

Early Childhood & Kinder Kitchen Menu

Week 1

Day	Snack	Lunch Main	Alternative	Side	Dessert
Monday	Sweet Bananas	Chicken Stew with Rice	Mixed Vegetable Curry and Rice	Tomato Relish	Watermelon
Tuesday	Pineapple	Pasta in Pesto Sauce	Pasta in Pesto Sauce	Avocado Salad	Smoothie
Wednesday	Mixed Fruit Skewers	Vegetable Pizza	Vegetable Pizza	Apple, Carrot & Raisin Salad	Sweet Bananas
Thursday	Watermelon	Fish Fingers and Grilled Potatoes	Vegetable Fingers & Grilled Potatoes	Green Pea Salad	Oranges
Friday	Sweet Banana	Vegetable Pie & Bread Rolls	Vegetable Pie & Bread Rolls	Cucumber & Tomato Salad	Fruit skewer

Week 2

Day	Snack	Lunch Main	Alternative	Side	Dessert
Monday	Sweet Bananas	Beef Curry, Rice & Posho	Chick Pea Curry, Rice & Posho	Carrot Sticks	Passion Fruit
Tuesday	Oranges	Macaroni Cheese	Macaroni Cheese	Cucumber Slices	Pineapple Slices
Wednesday	Sweet Bananas	Grilled Potatoes, Green Beans & Avocado	Grilled Potatoes, Green Beans & Avocado	Avocado Salad	Strawberry smoothie
Thursday	Watermelon	Chicken Nuggets	Vegetable Fingers & Grilled Potatoes	Carrots & Apple Salad	Pineapple
Friday	Sweet Bananas	Vegetable Pizza	Vegetable Pizza	Green Bean Salad	Oranges

Week 3

Day	Snack	Lunch Main	Alternative	Side	Dessert
Monday	Watermelon	Meat Balls & Mashed Potato	Vegetable Casserole	Cucumber Yogurt Salad	Cookies
Tuesday	Pineapple	Pasta & Choice of Sauce	Pasta & Choice of Sauce	Avocado Salad	Cupcakes
Wednesday	Sweet Banana	Mixed Vegetable Curry & Rice	Mixed Vegetable Curry & Rice	Broccoli & Carrots	Watermelon
Thursday	Oranges	Beef Sausage, Gonjja & Bread Rolls	Vegetable Sausage, Gonjja & Bread Rolls	Carrots & Cucumber Sticks	Pineapple
Friday	Sweet Bananas	Vegetable Stir Fried Noodles	Vegetable Stir Fried Noodles	Tomato Salad	Watermelon