

LEARNER'S MENU 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 & 3 BREAKFAST	WHITE PORRIDGE	MILK & CEREAL	MABHELE PORRIDGE	JAM SANDWICH	OATS (SANDWICH OR WHITE PORRIDGE FOR KIDS WHO DISLIKE OATS)
WEEK 1 LUNCH	RICE & SUGAR BEANS GRAVY	DUMPLING & BEEF STEW	MACARRONI & MINCE	PAP & WORS GRAVY	HOT DOGS BUTTERED ROLL & VIENNA ON TOMATOE OR BBQ SAUCE
VEG OF THE DAY	PUMPKIN	MC'CAIN ASSORTED VEG	CARROTS	POTATOES	---
SNACK	PARENT TO PROVIDE FRUIT / CRISPY SNACK	PARENT TO PROVIDE FRUIT / CRISPY SNACK	PARENT TO PROVIDE FRUIT / CRISPY SNACK	PARENT TO PROVIDE FRUIT / CRISPY SNACK	PARENT TO PROVIDE FRUIT / CRISPY SNACK
WEEK 2 & 4 BREAKFAST	MABHELE PORRIDGE	OATS (SANDWICH OR WHITE PORRIDGE FOR KIDS WHO DISLIKE OATS)	EGG SANDWHICH	WHITE PORRIDGE	KELLOGZ CEREAL
WEEK 2 LUNCH	RICE & CHICKEN STEW	PAP & BEEF MINCE	CRUMBLER PAP & MILK (LONG LIFE MILK	SAMP & ASSORTED VEGGIE GRAVY	ASSORTED PIE
VEG OF THE DAY	POTATOES	CARROT & SPINACH OR SLOW FRIED CABBAGE	--	PEAS,CARROTS, POTATOES, BROCCHOLI)	VEGGIES IN PIE
SNACK	PARENT TO PROVIDE FRUIT & CRISPY SNACK	PARENT TO PROVIDE FRUIT & CRISPY SNACK	PARENT TO PROVIDE FRUIT & CRISPY SNACK	PARENT TO PROVIDE FRUIT & CRISPY SNACK	PARENT TO PROVIDE FRUIT & CRISPY SNACK

PLEASE ENSURE YOUR CHILD HAS A WATER BOTTLE WITH WATER AS IT IS THE HEALTHIEST BEVERAGE OPTION. ROOIBOS TEA OR JUICE MAY BE SERVED DEPENDING ON THE WEATHER & MATCHING FOOD REQUIREMENT.

MENU NOTES

- WE CAN NOT SERVE FISH (FISH FINGERS, TUNA OR SARDINES) AS SOME CHILDREN ARE ALLERGIC AND WE DO NOT WANT THEM TO END UP REACTING DUE TO MISTAKE EXPOSURE
- WE CAN NOT SERVE PEANUT BUTTER (PASTE OR ANYTHING WITH PEANUTS) AS SOME CHILDREN ARE ALLERGIC AND WE DO NOT WANT THEM TO END UP REACTING DUE TO MISTAKE EXPOSURE
- WE CAN NOT SERVE SOUR MILK AS SOME CHILDREN ARE ALLERGIC AND WE DO NOT WANT THEM TO END UP REACTING DUE TO MISTAKE EXPOSURE – WE USE MILK & CREAM INSTEAD
- YOU ARE ALLOWED TO SEND YOUR CHILDS'S PREFERED FOOD ITEMS THAT ARE REASONABLY ALLIGNED TO THE MENU – EXAMPLE SOY MILK IF THEY ARE LACTOSE INTOLERANT, ETC.
- THERE ARE DAYS AS INDICATED WHERE NO MEAT IS SERVED AS IT IS UNHEALTHY FOR A CHILD TO EAT MEAT AT DAILY INTERVALS
- ALTERNATIVES ARE MADE IF OUR STOCKIST SHOPS ARE OUT OF FOOD ITEMS OR TO INCREASE FOOD CREATIVITY. BUT THE FOOD CHOSEN COMES FROM THE SAME LIST INDICATED IN THE MENU.
- LET'S PLEASE PAY SCHOOL FEES ON TIME SO WE CAN CONTINUE SERVING A HEALTHY , DELICIOUS MENU TO OUR CHILDREN
- OVER EXPERIENCE OVER THE YEARS WE KNOW THERE ARE FOODS MOST CHILDREN HATE TO EAT SO WE WILL NOT ADD THEM AS IT BECOMES WASTED FOOD EG. BEETROOT, PEPPERS, TOO MUCH OATS