



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 Smores
Candy Floss
Jelly & Custard

Drinks: Milk

Fresh Juice
Water
Milo
Hot Chocolate
Oros

23 October -27 October 2023

MONDAY: Chicken Bites

TUESDAY: Beef Stew & Veggies

WEDNESDAY: Roast Chicken & Savory Rice

THURSDAY: Spaghetti Bolognese

FRIDAY: Freaky Friday

