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| **DAY 1** | **DAY 2** | **DAY 3** |
| Small portion of SadzaRiceChickenSteam Veggies  Coleslaw SaladDrink  | Small portion/ of SadzaSpaghettiT bone steak Gravy/SoupGreen SaladBaked PotatoesDrink | Small portion of SadzaMacaroniChicken Beef stewButternutBean SaladDrink |

**BREAK FAST Day 1-3**

POLONY SANDWICH/CHICKEN MAYO/ EGG SANDWICH/CHEESE SANDWICH

BISCUITS /MUFFINS/MADEIRA CAKE

TEA

**NUMBER OF PARTICIPANTS 100**