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

Creative Kidz Academy Menu
6-18 months

	MON	TUE	WED	THU	FRI
 **BREAKFAST 8 AM**	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 9 AM**	Cracker/ Cheese spread sandwiches Bottle	Yoghurt Bottle	Cracker/ Peanut Butter sandwiches Bottle	Fruit Puree/Salad Bottle	Cracker/ Cheese spread Sandwiches Bottle
 **LUNCH 12 PM**	All lunch is served with pureed 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 2 PM**	Yoghurt Bottle	Fruit Puree/Salad Bottle	Yoghurt Bottle	Fruit Puree/Salad Bottle	Cracker Bottle
 **LATE SNACK 4:00 PM**	Biscuit/ Cracker	Biscuit/ Cracker	Biscuit/ Cracker	Biscuit/ Cracker	Biscuit/ Cracker

Creative Kidz Academy Menu

2-5 year olds

	MON	TUE	WED	THU	FRI
 BREAKFAST 8 AM	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 10 AM	Chocolate spread sandwiches Water	Yoghurt Water	Peanut Butter/ Jam sandwiches Water	Fruit Salad Water	Cheesespread Sandwiches Water
 LUNCH 12 PM	All lunch is served with frozen veggies (peas, corn and carrots)				
	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 3 PM	Yoghurt Water	Fruit Salad Water	Yoghurt Water	Fruit Salad Water	Popcorn (movie day) Water
 LATE SNACK 4:30 PM	Biscuits Water	Peanut Butter Sandwich Water	Biscuits Water	Jam Sandwich Water	Biscuits Water