



# 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

29 January -02 February 2024

MONDAY: Thia Chicken Curry & Rice

TUESDAY: Beef Pasta

WEDNESDAY: Fish Cakes & Mash Patatoes

THURSDAY: Boerewors, Baked Beans & Rice

FRIDAY: Vienna & Chips

