



Menu: Preschool 2 - 5 Years Old Week 1

Name	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Preschool (2-5 year)	Cornflakes	Oats	Mielie pap	Weetbix	Rice Crispies
Morning Snack Preschool (2-5 year)	Tennis Biscuit / 2 Types of fruit/ Flings	Marie Biscuit / 2 Types of Fruit / Flings	Yogurt / 2 Types of Fruit/ Flings	Marie Biscuit / 2 Types of fruit/Flings	Chocolate Mouse/ 2 Types of Fruit / Flings
Lunch Toddler (Group 1 & 2) and Preschool (2-5 year)	Savoury Mince with Shell Pasta	Butter Chicken Curry with Rice	Sausage Carbonara with Spaghetti	Cottage Pie (Mince and Mash)	Chicken A La King with Rice and sweet Carrots
Afternoon Snack Preschool (2-5 year)	Salticrax(biltong) with Pretzels and Yogurt	Sweet Muffin with Pretzels and 2 Fruit	Salticrax(cheese) with Pretzels and 2 Fruit	Sweet Muffin with Pretzels and 2 Fruit	Salticrax(cheese) with Pretzels and 2 fruit
Late Snack	Marie Biscuits	Savoury Scone	Sweet muffin	Savoury Scone	Tennis Biscuits

Menu: Preschool 2 - 5 Years Old Week 2

Name	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Preschool (2-5 year)	Cornflakes	Oats	Mielie pap	Weetbix	Rice Crispies
Morning Snack Preschool (2-5 year)	Tennis Biscuit / 2 Types of fruit/ Flings	Marie Biscuit / 2 Types of Fruit / Flings	Yogurt / 2 Types of Fruit/ Flings	Marie Biscuit / 2 Types of fruit/Flings	Custard Crumble/ 2 Types of Fruit / Flings
Lunch Toddler (Group 1 & 2) and Preschool (2-5 year)	Beef Stroganoff with Rice	Chicken and Mushroom Pie	Beef and Rosemary Stew with Mash and pumpkin bake	Chicken Bobotie with Rice	Sweet Sausage with Spaghetti
Afternoon Snack Preschool (2-5 year)	Salticrax(biltong) with Pretzels and Yogurt	Sweet Muffin with Pretzels and 2 Fruit	Salticrax(cheese) with Pretzels and 2 Fruit	Sweet Muffin with Pretzels and 2 Fruit	Salticrax(cheese) with Pretzels and 2 fruit
Late Snack	Marie Biscuits	Savoury Scone	Sweet muffin	Savoury Scone	Tennis Biscuits


Menu: Preschool 2 - 5 Years Old Week 3

Name	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Preschool (2-5 year)	Cornflakes	Oats	Mielie pap	Weetbix	Rice Crispies
Morning Snack Preschool (2-5 year)	Tennis Biscuit / 2 Types of fruit/ Flings	Marie Biscuit / 2 Types of Fruit / Flings	Yogurt / 2 Types of Fruit/ Flings	Marie Biscuit / 2 Types of fruit/Flings	Jelly & Custard/ 2 Types of Fruit / Flings
Lunch Toddler (Group 1 & 2) and Preschool (2-5 year)	Durban Beef Curry with Rice and corn on the cob	Tomato Chicken Bredie with Rice	Sausage Hot Pot with Mash	Spaghetti Bolognaise	Chicken A La King with Rice and sweet Carrots
Afternoon Snack Preschool (2-5 year)	Salticrax(biltong) with Pretzels and Yogurt	Sweet Muffin with Pretzels and 2 Fruit	Salticrax(cheese) with Pretzels and 2 Fruit	Sweet Muffin with Pretzels and 2 Fruit	Salticrax(cheese) with Pretzels and 2 fruit
Late Snack	Marie Biscuits	Savoury Scone	Sweet muffin	Savoury Scone	Tennis Biscuits