



Menu @ School

	Baby Class	Small Class	Medium Class	Big Class
Breakfast (08:00)				
Monday	Mielie Pap	Mielie Pap	Mielie Pap	Mielie Pap
Tuesday	Oats	Oats	Oats	Oats
Wednesday	Kellogg's Corn Flakes	Kellogg's Corn Flakes	Kellogg's Corn Flakes	Kellogg's Corn Flakes
Thursday	Mielie Pap	Mielie Pap	Mielie Pap	Mielie Pap
Friday	Pronutro	Pronutro	Pronutro	Pronutro
Snack (10:00)				
Monday	Apple & Banana	Apple & Banana	Apple & Banana	Apple & Banana
Tuesday	Apple & Orange	Apple & Orange	Apple & Orange	Apple & Orange
Wednesday	Apple & Banana or Grapes	Apple & Banana or Grapes	Apple & Banana or Grapes	Apple & Banana or Grapes
Thursday	Apple & Orange	Apple & Orange	Apple & Orange	Apple & Orange
Friday	Apple & Banana or Grapes	Apple & Banana or Grapes	Apple & Banana or Grapes	Apple & Banana or Grapes
Lunch (12:00)				
Monday	Spaghetti Bolognese	Spaghetti Bolognese	Spaghetti Bolognese	Spaghetti Bolognese
Tuesday	Wors, samp & sheba	Wors, samp & sheba	Wors, samp & sheba	Wors, samp & sheba
Wednesday	Fish Cakes, potatoes & beetroot	Fish Cakes, potatoes & beetroot	Fish Cakes, potatoes & beetroot	Fish Cakes, potatoes & beetroot
Thursday	Chicken, Sweet Corn & Cucumber	Chicken, Sweet Corn & Cucumber	Chicken, Sweet Corn & Cucumber	Chicken, Sweet Corn & Cucumber
Friday	Vetkoek, mince & mixed vegetables	Vetkoek, mince & mixed vegetables	Vetkoek, mince & mixed vegetables	Vetkoek, mince & mixed vegetables

- Menu may differ slightly according to seasonal availability