



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 Smores
- Candy Floss
- Jelly & Custard

Drinks: Milk

- Fresh Juice
- Water
- Milo
- Hot Chocolate
- Oros

16 October -20 October 2023

MONDAY: Boerewors, Mash Potato, Tomato & Onion Smoor

TUESDAY: Chicken Castrol & Rice

WEDNESDAY: Brown Stew & Rice

THURSDAY: Fish & Tomato Smoor

FRIDAY: Chicken Nugget & Chips

