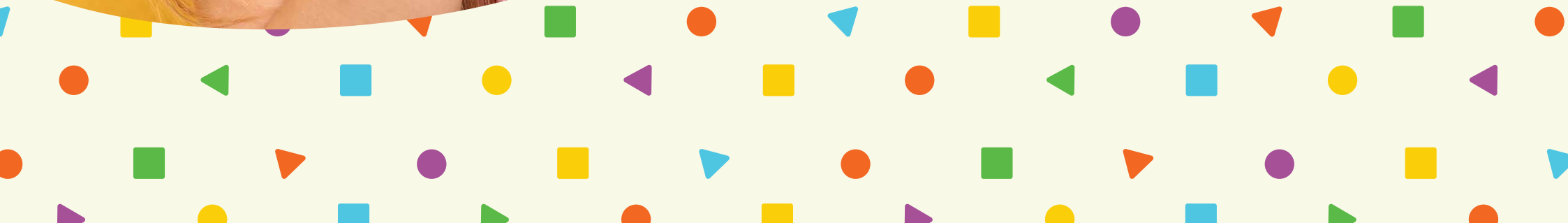




Bright Beginnings Preschool

SCHOOL MENUS



OUR MENU

1. We have 2 menus which are rotated monthly.
2. Our food is prepared with fresh ingredients & is made daily.
3. Fruit in season includes apples, oranges, pears, bananas.
4. Our sandwiches are all prepared on brown bread with butter & a filling.
5. When tea is served, Rooibos tea is used with fresh milk & minimal sugar.
6. Water is available throughout the school day & water breaks are encouraged.
7. Our meals cater for two generous servings per child.
8. Our menu is adapted to best suit the changing nutritional needs of children with the change of each season.
9. We reserve the right to make adjustments to our menus as we deem necessary, without notice & assure you of our intention to base our decisions on the best interest of your child.
10. We reserve the right to, without notice or refund, omit items from the menus altogether should there be problems with the supply thereof.

We know that your growing child needs nutritious, wholesome meals, prepared with care, to help fight infection & grow up healthy & strong, & that good eating habits formed early in life pay numerous dividends later on, we therefore pride ourselves on the quality of our meals. If any of the above does not suit your child, for any reason whatsoever (medical/religious/taste preferences, etc.), kindly provide substitutes.

BABY CENTRE MENU 1

0 - 18 MONTHS

MONDAY

BREAKFAST

7am - 8am

Homemade baby cereal

MORNING SNACK

10am

Fruit in season

LUNCH

12:30pm

Mashed Butternut &
Carrot (babies)

Mashed Butternut & Macaroni
Cheese (15+ months)

AFTERNOON SNACK

3pm

Fruit in season

TUESDAY

BREAKFAST

7am - 8am

Homemade baby cereal

MORNING SNACK

10am

Fruit in season

LUNCH

12:30pm

Mash, Gravy & Veg

*(Add a half a fish finger for
15+ months)*

AFTERNOON SNACK

3pm

Fruit in season

WEDNESDAY

BREAKFAST

7am - 8am

Homemade baby cereal

MORNING SNACK

10am

Fruit in season

LUNCH

12:30pm

Cottage pie with Butternut (soya
mince)

AFTERNOON SNACK

3pm

Fruit in season

THURSDAY

BREAKFAST

7am - 8am

Homemade baby cereal

MORNING SNACK

10am

Fruit in season

LUNCH

12:30pm

Spaghetti Bolognese with
veg sauce

AFTERNOON SNACK

3pm

Fruit in season

FRIDAY

BREAKFAST

7am - 8am

Homemade baby cereal

MORNING SNACK

10am

Fruit in season

LUNCH

12:30pm

Veggie Bake

AFTERNOON SNACK

3pm

Fruit in season

** Formula is supplied for babies 3 months - 12 months only**



Bright Beginnings Preschool

JUNIOR & SENIOR MENU 1

18 MONTHS - 6 YEARS

MONDAY

BREAKFAST

7am - 8am

Jungle Oats with Cinnamon

MORNING SNACK

10am

Fruit in season
Water/Tea

LUNCH

12:30pm

Macaroni & Cheese with
Butternut

AFTERNOON SNACK

3pm

Sandwiches/Jam
Water/Tea

TUESDAY

BREAKFAST

7am - 8am

Creamy Meal

MORNING SNACK

10am

Fruit in season
Water/Tea

LUNCH

12:30pm

Fish Fingers with Mash, Gravy
& Veg

AFTERNOON SNACK

3pm

Muffins
Water/Tea

WEDNESDAY

BREAKFAST

7am - 8am

Jungle Oats with Cinnamon

MORNING SNACK

10am

Fruit in season
Water/Tea

LUNCH

12:30pm

Cottage pie with
Butternut

AFTERNOON SNACK

3pm

Scones or sandwiches/Jam
Water/Tea

THURSDAY

BREAKFAST

7am - 8am

Creamy Meal

MORNING SNACK

10am

Fruit in season
Water/Tea

LUNCH

12:30pm

Spaghetti Bolognese with
hidden veg

AFTERNOON SNACK

3pm

Fruits & Veggie sticks + hummus
Water/Tea

FRIDAY

BREAKFAST

7am - 8am

Jungle Oats with Cinnamon

MORNING SNACK

10am

Fruit in season
Water/Tea

LUNCH

12:30pm

Chicken Vienna
Hotdogs

AFTERNOON SNACK

3pm

Jelly & Custard
Water/Tea

Avo when in season.



Bright Beginnings Preschool

BABY CENTRE MENU 2

0 - 18 MONTHS

MONDAY

BREAKFAST

7am - 8am

Homemade baby cereal

MORNING SNACK

10am

Fruit in season

LUNCH

12:30pm

Mashed Veggies (babies)

Mini meatballs with pasta & veg sauce (15+ months)

AFTERNOON SNACK

3pm

Fruit in season

TUESDAY

BREAKFAST

7am - 8am

Homemade baby cereal

MORNING SNACK

10am

Fruit in season

LUNCH

12:30pm

Mashed Veggies (babies)

Veggie Quiche (15+ months)

AFTERNOON SNACK

3pm

Fruit in season

Avo

WEDNESDAY

BREAKFAST

7am - 8am

Homemade baby cereal

MORNING SNACK

10am

Fruit in season

LUNCH

12:30pm

Mashed Veggies (babies)

Veggies finely chopped in noodles (15+ months)

AFTERNOON SNACK

3pm

Fruit in season

THURSDAY

BREAKFAST

7am - 8am

Homemade baby cereal

MORNING SNACK

10am

Fruit in season

LUNCH

12:30pm

Mashed Chicken a la king (babies)

Chicken a la king with rice (15+ months)

AFTERNOON SNACK

3pm

Fruit in season

Avo

FRIDAY

BREAKFAST

7am - 8am

Homemade baby cereal

MORNING SNACK

10am

Fruit in season

LUNCH

12:30pm

Mash & Veg

AFTERNOON SNACK

3pm

Fruit in season

** Formula is supplied for babies 3 months - 12 months only**



Bright Beginnings Preschool

JUNIOR & SENIOR MENU 2

18 MONTHS - 6 YEARS

MONDAY

BREAKFAST

7am - 8am

Mealie Meal

MORNING SNACK

10am

Fruit in season
Water/Tea

LUNCH

12:30pm

Mini meatballs with pasta & veg
sauce

AFTERNOON SNACK

3pm

Fruit in season
Water/Tea

TUESDAY

BREAKFAST

7am - 8am

Jungle Oats

MORNING SNACK

10am

Fruit in season
Water/Tea

LUNCH

12:30pm

Veggie Quiche

AFTERNOON SNACK

3pm

Carrot & cucumber sticks + Avo dip
Water/Tea

WEDNESDAY

BREAKFAST

7am - 8am

Mealie Meal

MORNING SNACK

10am

Fruit in season
Water/Tea

LUNCH

12:30pm

Stir fry veg & protein option + 2
minute noodles

AFTERNOON SNACK

3pm

Fruit in season
Water/Tea

THURSDAY

BREAKFAST

7am - 8am

Jungle Oats

MORNING SNACK

10am

Fruit in season
Water/Tea

LUNCH

12:30pm

Chicken a la king
with rice

AFTERNOON SNACK

3pm

Carrot & cucumber sticks + hummus
Water/Tea

FRIDAY

BREAKFAST

7am - 8am

Mealie Meal

MORNING SNACK

10am

Fruit in season
Water/Tea

LUNCH

12:30pm

Sausage with mash
& veg

AFTERNOON SNACK

3pm

Veggie sticks + Avo dip
Water/Tea

Avo when in season.



Bright Beginnings Preschool