SPEEL-SPEEL SLIM KLEUTERSKOOL

Our Menu

Week 1

5-week cycle
Four nourishing meals a day

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Oats porridge	BREAKFAST Weet-Bix porridge	BREAKFAST Maize porridge	BREAKFAST All-Bran porridge	BREAKFAST Oats porridge
MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit
LUNCH **Chicken à la king with rice** + Cucumber & tomato salad	LUNCH **Spaghetti bolognaise** + Mixed vegetables	LUNCH **Fish fingers with oven-baked chips** + Cucumber & tomato salad	LUNCH **Chicken stir-fry with rice** + Hawaiian stir-fry vegetables	LUNCH **Hot dogs** + Cucumber & tomato salad
AFTERNOON SNACK Brown bread with jam	AFTERNOON SNACK Brown bread with peanut butter	AFTERNOON SNACK Brown bread with cheese spread	AFTERNOON SNACK Brown bread with jam	AFTERNOON SNACK Brown bread with peanut butter

- Cold drinking water all day. Please pack a marked water bottle
- Porridge with milk & sugar
- Yoghurt from home is served with the morning snack
- Bread with margarine

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Our Menu

Week 2

5-week cycle
Four nourishing meals a day

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Weet-Bix porridge	BREAKFAST Maize porridge	BREAKFAST All-Bran porridge	BREAKFAST Oats porridge	BREAKFAST Weet-Bix porridge
MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit
LUNCH **French toast** + Carrot sticks & cherry tomatoes	LUNCH **Chicken nuggets with potato wedges** + Cauliflower & broccoli	LUNCH **Roast chicken pieces with savoury rice** + Creamed sweetcorn	LUNCH **Fish fingers with potato bake** + Green beans	LUNCH **Toasted chicken sandwiches** + Cucumber & tomato salad
AFTERNOON SNACK Brown bread with cheese spread	AFTERNOON SNACK Brown bread with jam	AFTERNOON SNACK Brown bread with peanut butter	AFTERNOON SNACK Brown bread with cheese spread	AFTERNOON SNACK Brown bread with jam

- Cold drinking water all day. Please pack a marked water bottle
- Porridge with milk & sugar
- Yoghurt from home is served with the morning snack
- Bread with margarine

SPEEL-SPEEL SLIM KLEUTERSKOOL

Our Menu

Week 3

5-week cycle
Four nourishing meals a day

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Maize porridge	BREAKFAST All-Bran porridge	BREAKFAST Oats porridge	BREAKFAST Weet-Bix porridge	BREAKFAST Maize porridge
MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit
LUNCH **Pork sausages with potato wedges** + Butternut & green beans	LUNCH **Spaghetti bolognaise** + Cucumber & tomato salad	LUNCH **Chicken nuggets with baby potatoes** + Mixed vegetables	LUNCH **Cottage pie with mashed potato** + Cucumber & tomato salad	LUNCH **Cheese & ham mini pizzas** + Mixed vegetables
AFTERNOON SNACK Brown bread with peanut butter	AFTERNOON SNACK Brown bread with cheese spread	AFTERNOON SNACK Brown bread with jam	AFTERNOON SNACK Brown bread with peanut butter	AFTERNOON SNACK Brown bread with cheese spread

- Cold drinking water all day. Please pack a marked water bottle
- Porridge with milk & sugar
- Yoghurt from home is served with the morning snack
- Bread with margarine

SPEEL-SPEEL SLIM KLEUTERSKOOL

Our Menu

Week 4

5-week cycle
Four nourishing meals a day

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST All-Bran porridge	BREAKFAST Oats porridge	BREAKFAST Weet-Bix porridge	BREAKFAST Maize porridge	BREAKFAST All-Bran porridge
MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit
LUNCH **Roast chicken pieces with potato wedges** + Mixed vegetables	LUNCH **Chicken stir-fry with rice** + Hawaiian stir-fry vegetables	LUNCH **Fish fingers with mashed sweet potato** + Cucumber & tomato salad	LUNCH **Chicken pasta** + Mixed vegetables	LUNCH **Noodle pasta with sausages** + Cucumber & tomato salad
AFTERNOON SNACK Brown bread with jam	AFTERNOON SNACK Brown bread with peanut butter	AFTERNOON SNACK Brown bread with cheese spread	AFTERNOON SNACK Brown bread with jam	AFTERNOON SNACK Brown bread with peanut butter

- Cold drinking water all day. Please pack a marked water bottle
- Porridge with milk & sugar
- Yoghurt from home is served with the morning snack
- Bread with margarine

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Our Menu

Week 5

5-week cycle
Four nourishing meals a day

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Oats porridge	BREAKFAST Weet-Bix porridge	BREAKFAST Maize porridge	BREAKFAST All-Bran porridge	BREAKFAST Oats porridge
MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit	MORNING SNACK Fresh fruit
LUNCH **Meatballs with mashed potato** + Mixed vegetables	LUNCH **Chicken casserole with rice** + Cucumber & tomato salad	LUNCH **Macaroni & cheese** + Mixed vegetables	LUNCH **Tuna mayo rolls** + Cauliflower & broccoli	LUNCH **Toasted chicken sandwiches** + Cucumber & tomato salad
AFTERNOON SNACK Brown bread with cheese spread	AFTERNOON SNACK Brown bread with jam	AFTERNOON SNACK Brown bread with peanut butter	AFTERNOON SNACK Brown bread with cheese spread	AFTERNOON SNACK Brown bread with jam

Cold drinking water all day. Please pack a marked water bottle · Porridge with milk & sugar · Yoghurt from home is served with the morning snack · Bread with margarine