



Bright Beginnings Menu

1. Our food is prepared with fresh ingredients and is made daily.
2. Fruit in season includes apples, oranges, pears, bananas, melons and avocado.
3. Our sandwiches are all prepared on whole-grain bread with butter and a filling.
4. When hot/ice tea is served, Rooibos tea is used with fresh milk.
5. Water is available throughout the school day and water breaks are encouraged.
6. Our menu is adapted to best suit the changing nutritional needs of the children.
7. We reserve the right to make adjustments to our menu as deemed necessary, without notice and assure you of our intention to base decisions on the best interest of your child.
8. We reserve the right to, without notice or refund, omit items from the menu 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 and grow up healthy and strong, and 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), kindly provide substitutes in a prepacked lunchbox.

Menu
1 - 6 Years



Bright Beginnings Preschool

Breakfast

Monday:

Jungle Oats
With Cinnamon

Tuesday:

Baby Bear's
Porridge

Wednesday:

Jungle Oats
With Cinnamon

Thursday:

Baby Bear's
Porridge

Friday:

Jungle Oats
With Cinnamon

Menu
1 - 6 Years



Bright Beginnings Preschool

Morning Snack

Monday:

The Very Hungry
Caterpillar Fruit

Tuesday:

'Pop, Pop, Popcorn'

Wednesday:

The 'Muffin' Man

Thursday:

'Pop, Pop, Popcorn'

Friday:

The Very Hungry
Caterpillar Fruit

*Snack is served with Rooibos tea

Menu
1 - 6 Years



Bright Beginnings Preschool

Lunch WEEK 1

Monday:

Lilo Lentil Bake

Tuesday:

Chicken Fingers

With mash, veg and gravy

Wednesday: Fusion Egg Fried
Rice

Thursday: Spaghetti Bolognese
vegetarian

Friday:

Rainbow Pap Bowl

Menu
1 - 6 Years



Bright Beginnings Preschool

Lunch WEEK 2

Monday:

Mac & Cheese
with corn

Tuesday:

Veggie Rainbow Bake

Wednesday:

Cottage Pie
With hidden vegetables

Thursday: Spaghetti Bolognese
With hidden vegetables

Friday:

Veggie stew
With stamp