



Menu for the week of 05th to 07th February, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK	OFF	OFF	<ul style="list-style-type: none"> • Unsweetened yoghurt and corn flakes • Watermelon juice 	<ul style="list-style-type: none"> • Grapes, apple • Brown bread with tuna spread and egg spread 	<ul style="list-style-type: none"> • Mango, pear • Digestive biscuits and raisins
LUNCH			<ul style="list-style-type: none"> • Noodles with chicken, vegetables and egg • Prawn crackers <p><i>* Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Chili corn carne • Mixed brown and white rice • Broccoli and cauliflower florets <p><i>* Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Make you own Sushi rolls with a choice of vegetables (cucumber, avocado, carrot, egg, rice and tuna spread) <p><i>* Brown, whole meal bread with a choice of cheese, and ham</i></p>
AFTERNOON SNACK			<ul style="list-style-type: none"> • Ovaltine • Cream crackers with spreadable cheese 	<ul style="list-style-type: none"> • Edamame and cheese sticks 	<ul style="list-style-type: none"> • Organic tea with milk • Marie biscuits

- 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 in our (on-site cooked) dishes



Menu for the week of 10th to 14th February, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK	<ul style="list-style-type: none"> • Dragon fruit, apple • Unsweetened yogurt with cornflakes 	<ul style="list-style-type: none"> • Freshly pressed apple, carrot juice • Homemade rice pudding with raisins 	<ul style="list-style-type: none"> • Pear and pieces of jackfruit • Japanese rice crackers 	<ul style="list-style-type: none"> • Papaya + banana • Homemade lemon-zucchini cake 	<ul style="list-style-type: none"> • Kiwi, apple • Small pancakes from oats, banana and egg
LUNCH	<ul style="list-style-type: none"> • Fried rice with egg, chicken and vegetables • Prawn crackers <p>* <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Layered potato dish with ham + cheese from the oven • Cooked eggs + cucumber sticks <p>* <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Chicken and peas risotto • Cucumber + capsicum sticks <p>* <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Homemade Pho bo (beef noodle soup) • Carrot sticks <p>* <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Creamy tuna macaroni with carrots, broccoli and corn • Cucumber sticks <p>* <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>
AFTERNOON SNACK	<ul style="list-style-type: none"> • Marie biscuits • Raisins + dried apricots 	<ul style="list-style-type: none"> • Ritz crackers • Ovaltine with milk 	<ul style="list-style-type: none"> • Jonty's sausage 	<ul style="list-style-type: none"> • Oven baked cauliflower nuggets with hummus dip 	<ul style="list-style-type: none"> • Toasted brown bread sticks with peas/spinach pesto

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- We don't use sugar in our (on-site cooked) dishes



Menu for the week of 17th to 21st February, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK	<ul style="list-style-type: none"> • Apple, dragon fruit • Ritz crackers 	<ul style="list-style-type: none"> • Pineapple, grape • Unsweetened yogurt with cornflakes and honey 	<ul style="list-style-type: none"> • Banana smoothie • Pear • Marie biscuits 	<ul style="list-style-type: none"> • Watermelon, apple • Homemade mini muffins 	<ul style="list-style-type: none"> • Pear, papaya • Wheat biscuits
LUNCH	<ul style="list-style-type: none"> • Spaghetti Bolognese (lean minced beef, vegetables) • Carrot +cucumber sticks <p><i>* Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Vietnamese chicken + vegetable soup • Tuna spread <p><i>* Brown, whole meal bread with a choice of cheese, ham</i></p>	<ul style="list-style-type: none"> • Fish fingers (sea bass) • Mixed steamed vegetables • Mashed potatoes <p><i>* Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Pumpkin soup • Egg spread <p><i>* Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Chicken curry with peas + broccoli • Mixed brown + white rice <p><i>* Brown, whole meal bread with a choice of cheese, and ham</i></p>
AFTERNOON SNACK	<ul style="list-style-type: none"> • AFC crackers + spreadable cheese 	<ul style="list-style-type: none"> • Homemade cookies 	<ul style="list-style-type: none"> • Ritz crackers 	<ul style="list-style-type: none"> • Organic tea with milk • Ham + cheese sandwiches 	<ul style="list-style-type: none"> • Japanese rice crackers

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- We don't use sugar, msg or salt in our (on-site cooked) dishes



Menu for the week of 24th to 28th February, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK	<ul style="list-style-type: none"> • Apple, pineapple • Puffed rice crackers 	<ul style="list-style-type: none"> • Banana • Cinnamon brown toast 	<ul style="list-style-type: none"> • Grapes, water apple • Unsweetened yoghurt with cereals 	<ul style="list-style-type: none"> • Fresh watermelon juice • Omelet on brown bread 	<ul style="list-style-type: none"> • Dragon fruit, pear • AFC crackers with spreadable cheese
LUNCH	<ul style="list-style-type: none"> • Sweet and sour beef balls with pineapple and tomatoes • Mashed potatoes • Broccoli and cauliflower florets <p>* <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Elbow macaroni with ham, tomato, leek and cheese from the oven • Cucumber round slices <p>* <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Beef ragout with baguette • Carrot and capsicum sticks <p>* <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Homemade tomato soup • Bean salad <p>* <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>	<ul style="list-style-type: none"> • Fried rice with chicken vegetable and egg • Prawn crackers <p>* <i>Brown, whole meal bread with a choice of cheese, and ham</i></p>
AFTERNOON SNACK	<ul style="list-style-type: none"> • Homemade banana dumplings 	<ul style="list-style-type: none"> • Fresh coconut juice • Marie biscuits 	<ul style="list-style-type: none"> • Orange juice ice-lollies 	<ul style="list-style-type: none"> • Hummous with carrots, capsicum sticks 	<ul style="list-style-type: none"> • Japanese rice crackers

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- We don't use sugar in our (on-site cooked) dishes