

## SPYSKAART / MENU

0 – 1 Jariges / 0 – 1 Year olds

<p><b>Ontbyt:</b> Vanaf 4 - 10 maande: Nestlé Nestum (Baby Cereal) Dit word aangemaak met baba se eie melk</p>	<p><b>Breakfast:</b> From 4 – 10 months: Nestlé Nestum (Infant Cereal) This is made with babies own milk</p>
<p><b>10h00:</b> Broodjies / vrugte</p>	<p><b>10:00:</b> Sandwiches / fruit</p>
<p><b>Middagete:</b> Vanaf 4 - 10 maande: Babagroente word fyn gemaak (pampoen, wortels, aartappels, butternut, spinasie). Ouer babas kry vleissousie by.</p>	<p><b>Lunch:</b> From 4 – 10 months: We make our own baby vegetables (eg. pumpkin, carrots, potatoes, butternut, spinach, etc.)</p>
<p><b>15h00:</b> Broodjies of vrugte</p>	<p><b>15:00</b> Sandwiches / Fruit</p>
<p>Baba se eie yoghurt of purity vrugte of groente of enige versnappering kan saam gestuur word indien verkies.</p>	<p>Babies own yogurt, purity, fruit, vegetables or any snack can be send with if you prefer to do so.</p>
<p>Geen sout, suiker, suiwel word vir babas onder 1 jaar gegee nie.</p>	<p>No sugar, salt, dairy products are given to babies under the age of a year.</p>