

SAMPLE MENU

Evening of arrival

Spaghetti Bolognaise or 'vetkoek' and mince

Rolls with butter, cheese and jam

Juice

Ice cream and custard

Day 2 Breakfast

Cereal, milk and sugar

Eggs and chicken nuggets

Bread, butter, cheese and preserves

Muffins

Coffee

Day 2 Lunch

Hamburgers and chips

Juice

Day 2 Supper

Braai competition

Day 3 Breakfast

Cereals, milk and sugar

French toast

Muffins or flapjacks

Bread, butter, cheese and preserves