



Little Porcupine and Friends -Food Menu

Examples of 1 of 5 menu's.

Babies up to 2 year old's get Rooibos tea and Liqui-Fruit juices.

From 3 to 6 year old's get Five Roses tea and Sweeto juice.

Bread is supplied by Albany bakeries.

Milk is supplied by Douglasdale Dairies.

Roast chicken is supplied by Woolworths foods.

We do cater for different dietary requirements.

Nursery School Menu:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30	Mielie Meal	Jungle Oats	Mielie Meal	Jungle Oats	Mielie Meal
10:00-10:30	Tea Sandwich	Tea Sandwich	Tea Sandwich	Tea Sandwich	Tea Sandwich
11:30-12:00	Chicken Fingers Mash Peas/Carrots Juice	Fish Fingers Rice Peas/Pumpkin Juice	Pasta & Mince Cheese Juice	Roast Chicken Rice Peas/Pumpkin Juice	Hot Dogs Juice
15:00	Fruit	Fruit	Fruit	Fruit	Fruit
16:00	Sandwich Juice	Sandwich Juice	Sandwich Juice	Sandwich Juice	Sandwich Juice

Baby Room Menu:

Baby room gets same as above only main meal differs somewhat.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30	Mielie Meal	Jungle Oats	Mielie Meal	Jungle Oats	Mielie Meal
10:00-10:30	Tea Sandwich	Tea Sandwich	Tea Sandwich	Tea Sandwich	Tea Sandwich
11:00-11:30	Chicken Stew Rice Pumpkin Juice	Fish Fingers Mash Peas/Corn Juice	Pasta & Mince Cheese Juice	Sausage Rolls Mash Peas/Carrots Juice	Hot Dogs Juice
14:00	Yogurt	Custard	Yogurt	Custard	Yogurt
15:00	Fruit	Fruit	Fruit	Fruit	Fruit
16:00	Sandwich Juice	Sandwich Juice	Sandwich Juice	Sandwich Juice	Sandwich Juice
17:00	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits

Sandwiches:

Apricot Jam

Peanut Butter & Syrup

Mixed Fruit Jam

Cheese Spread

Apricot Jam & Peanut Butter

Aftercare Menu:

Aftercare	Monday	Tuesday	Wednesday	Thursday	Friday
	Cold Meat Rolls Juice Fruit	Pasta & Bacon Juice Fruit	Fish Fingers Potato Salad/ Beetroot Juice Fruit	Roast Chicken Rolls Juice Fruit	Hotdogs Juice Fruit