



# 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

30 October -03 November 2023

MONDAY: Thia Chicken Curry & Rice

TUESDAY: Beef Pasta

WEDNESDAY: Fish Cakes & Mash Patatoes

THURSDAY: Boerewors, Baked Beans & Rice

FRIDAY: Vienna & Chips

