

# ELS MEAL

UMHLANGA

WEEK  
ONE

## Monday

**MEAL** Macaroni & cheese

**SNACK** Popcorn

## TUESDAY

**MEAL** Fish finger potato wedges & corn

**SNACK** Muffin

## WEDNESDAY

**MEAL** Chicken nugets & chips

**SNACK** Fresh fruit salad

## THURSDAY

**MEAL** Hotdog & chips

**SNACK** Yoghurt

## FRIDAY

**MEAL** BBQ chicken pita & chips

**SNACK** Chocolate chip biscuit

# ELS MEAL

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UMHLANGA

WEEK  
TWO

## Monday

**MEAL** Spaghetti bolognese

**SNACK** Yoghurt

## TUESDAY

**MEAL** Hot dog

**SNACK** Muffin

## WEDNESDAY

**MEAL** Chicken burger & chips

**SNACK** Popcorn

## THURSDAY

**MEAL** Pizza

**SNACK** Fruit salad

## FRIDAY

**MEAL** Chicken mayo wrap & chips

**SNACK** Crunchies