



2023



MENU

We use local sourced natural ingredients because little bodies are better without artificial flavourings 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

Breakfast:

Oats & Honey
Milo Cereal
Maize Meal
Cornflakes
Eggs & Toast

Snacks: Fruits & Yoghurt

Popcorn
Cookies
Slab Cake
Bran Muffins
Crumpets
Cupcakes
Marshmallow Smares
Candy Floss
Jelly & Custard

Drinks: Milk

Fresh Juice
Water
Milo
Hot Chocolate
Oros

18 September -22 September 2023

MONDAY: Macaroni & Cheese served with Green Salad

TUESDAY: Beef Brown Stew Served with Mix Vegetables

WEDNESDAY: Cape Malay Chic Rice Sweet Butternut

THURSDAY: Braised Beef Wors, Baked beans and White Rice

FRIDAY: Chicken Nuggets & French Fries

