



# SEKKHA MONTESSORI

INSPIRING A LIFE TIME OF LEARNING



Menu		
Monday	Breakfast	Mabele soft porridge
	Snack	Fruit & water
	Lunch	Chicken stir fry & Rice
	Snack	Snack from home
	Snack	Yogurt & Fruit
Tuesday	Breakfast	Matabela
	Snack	Fruit & water
	Lunch	Mince, vegetables & Macaroni
	Snack	Snack from home
	Snack	Juice & Jam Bread
Wednesday	Breakfast	Oats
	Snack	Fruit & water
	Lunch	Macaroni and Cheese
	Snack	Snack from home
	Snack	Muffin
Thursday	Breakfast	Mabele soft porridge
	Snack	Fruit & water
	Lunch	Fish fingers, vegetables & Rice
	Snack	Snack from home
	Snack	Juice & Jam Bread
Friday	Breakfast	Oats
	Snack	Fruit & water
	Lunch	Pizza or Hot dog
	Snack	Snack from home
	Snack	Pop corn and fruit