

## **MENU: MONDAY, 16 MARCH 2020**

### **Breakfast:**

Viennas with boiled egg and relish  
All bran flakes  
Rice crispies  
oats  
Toast & spreads  
Fruit

### **Lunch/Heart smart**

Savory mince with rolls and vegetables  
Assorted salads

### **Alternative:**

Tomato soup

### **Vegetarian**

Veggie mince with rolls, salad and veg

### **Supper/Heart smart**

Chicken kebabs with Savory rice and vegetables  
Salads

### **Vegetarian:**

Veggie kebabs with rice and veg