



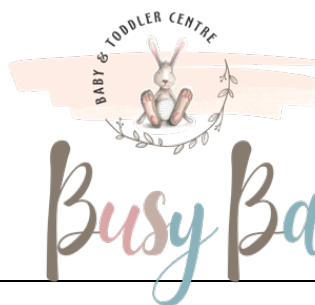
Stage 3 & 4 MENU : Week 1

STAGE 3 & 4 Bambini Tots menu					
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Oats	Mielie Meel	Future life tots	Weatbix	Otees
Morning snack	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed
Lunch: Combination feeding	Spaghetti Bolognaise	Chicken , butternut sauce pasta	Boerewors bites carrot sticks and chippies	Chicken strips, sweet potato wedges and broccoli trees.	Fish fingers , potato wedges . mash & cucumber sticks
Afternoon snack	Peanut butter sandwich & own yogurt	Bovril sandwich & own yogurt	Chocolate spread sandwich & own yogurt	Apricot sandwich & own yogurt	Banana bread & own yogurt
<i>Oats, Mielie Meal & Future life tots , Otees , Pronutro</i> <i>Fresh fruit (either strawberries, watermelon, bananas, blue berries) are added with meals during lunch time.</i> <i>Milk feed given throughout the day as advised by parents.</i>					



Stage 3 & 4 MENU : Week 2

STAGE 3 & 4 Bambini Tots menu					
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Oats	Mielie Meel	Future life tots	Weatbix	Pronutro
Morning snack	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed
Lunch: Combination feeding	Chicken a la king & rice	Cheesy Veggie Macaroni Pasta	Shepards pie with sweet potato mash	Chicken fingers, potato wedges and broccoli trees.	Vetkoekies or French toast with Jam & Cheese.
Afternoon snack	Peanut butter sandwich & own yogurt	Bovril sandwich & own yogurt	Chocolate spread sandwich & own yogurt	Apricot sandwich & own yogurt	Banana bread & own yogurt
<i>Oats, Mielie Meal & Future life tots , Otees , Pronutro</i> <i>Fresh fruit (either strawberries, watermelon, bananas, blue berries) are added with meals during lunch time.</i> <i>Milk feed given throughout the day as advised by parents.</i>					



Stage 3 & 4 MENU : Week 3

STAGE 3 & 4 Bambini Tots menu					
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Oats	Mielie Meel	Future life tots	Weatbix	Otees
Morning snack	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed
Lunch: Combination feeding	Chicken & Broccoli bake	Mini Pancakes either filled or served with seasonal fruit	Bite size veggie & beef meatballs with sweet potato mash	Chicken (tomato base) Mickey mouse pasta bows	Mini Margarita Pizzas
Afternoon snack	Peanut butter sandwich & own yogurt	Bovril sandwich & own yogurt	Chocolate spread sandwich & own yogurt	Apricot sandwich & own yogurt	Banana bread & own yogurt
<i>Oats, Mielie Meal & Future life tots , Otees , Pronutro</i> <i>Fresh fruit (either strawberries, watermelon, bananas, blue berries) are added with meals during lunch time.</i> <i>Milk feed given throughout the day as advised by parents.</i>					

