



MARY'S LITTLE LAMBS WEEKLY MENU

Learners are served a warm breakfast every morning.

Learners will have fresh fruit and veg daily. The menu is set out so that children have rice and pasta dishes alternately, to ensure balanced meals.

Wholesome meals that also display a diversity of cultures . Only water and milk will be offered from the day care. It will be suggested that no sweet drinks are brought from home. Absolutely no sweets and crisps will be allowed at the day care.

Celebrations: Birthday / Christmas / Eid / New Year / Cultural can be celebrated with a cake or cupcakes.

BREAKFAST

Oats / Maize

Whole meal toast

LUNCH

WEEK 1

Day 1 Macaroni and cheese

Day 2 Chicken a la King

Day 3 Lasagna

Day 4 Fish finger/ sausage rolls and mash

Day 5 Mince Biryani

WEEK 2

Day 1 Spaghetti and tomato sauce

Day 2 Hot dog / sausage roll

Day 3 Noodles

Day 4 Jacket potato, cheese and beans

Day 5 Tuna pasta

SNACK LIST

Carrot Sticks

Cucumber

Cocktail tomatoes

Fruit wedges

Brown / whole meal bread with peanut butter / cheese spread / butter / jam

Yoghurt