



Menu - YUM!

Monday

Breakfast	Mielie Meal
Lunch	Macaroni & Cheese
Toddlers Lunch	Carrots & Mash

Tuesday

Breakfast	Mielie Meal
Lunch	Chicken with mix veggie stew & rice
Toddlers Lunch	Chicken with gem squash & potato mash

Wednesday

Breakfast	Mielie Meal
Lunch	Sausage Rolls & potato mash
Toddlers Lunch	Sausage roll with pumpkin & mash

Thursday

Breakfast	Mielie Meal
Lunch	Chicken & mix veggie stew & rice
Toddlers Lunch	Chicken with sweet potato & potato mash

Friday

Breakfast	Mielie Meal
Lunch	Hot Dogs
Toddlers Lunch	Vienna with butternut & potato mash

Baker Baker is on a Friday! Yay!! Parents we have you covered - baker is supplied by the school as a treat to end off the week!

Snack is sent from home - please pack a small but healthy snack box. If your child is full day please ensure there is enough snack for both the morning and the afternoons. Snack is just there to have a well deserved "Brain Break" during the day and does not need to be a big snack.

Some snack ideas include:

Fruits - fresh or dried

Savory bisuits

Sandwiches

Bitling

Chips - small packet

Cheese

Please send a WATER BOTTLE to school every day - our children are encouraged to drink water and will have their water bottles filled once they are finished.

Parents kindly advise, us should your child have any allergies or special dietary requirements.

Children fasting - please inform the office in good time so that we can ensure that a vegetarian meal is provided for the duration of your fast.

Parents are welcome to send in their own meals - please clearly label all containers to be sent home.