



Quality Affordable Education

Veldenvlei * Meerensee * Empangeni * Birdwood * Sheffield Beach * Ballito

Head Office 035 789 2770

www.little-rascals.co.za



little-rascals-preschools
little-rascals-preschoolgroup

Menu

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Oats	Breakfast Mieliepap	Breakfast Oats	Breakfast Mieliepap	Breakfast Oats
Lunch Spaghetti Bolognaise with Carrot Cubes	Lunch Chicken stew, peas and rice	Lunch Tuna bake	Lunch Mince, mixed veg and pap	Lunch Hotdogs
Afternoon Peanut butter sandwich	Afternoon Apple Slices	Afternoon Jam Sandwich	Afternoon Orange Slices	Afternoon Bovrol sandwich
Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Mieliepap	Breakfast Oats	Breakfast Mieliepap	Breakfast Oats	Breakfast Mieliepap
Lunch Mac and cheese	Lunch Mince, mixed veg and pap	Lunch Tuna Bake	Lunch Rice bake and pumpkin	Lunch Nuggets and chips
Afternoon Peanut butter sandwich	Afternoon Apple Slices	Afternoon Jam Sandwich	Afternoon Orange Slices	Afternoon Bovrol sandwich
Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Oats	Breakfast Mieliepap	Breakfast Oats	Breakfast Mieliepap	Breakfast Oats
Lunch Chicken and pasta bake with corn	Lunch Mince, mixed veg and rice	Lunch Tuna bake	Lunch Chicken, pasta and peas	Lunch Hotdogs
Afternoon Peanut butter sandwich	Afternoon Apple Slices	Afternoon Jam Sandwich	Afternoon Orange Slices	Afternoon Bovrol sandwich
Week 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Mieliepap	Breakfast Oats	Breakfast Mieliepap	Breakfast Oats	Breakfast Mieliepap
Lunch Chicken ala King and peas	Lunch Mince and pap with carrots	Lunch Cottage Pie and mixed veg	Lunch Spaghetti Bolognaise with Carrot Cubes	Lunch Pies and Chips
Afternoon Peanut butter Sandwich	Afternoon Apple Slices	Afternoon Jam Sandwich	Afternoon Orange Slices	Afternoon Bovrol sandwich