



18/05/2021

MENU					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Early Bird Breakfast 07:00-07:30	Cereal (Oats, porridge, Rice Crispies, Fruit Loops or Cornflakes)	Cereal (Oats, porridge, Rice Crispies, Fruit Loops or Cornflakes)	Cereal (Oats, porridge, Rice Crispies, Fruit Loops or Cornflakes)	Cereal (Oats, porridge, Rice Crispies, Fruit Loops or Cornflakes)	Cereal (Oats, porridge, Rice Crispies, Fruit Loops or Cornflakes)
Lunch Week 1	Spaghetti mixed in tomato & herb pasta sauce	Grilled cheese sandwiches	Macaroni with succulent chicken and vegetables in a cream of tomato sauce	Rice tossed in mince or tuna with tomato and onion mix topped with mixed vegetables	Margarita pizza on homemade bases
Lunch Week 2	Spaghetti mixed in tomato & herb pasta sauce	Grilled cheese sandwiches	Creamy chicken pie Ⓢ Cheese puffs	Rice tossed in roast meat gravy with juicy sausage and vegetables Ⓢ Veg sausage	Baked crumbed fish & corn or Ⓢ Veg pattie or Cheese puffs
	Rooibos tea & filtered water	Rooibos tea & filtered water	Rooibos tea & filtered water	Rooibos tea & filtered water	Rooibos tea & filtered water
	Cucumber & carrot sticks		Cucumber & carrot sticks		
12:00	Fruit (apple, pear, banana, orange)	Fruit (apple, pear, banana, orange)	Fruit (apple, pear, banana, orange)	Fruit (apple, pear, banana, orange)	Fruit (apple, pear, banana, orange)
	AFTERCARE	AFTERCARE	AFTERCARE	AFTERCARE	AFTERCARE
14:00	Strawberry/ apricot jam sandwich Rooibos tea & filtered water/juice	Strawberry/ apricot jam sandwich Rooibos tea & filtered water/juice	Strawberry/ apricot jam sandwich Rooibos tea & filtered water/juice	Strawberry/ apricot jam sandwich Rooibos tea & filtered water/juice	Strawberry/ apricot jam sandwich Rooibos tea & filtered water/juice
15:30	Fruit	Savoury muffins	Popcorn	Cheese puffs	Chocolate or Vanilla muffins
17:00	Pretzels, raisins, crackers	Fruit	Pretzels, raisins, crackers	Pretzels, raisins, crackers	Pretzels, raisins, crackers
MEAL TIMES					
Tots@Play	Adventurers	Explorers	Discoverers	Preparatory Gr R-7	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:00 Yoghurt (packed snack) & tea	9:00 Yoghurt (packed snack) & tea	9:30 Yoghurt (packed snack) & tea	9:00 Yoghurt (packed snack) & tea	08:30-09:00 Own snack	
10:30 Lunch	10:45 Lunch	11:00 Lunch	10:00 Lunch	10:45-11:15 Lunch	
11:30 Fruit	11:00 Fruit	12:15 Fruit	12:15 Fruit	12:30-13:00 Fruit	

09:00 This snack is a packed snack from home: 1x yoghurt, 1x small fruit & 1x biscuit snack & water bottle.