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| **DAY 1** | **DAY 2** | **DAY 3** |
| Small portion of Sadza  Rice  Chicken  Steam Veggies  Coleslaw Salad  Drink | Small portion/ of Sadza  Spaghetti  T bone steak  Gravy/Soup  Green Salad  Baked Potatoes  Drink | Small portion of Sadza  Macaroni  Chicken  Beef stew  Butternut  Bean Salad  Drink |

**BREAK FAST Day 1-3**

POLONY SANDWICH/CHICKEN MAYO/ EGG SANDWICH/CHEESE SANDWICH

BISCUITS /MUFFINS/MADEIRA CAKE

TEA

**NUMBER OF PARTICIPANTS 100**