



# Menu

We use local sources natural ingredients, because little bodies are better without artificial flavourants and preservatives. We care about offering balanced portion sizes to give kids the nutrients they need to grow and develop.

## BREAKFAST

Coco Pops  
Oats & Honey  
Fruity Loops  
Milo Cereal  
Maize Meal  
Cornflakes  
Eggs & Toast

## SNACK

Fruits & Yoghurt  
Popcorn  
Cookies  
Slab Cake  
Bran Muffins  
Crumpets  
Honey & Oats Bar  
Cupcakes  
Marshmallow S'mores  
Candy Floss  
Jelly & Custard

## Drinks

Milk  
Fresh Juice  
Water  
Milo  
Hot Chocolate  
Oros

**23 - 27 June**

### MONDAY

Mince Pie & Vegetables

### TUESDAY

Chicken Hot Pot & Rice

### WEDNESDAY

Boerewors Roll

### THURSDAY

Beef Pie & Vegetables

### FRIDAY

Freaky Friday

### BABIES

Home made Puree Foods:  
Butternut & Potato  
Sweet Potato / Carrot  
Carrot / Broccoli  
Variety of Purity available



# FOOD