

## Menu for the week of 05<sup>th</sup> to 09<sup>th</sup> May 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• Watermelon, orange</li> <li>• Wheat biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot and apple juice</li> <li>• Puffed rice cracker with banana</li> </ul>	<ul style="list-style-type: none"> <li>• Pomelo, pear</li> <li>• AFC crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Melon, dragon fruit</li> <li>• Yogurt with apple compote</li> </ul>	<ul style="list-style-type: none"> <li>• Pineapple, papaya</li> <li>• Cinnamon brown toast</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Noodles with a lot of vegetables, egg, chicken</li> <li>• Prawn crackers</li> </ul> <p>• <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> <li>• Homemade mushroom soup</li> <li>• Cucumber sticks</li> <li>• Hard boiled eggs</li> </ul> <p>• <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> <li>• Beef ragout with brown baguette</li> <li>• Carrot and jicama sticks</li> </ul> <p>• <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> <li>• Spaghetti with broccoli pesto and cheese</li> <li>• Cherry tomatoes</li> </ul> <p>• <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> <li>• Make your own sushi's (rice, egg, cucumber, carrot, avocado, tuna)</li> </ul> <p>• <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• Cheese and fruit sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Rice pudding with raisins</li> </ul>	<ul style="list-style-type: none"> <li>• Freshly pressed orange ice - lollies</li> </ul>	<ul style="list-style-type: none"> <li>• Beetroot dip with jicama + capsicum sticks</li> </ul>	<ul style="list-style-type: none"> <li>• VN - mini flans</li> </ul>

- We adapt the menu for children who have food limitations
- Children are encouraged to eat the main dish first, then whole wheat ham/ cheese sandwiches are made available
- La Vie water is available at all times and served during all mealtimes
- We serve milk ("Dutch Lady" brand whole milk) daily during lunch
- We don't use sugar, msg or salt in our (on-site cooked) dishes

## Menu for the week of 12<sup>th</sup> to 16<sup>th</sup> May 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• Pineapple, banana</li> <li>• Toast from brown bread with cinnamon</li> </ul>	<ul style="list-style-type: none"> <li>• Freshly pressed orange juice</li> <li>• AFC crackers with cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Grapes, apple</li> <li>• Japanese rice crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Kiwi, pear</li> <li>• Unsweetened yogurt with cheerio's</li> </ul>	<ul style="list-style-type: none"> <li>• Pomelo, apple</li> <li>• Wheat biscuits and raisins</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Omelette with ham, cheese and tomatoes</li> <li>• Cucumber sticks</li> <li>• <i>Brown, whole meal bread with a choice of cheese, and ham</i></li> </ul>	<ul style="list-style-type: none"> <li>• Homemade tomato soup</li> <li>• Eggs spread + tuna spread</li> <li>• <i>Brown, whole meal bread with a choice of cheese, and ham</i></li> </ul>	<ul style="list-style-type: none"> <li>• Chao (Vietnamese-rice soup) with chicken and vegetables</li> <li>• <i>Brown, whole meal bread with a choice of cheese, and ham</i></li> </ul>	<ul style="list-style-type: none"> <li>• Grandma's soup with vegetables, beef balls and vermicelli</li> <li>• Egg spread</li> <li>• <i>Brown, whole meal bread with a choice of cheese, and ham</i></li> </ul>	<ul style="list-style-type: none"> <li>• Chicken curry with brown rice + white rice</li> <li>• Shredded carrots</li> <li>* <i>Brown, whole meal bread with a choice of cheese, and ham</i></li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• Japanese rice crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade fruit jelly</li> </ul>	<ul style="list-style-type: none"> <li>• Ovaltine</li> <li>• Homemade oat cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Hummus</li> <li>• Jicama + carrot sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Fish snacks with cheese cubes</li> </ul>

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## Menu for the week of 19<sup>th</sup> to 23<sup>th</sup> May, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SNACK</b>	<ul style="list-style-type: none"> <li>Pear, orange</li> <li>Homemade pancakes with banana + coconut</li> </ul>	<ul style="list-style-type: none"> <li>Banana + Kiwi</li> <li>Fish biscuits</li> </ul>	<ul style="list-style-type: none"> <li>Mango</li> <li>Unsweetened yogurt + cornflakes</li> </ul>	<ul style="list-style-type: none"> <li>Fresh orange juice</li> <li>Toasted cinnamon brown bread</li> </ul>	<ul style="list-style-type: none"> <li>Jackfruit + apples</li> <li>Tomato/ mozzarella toasties</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Spaghetti with minced beef, onion, tomatoes and carrot</li> <li>Cucumber sticks</li> <li><i>Brown, whole meal bread with a choice of cheese, and ham</i></li> </ul>	<ul style="list-style-type: none"> <li>Mahi Mahi fish fingers</li> <li>Mashed potatoes</li> <li>Steamed carrots and parsley</li> <li><i>Brown, whole meal bread with a choice of cheese, and ham</i></li> </ul>	<ul style="list-style-type: none"> <li>Jonty's sausages from the oven</li> <li>Steamed carrot slices and green beans</li> <li>Sweet potatoes mash</li> <li><i>Brown, whole meal bread with a choice of cheese, and ham</i></li> </ul>	<ul style="list-style-type: none"> <li>Chicken tenders</li> <li>Couscous with pieces of tomato, cucumber and parsley</li> <li><i>Brown, whole meal bread with a choice of cheese, and ham</i></li> </ul>	<ul style="list-style-type: none"> <li>Veggy patties</li> <li>Fiesta corn (mix of corn + beans with pieces of tomato)</li> <li><i>Brown, whole meal bread with a choice of cheese, and ham</i></li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>Edamame</li> <li>Ovaltine with milk</li> </ul>	<ul style="list-style-type: none"> <li>Hummus with toasted brown bread sticks</li> </ul>	<ul style="list-style-type: none"> <li>Homemade apple cake</li> <li>Ovaltine with milk</li> </ul>	<ul style="list-style-type: none"> <li>Japanese rice crackers</li> </ul>	<ul style="list-style-type: none"> <li>AFC crackers with spreadable cheese</li> </ul>

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## Menu for the week of 26<sup>th</sup> to 30<sup>th</sup> May, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• Apple, grape</li> <li>• Japanese rice crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Melon</li> <li>• Unsweetened yogurt with cheerio's</li> </ul>	<ul style="list-style-type: none"> <li>• Papaya</li> <li>• Oats with cinnamon pieces of apple</li> </ul>	<ul style="list-style-type: none"> <li>• Kiwi, pomelo</li> <li>• Cream crackers with tuna spread or cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Mango, pear</li> <li>• Digestive biscuits and raisins</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Shepherd's pie from lean beef and potatoes, onions and tomatoes</li> <li>• Steamed peas</li> <li>• Brown, whole meal bread with a choice of cheese, and ham</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta carbonara (with egg and ham)</li> <li>• Carrot sticks and cucumber slices</li> <li>• Brown, whole meal bread with a choice of cheese, and ham, pate'</li> </ul>	<ul style="list-style-type: none"> <li>• Corn soup</li> <li>• Mixed bean salad</li> <li>• Brown, whole meal bread with a choice of cheese, and ham</li> </ul>	<ul style="list-style-type: none"> <li>• Lean beef curry with broccoli and peas</li> <li>• Mixed brown and white rice</li> <li>• Brown, whole meal bread with a choice of cheese, and ham</li> </ul>	<ul style="list-style-type: none"> <li>• Mahi Mahi fish fingers</li> <li>• Mashed potatoes</li> <li>• Steamed carrots and parsley</li> <li>• Brown, whole meal bread with a choice of cheese, and ham</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• Homemade rice pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Hummus with toasted bread slices and jicama sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>• Milk with Ovaltine</li> <li>• Ritz sandwiches with cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Agar jelly with mixed fruit</li> </ul>

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