

School Menus

1. We have a 2 week rotating lunch menu which consists of starch, proteins & vegetables.
2. Our food is prepared with fresh ingredients & is made daily on our premises.
3. Fruit salad includes oranges, apples, pears & bananas.
4. Tea is served with breakfast, we use rooibos tea with fresh milk & minimal sugar.
5. Our meals cater for generous servings per child
6. Introduction of solids will be discussed with baby parents before hand.



Creative Kidz Academy Menu

6-18 months

	MON	TUE	WED	THU	FRI
BREAKFAST 8AM	Baby Cereal Jungle Oats Rooibos Tea	Baby Cereal Kreemy Meal Rooibos Tea	Baby Cereal Instant Porridge Rooibos Tea	Baby Cereal Kreemy Meal Rooibos Tea	Baby Cereal Jungle Oats Rooibos Tea
MORNING SNACK 9AM	Cracker/ Cheese spread sandwiches Bottle	Yoghurt Bottle	Fruit Purée/Salad Bottle	Yoghurt Bottle	Cracker/ Cheesespread Sandwiches Bottle
LUNCH 12PM	Puréed Veg Spaghetti Bolognaise or Macaroni Cheese Juice/Ice Tea	Puréed Veg Chicken A La King or Chicken Stew Juice/Ice Tea	Puréed Veg Macaroni Cheese or Macaroni Bolognaise Juice/Ice Tea	Puréed Veg Mince and Rice or Beef Stew Juice/Ice Tea	Puréed Veg Chicken Pasta or Chicken A La King Juice/Ice Tea
AFTERNOON SNACK 2PM	Yoghurt Bottle	Fruit Purée/Salad Bottle	Yoghurt Bottle	Fruit Puree/Salad Bottle	Cracker Bottle
LATE SNACK 4:00PM	Biscuit/ Cracker	Biscuit/ Cracker	Biscuit/ Cracker	Biscuit/ Cracker	Biscuit/ Cracker

Creative Kidz Academy Menu

2-5 year olds

	MON	TUE	WED	THU	FRI
BREAKFAST 8AM	Jungle Oats Rooibos Tea	Kreemy Meal Rooibos Tea	Instant Porridge Rooibos Tea	Kreemy Meal Rooibos Tea	Jungle Oats Rooibos Tea
MORNING SNACK 10AM	Cheese spread sandwiches Water	Yoghurt Water	Fruit Salad Water	Yoghurt Water	Cheesespread Sandwiches Water
LUNCH 12PM	Spaghetti Bolognaise or Macaroni Cheese Juice/Ice Tea	Chicken A La King or Chicken Stew Juice/Ice Tea	Macaroni Cheese or Macaroni Bolognaise Juice/Ice Tea	Mince and Rice or Beef Stew Juice/Ice Tea	Chicken Pasta or Chicken A La King Juice/Ice Tea
All lunch is served with veggies					
AFTERNOON SNACK 3PM	Yoghurt Water	Fruit Salad Water	Yoghurt Water	Fruit Salad Water	Popcorn (movie day) Water
LATE SNACK 4:30PM	Biscuits Water	Jam Sandwich Water	Biscuits Water	Jam Sandwich Water	Biscuits Water