BREAKFAST: 08H00

WEEK 2

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | PER PERSON |
|-------------------|-------------|-------------------------|---------------|----------------|----------------|--------------------|-------------------------|------------------------|
| Oats | Maltabella | Mealie meal | All Bran | Oats | Maltabella | Oats | 80g | 1½ Cup |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 100ml | 1/3 cup |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 16g | 4tsp |
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2 tsp |
| Egg, 1 per person | Jam 2 ½ tsp | Fish finger 40g & gravy | Peanut butter | Vienna & gravy | Pilchard paste | Bacon, egg & gravy | 12g = 2 ½ tsp of spread | 1 portion size of each |
| Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | 250ml | 1 cup |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 50ml | 10 tsp |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 10g | 3 tsp |

SNACK: 10h30: USE DIABETIC JUICE, JAM AT ALL SERVING TIMES FOR DIABETICS. PLEASE NOTE THAT THE RESIDENT HAS THE CHOICE OF CHOOSING BETWEEN TEA, COFFEE AND, A FRUIT OR A JUICE

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|------------------------|------------------------|------------------------|------------------------|------------------------|-------------------------|------------------------|-----------------------|----------------------|
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2tsp |
| Polony 1slice/ 12 g | Jam 2 ½ tsp | Peanut butter 2 ½ tsp | Cheese 1 slice/ 12g | Pilchard paste 12g | Polony 1 slice/ 12g | Jam 2 ½ tsp | 12g | 2 ½ tsp |
| T/Coffee Juice / fruit | T/Coffee Juice / fruit | T/Coffee Juice / fruit | T/Coffee Juice / fruit | T/Coffee Juice / fruit | T /Coffee Juice / fruit | T/Coffee Juice / fruit | 250ml 250ml / 150g | 1 Cup 1 med fruit |
| Sugar Milk | Sugar Milk | Sugar Milk | Sugar Milk | Sugar Milk | Sugar Milk | Sugar milk | 12g 50ml | 3tsp 10tsp |

WEEK 2

LUNCH: 12h00

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|--------------------|-----------|--------------|--------------------|--------------|--------------|-----------------|---------------|-------|
| Fried hake fillets | Beef stew | Chicken stew | Meat balls & gravy | Chicken stew | Pork stew | Chicken stew | 150g | |
| Mashed potato | Rice | Samp | Rice | Rice | Sweet potato | Mashed potato | 100g | 1 Cup |
| Soft Carrot salad | Pumpkin | Carrots | Beetroot | Carrots | Butternut | Mixed vegetable | 120g | 1 Cup |
| Soft salad | Cabbage | Green beans | Spinach | Cabbage | Green beans | Soft salad | 160g | 1 Cup |
| | | | | | | Pudding | 100g | |

SNACK 14h30 : PLEASE TAKE NOTE THAT THERE IS (NO)) JUICE SERVED AT 14h30 (USE DIABETIC JAM FOR DIABETICS)

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|--------------------|-------------|---------------|--------------------|-------------|---------------|----------------|---------------|----------|
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2tsp |
| Polony 1 slice/12g | Jam | Peanut Butter | Polony 1 slice/12g | Jam | Peanut Butter | Pilchard paste | 12g | 2 ½ tsp |
| Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | 250ml | 1 Cup |

SUPPER: 17H00

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|-------------------------|--------------|---------------------|---------------------|-----------|-------------------------|-------------------|---------------|-------|
| Beef meat balls & gravy | Chicken stew | Beef Boerewors stew | Fried hake fillets | Pork stew | Savoury Beef mince stew | Pork sausage stew | 100g | |
| Stiff pap | Rice | Rice | Mashed potato | Rice | Pasta | Rice | 100g | 1 Cup |
| Green beans | Spinach | Cabbage | Tomato & onion stew | Spinach | Soft salad | Mixed vegetables | 160g | 1 Cup |

SNACK / TEA TIME: 19h30 ALL RESIDENTS (USE DIABETIC SPREADS FOR DIABETICS AT ALL TIMES)

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|--------------------------|
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2 tsp |
| Pilchard paste 12g | Cheese 1 slice/12g | Polony 1 slice/12g | Peanut Butter | Jam | Peanut Butter | Jam | 12g | 2 ½ tsp |
| T/Coffee Milk Sugar | T/Coffee Milk Sugar | T/Coffee Milk Sugar | T/Coffee Milk Sugar | T/Coffee Milk Sugar | T/Coffee Milk Sugar | T/Coffee Milk Sugar | 250ml 50ml 12g | 1 Cup 10 tsp 3 tsp |

BREAKFAST: 08H00

WEEK 3

| Day1 | Day2 | Day3 | Day4 | Day5 | Day6 | Day7 | Specification | PER PERSON |
|----------------|-------------|---------------|------------------------|----------------------|----------------------|-------------|----------------------------|-----------------------------|
| Mealie Meal | Maltabela | Oats | Maltabella | Mealie Meal | Oats | Cornflakes | 80g | 1½ Cups |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 100ml | 1/3 Cup |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 16g | 4tsp |
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2 tsp |
| Pilchard paste | Egg | Peanut Butter | Polony 1 slice/ 12g | Savoury Mince 50g | Peanut Butter 12g | Bacon & egg | 12g = 2 ½ tsp of spread | 1 Strip of bacon & 1 egg |
| Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | 250ml | 1 cup |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 50ml | 10 tsp |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 12g | 3 tsp |

SNACK 10H30: PLEASE NOTE THAT, THE RESIDENT HAS THE CHOICE OF CHOOSING BETWEEN TEA, COFFEE AND, A FRUIT OR A JUICE

DIABETIC RESIDENTS ARE TO BE GIVEN DIABETIC JAM AT ALL TIMES

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|-------------|---------------|-------------|-------------|-------------|-------------|-------------|---------------|-------------|
| Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | 250 ml | 1 Cup |
| Juice/Fruit | Juice/Fruit | Juice/fruit | Juice/Fruit | Juice/Fruit | Juice/Fruit | Juice/Fruit | 250ml / 150g | 1 med fruit |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 50ml | 10 tsp |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 10g | 3 tsp |
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80 g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2 tsp |
| Jam | Peanut Butter | Cheese | Jam | Polony | Jam | Polony | 12g | 2 ½ tsp |

LUNCH: 12h00

WEEK 3

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|----------|-------------|---------------------|---------------|-----------------------|------------------------|-------------------------------|---------------|-------|
| Meatloaf | Mutton Stew | Chicken Stew | Pork stew | Fried hake fillets | Beef Boerewors Stew | Chicken stew | 150g | |
| Rice | Rice | Boiled Potato | Mashed Potato | Oven Baked Chips | Stiff pap | Rice | 100g | 1 cup |
| Carrots | Butternut | Mixed Vegetables | Carrots | Butternut | Carrots | Soft Carrot Salad | 120g | 1 Cup |
| Cabbage | Spinach | Cabbage | Spinach | Green Beans | Cabbage | Beetroot/Vegetable Pudding | 160g 100 g | 1Cup |

SNACK / TEA TIME 14h30: PLEASE NOTE, THERE IS ((NO)) JUICE ON THE MENU FOR 14H30 SNACK

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|-------------|---------------|----------------|---------------|-------------|----------------|-------------|---------------|----------|
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80 g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2 tsp |
| Jam | Peanut butter | Polony 1 slice | Peanut Butter | Jam | Polony 1 slice | Jam | 12g | 2 ½ tsp |
| Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | 250ml | 1 Cup |

SUPPER: 17h00

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|----------------------|-------------------|-------------|---------------------|---------------|-------------------|--------------------|---------------|-------|
| Boerewors stew | Pork sausage stew | Pork stew | Beef boerewors Stew | Mutton Stew | Savory Beef mince | Fried Hake Fillets | 100g | |
| Stiff Pap | Rice | Stiff pap | Rice | Mashed Potato | Pasta | Boiled Potato | 100g | 1 cup |
| Tomato & Onion gravy | Spinach | Green Beans | Cabbage | Soft Salad | Cabbage | Mix Veg | 160g | 1 Cup |

SNACK / TEA TIME: 19h30

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|----------------|-------------|-------------|---------------|-------------|---------------|-------------|---------------|----------|
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2tsp |
| Pilchard paste | Cheese | Polony | Peanut Butter | Jam | Peanut Butter | Jam | 12g | 2 ½ tsp |
| T/Coffee | T/Coffee | T/Coffee | T/Coffee | T/Coffee | T/Coffee | T/Coffee | 250ml | 1 Cup |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 50ml | |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 12g | 3tsp |

BREAKFAST: 08h00

WEEK 4

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | PER PERSON |
|---------------------|---------------------|-------------------|-------------------------|---------------------|----------------|-------------------------|-------------------------|-------------------|
| Mealie Meal | Oats | Allbran | Maltabella | Mealie Meal | Cornflakes | Maltabella | 80g | 1½ Cups |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 100ml | 1/3 Cup |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 16g | 4 tsp |
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2 tsp |
| Cheese 1 slice/ 12g | Polony 1 slice/ 12g | Peanut Butter 12g | Fish finger 40g & gravy | Polony 1 slice/ 12g | Pilchard Paste | Bacon & Egg, with gravy | 12g = 2 ½ tsp of spread | 1 portion of each |
| Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | 250ml | 1 cup |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 50ml | 10 tsp |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 12g | 3tsp = 12g |

SNACK/TEA TIME: 10h30 PLEASE NOTE, THE RESIDENT HAS THE CHOICE OF CHOOSING BETWEEN TEA, COFFEE AND, A FRUIT OR A JUICE

DIABETICS: DIABETIC JAM & DIABETIC JUICE

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------------|---------------|-------------|
| Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | 250ml | 1 Cup |
| Fruit / juice | Fruit / juice | Fruit / juice | Fruit / juice | Fruit / juice | Fruit / juice | Fruit / juice | 150g / 250ml | 1 med fruit |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | 50ml | 10 tsp |
| Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | Sugar | 12g | 3 tsp |
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2 tsp |
| Jam | Peanut Butter | Cheese | Jam | Peanut butter | Jam | Polony 1 slice/ 12g | 12g | 2 ½ tsp |

LUNCH: 12H00

WEEK 4

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|-------------------|--------------|------------------|--------------|-----------|-----------|----------------|---------------|-------|
| Meatballs & gravy | Chicken stew | Mutton stew | Chicken stew | Beef stew | Pork stew | Chicken stew | 150gr | |
| Rice | Stiff pap | Samp & Beans | Stiff Pap | Samp | Rice | Potato | 100gr | 1 Cup |
| Carrots | Carrots | Mixed Vegetables | Carrots | Butternut | Carrots | Carrot Salad | 120g | 1 Cup |
| Cabbage | Spinach | Cabbage | Spinach | Peas | Cabbage | Beetroot Salad | 160g | 1 Cup |
| | | | | | | Pudding | 100g | |

SNACK 14H30 PLEASE NOTE THAT THERE IS ((NO)) JUICE ON THE MENU AT 14H30 (USE DIABETIC JAM FOR ALL THE DIABETIC RESIDENTS)

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|-------------|---------------|-------------|-------------|---------------|-------------|------------------------|---------------|----------|
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2tsp |
| Jam | Peanut Butter | Cheese | Jam | Peanut butter | Jam | Polony 1 slice/ 12g | 12g | 2 ½ tsp |
| Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | Tea/Coffee | 250ml | 1 Cup |

SUPPER: 17H00

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|-------------------|--------------------|---------------------------|-----------|--------------|--------------------|---------------------|---------------|-------|
| Savory beef mince | Fried Hake fillets | Savory beef Mince 50g x 2 | Pork stew | Chicken stew | Savoury beef mince | Beef Boerewors stew | 100g | |
| Stiff pap | Mash potato | Fat Cake 50g x2 | Rice | Mash potato | Pasta | Stiff pap | 100g | 1 Cup |
| Spinach | B-Nut | Mix veg | Carrots | Green Beans | Beetroot | Mix veg | 160g | 1 Cup |

LATE SNACK: 19h30

| DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | SPECIFICATION | P.P |
|----------------|-------------|-------------|---------------|-------------|---------------|-------------|---------------|----------|
| Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | Brown Bread | 80g | 2 Slices |
| Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | Margarine | 10g | 2 tsp |
| Pilchard paste | Polony | Jam | Peanut Butter | Jam | Peanut Butter | Jam | 12g | 2 ½ tsp |
| T/Coffee | T/Coffee | T/Coffee | T/Coffee | T/Coffee | T/Coffee | T/Coffee | 250ml | 1 Cup |