

Spyskaart / Menu

2 – 6 Jariges / 2 – 6 Year olds

Ontbyt / Breakfast – 8:30:

Dag / Day	Pap / Porridge
Maandae / Mondays	Maize meal
Dinsdae / Tuesdays	Matabella
Woensdae / Wednesdays	Jungle oats
Donderdae / Thursdays	Matabella
Vrydae / Friday	Maize meal

Versnappering / Snack – 10:30

Broodjies – wissel van marmite, konfyt, grondboontjiebotter

Sandwiches – marmite, jam, peanut butter

Sap / Juice

Snoepie / Tuck – Vrydae / Fridays

Middagete / Lunch – 12:00

Dag / Day	Week 1	Week 2
Maandae / Mondays	Hoender kerrie en rys /Chicken curry and rice	Mince kerrie en rys / Mince curry and rice
Dinsdae / Tuesdays	Roereiers / Scrambled eggs	Quiche / French toast
Woensdae / Wednesdays	Spaghetti bolognaise	Macaroni & kaas / cheese
Donderdae / Thursdays	Pizza / Pap & Wors	Hot dogs / Vetkoek
Vrydae / Fridays	Herderspastei / Cottage pie	Visvingers, skyfies, ertjies / Fish fingers, chips, peas

Versnappering / Snack – 10:30

Broodjies – wissel van marmite, konfyt, grondboontjiebotter

Sandwiches – marmite, jam, peanut butter

Sap / Juice

Vrugte / Fruit – 16:00

Hang af van Seisoen / Depending on Season