

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 Mealie Meal Rooibos Tea	Baby Cereal Jungle Oats Rooibos Tea	Baby Cereal Mealie Meal Rooibos Tea	Baby Cereal Maltabella Rooibos Tea	Baby Cereal Mealie Meal Rooibos Tea	
MORNING SNACK 9AM	Cracker/ Cheese spread sandwiches Bottle	Yoghurt Bottle	Cracker/ Peanut Butter sandwiches Bottle	Fruit Puree/Salad Bottle	Cracker/ Cheesespread Sandwiches Bottle	
LUNCH 12PM	Spaghetti Bolognaise or Macaroni Cheese Juice/Ice Tea	All lunch is served with pureed veggies				
		Chicken A La King or Chicken Stew Juice/Ice Tea	Macaroni Cheese or Spaghetti Bolognaise Juice/Ice Tea	Mince and Rice or Beef Stew Juice/Ice Tea	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	Mealie Meal Pink Porridge Rooibos Tea	Jungle Oats/ Maltabella Rooibos Tea	Mealie Meal White Porridge Rooibos Tea	Kreemy Meal/ Jungle Oats Rooibos Tea	Mealie Meal Blue Porridge Rooibos Tea
MORNING SNACK 10AM	Chocolate spread sandwiches Water	Yoghurt Water	Peanut Butter/ Jam sandwiches Water	Fruit Salad Water	Cheesespread Sandwiches Water
LUNCH 12PM	All lunch is served with veggies				
	Spaghetti Bolognaise or Macaroni Cheese Juice/Ice Tea	Chicken A La King or Chicken Stew Juice/Ice Tea	Macaroni Cheese or Spaghetti Bolognaise Juice/Ice Tea	Mince and Rice or Beef Stew Juice/Ice Tea	Chicken Pasta or Chicken A La King Juice/Ice Tea
AFTERNOON SNACK 3PM	Yoghurt Water	Fruit Salad Water	Yoghurt Water	Fruit Salad Water	Popcorn (movie day) Water
LATE SNACK 4:30PM	Biscuits Water	Peanut Butter Sandwich Water	Biscuits Water	Jam Sandwich Water	Biscuits Water