

date	Day	Breakfast	Lunch	Supper
1-Apr	Thursday	N/A scrambled eggs, jam, peanut butter and matza	matza, tuna, cheese, crisps, mayo  stir fry and butternut soup	meat balls and potato kugel from shoprite  chicken, roasted veggies and sweet potatoes
2-Apr	Friday			braai boerewors, fish cakes from shoprite for vegies, onions, salad and squash fish and chips and parev ice cream from shoprite
3-Apr	Saturday	yoghurt tubs, apples and matza, jam and peanutbutter	veggi soup, cottage cheese, matza, salad, egg, mayo	
4-Apr	Sunday	scrambled eggs, jam (J), peanut butter (P) and matza	cole slaw, cottage cheese, salad and baked potatoes	
5-Apr	Monday	yogurt tubs, oranges, apples, matza, J & P yoghurt tubs, apples and matza, jam and peanutbutter	roasted chicken, mayo, matza, tuna, salad	stir fry and butternut soup
6-Apr	Tuesday	nice cereal- strawberry pops and cocopops	mash potatoes and boeri and vegistirfry (for veggies)	out for supper in Hermanus
7-Apr	Wednes day		napolatana pasta and cheese	N/A

## Food needed for each day:

01 april

matza, tuna tins,  
mayonaise, 6Xpackets of  
crisps and cheese. Avron's  
meal and cucumber,  
tomato, avocado, green/red  
peppers, onion

02 April

eggs, jam, peanut butter, matza, stir fry ready made mix, butternut, onions, garlic, soup stock (veggie), pick n pay ready made roasted chicken, roasted veggie packs and sweet potatoes

03 April

yoghurt tubs, apples, matza, jam, peanutbutter, veggi soup mix, cottage cheese, matza, salad, egg, mayo, boerewors, vegi sausages, onion, salad, squash

04 April

eggs, jam, peanutbutter, matza, cabbage, mayo, carrots, green beans, kidney beans, butter beans (all tins), vinegar, potatoes, fish and ready cut hot chips

05 April

yoghurt tubs, oranges, apples, jam, peanutbutter, matza, ready made stir fry mix, butternut soup (same as 02 april), meal from avrons and salad (made by us)

06 April

yoghurt, apples, jam, matza, peanutbutter, potatoes, vegi sausage, boerewors,

07 April

cocopops, strawberry pops, pasta, tinned tomatoes, garlic, onion, cheese

## **Notes about Menu and snacks**

**Salad means tomatoes, cucumbers and green/red peppers**

### **Snacks:**

Crisps

dried fruit

### **Extra's:**

Oil

Matza meal

margerine

dishwashing liquid

tea

hot chocolate

coffee

milk

sugar

salt

spices (mixed jar)