



MENU

We use responsibly sourced, natural ingredients, because little bodies are better without artificial flavourants, colourants and preservatives. We care about offering balanced portion sizes to give kids the nutrients they need to grow and develop.

Meal Times: Breakfast 07:30 | Snack 10:00 | Lunch 12:00 | Snack 15:00

Week 14

Age Group: 1-6-year-old

MONDAY

Breakfast – Corn Flakes & Milk

Snack – Fruit and Yoghurt

Lunch – Boboti, White Rice and Carrots

Snack – Coconut ice

TUESDAY

Breakfast – Mealie Meal & Milk

Snack – Fruit and Yoghurt

Lunch – Chicken Casserole, Rice and Butternut

Snack – Cookies

WEDNESDAY

Breakfast – Corn flakes & Milk

Snack – Fruit & Yoghurt

Lunch – Homemade Beef Burger and Chips

Snack – Popcorn

Lunch – Fish Paella

THURSDAY

Breakfast – Scrambled Eggs & toast

Snack – Fruit and Yoghurt

Lunch – Beef and Vegetable Potjie Severed with Rice

Snack – Ice cream

FRIDAY

Breakfast – Coco Pops

Snack – Fruit and Yoghurt

Lunch – Chicken Nuggets, Fries

Snack – Marshmallow and biscuit

DRINKS

Summer Beverages

Water – This Is Our Staple

Fresh Juices

Oros

Winter Beverages

Milo

Hot Chocolate

