

Dudes & Divas Nursery



15 Colette Str, Raceview, Alberton
Tel: 011 869 2035 Fax: 086 623 8283 Cell: 0718775215

MENU WEEK 1

MONDAY

Breakfast: Mieliepap
Snack: Seasonal Fruit or Biscuits
Lunch: Spaghetti Bolognaise Vegetable and Juice
Snack: Sandwiches with Jam/Spread

Tuesday

Breakfast: Oats Pap
Snack: Seasonal Fruit or Biscuits
Lunch: Meatballs, Mash & peas with Juice
Snack: Sandwiches with Jam/Spread

WEDNESDAY

Breakfast: Mieliepap
Snack: Seasonal Fruit or Biscuits
Lunch: Chicken a'la King & rice with Juice
Snack: Sandwiches with Jam/Spread

THURSDAY

Breakfast: Oats pap
Snack: Seasonal Fruit or Biscuits
Lunch: Mince & Rice with Vegetables and Juice
Snack: Sandwiches with Jam/Spread

FRIDAY

Breakfast: Toast and Scramble eggs / French Toast
Snack: Seasonal Fruit or Biscuits
Lunch: Hot Dogs and Juice
Snack: Sandwiches with Jam/Spread

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MENU WEEK 2

MONDAY

Breakfast: Mieliepap
Snack: Seasonal Fruit or Biscuits
Lunch: Mince and Mac with Cheese and Juice
Snack: Sandwiches with Jam/Spread

Tuesday

Breakfast: Oats Pap
Snack: Seasonal Fruit or Biscuits
Lunch: Chicken Stew with Rice and vegetables and Juice
Snack: Sandwiches with Jam/Spread

WEDNESDAY

Breakfast: Mieliepap
Snack: Seasonal Fruit or Biscuits
Lunch: Baked Beef sausages with rice, cheese and tomato and Juice
Snack: Sandwiches with Jam/Spread

THURSDAY

Breakfast: Oats pap
Snack: Seasonal Fruit or Biscuits
Lunch: Homemade Beef Pie with Juice
Snack: Sandwiches with Jam/Spread

FRIDAY

Breakfast: Toast and Scramble eggs / French Toast
Snack: Seasonal Fruit or Biscuits
Lunch: Hotdogs and Juice
Snack: Sandwiches with Jam/Spread

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MENU WEEK 3

MONDAY

Breakfast: Mieliepap
Snack: Seasonal Fruit or Biscuits
Lunch: Mince and Rice with Juice
Snack: Sandwiches with Jam/Spread

Tuesday

Breakfast: Oats Pap
Snack: Seasonal Fruit or Biscuits
Lunch: Chicken Meat Balls with Rice and vegetables and Juice
Snack: Sandwiches with Jam/Spread

WEDNESDAY

Breakfast: Mieliepap
Snack: Seasonal Fruit or Biscuits
Lunch: Beef Goulash with rice and Vegetables and Juice
Snack: Sandwiches with Jam/Spread

THURSDAY

Breakfast: Oats pap
Snack: Seasonal Fruit or Biscuits
Lunch: Chicken Stew, Rice and Vegetables with Juice
Snack: Sandwiches with Jam/Spread

FRIDAY

Breakfast: Toast and Scramble eggs / French Toast
Snack: Seasonal Fruit or Biscuits
Lunch: Hotdogs and, Juice
Snack: Sandwiches with Jam/Spread