

# Hapidays Daycare



## MENU PRESCHOOL



### MONDAY

Breakfast:  
Mieliepap

Morning Snack:  
Yoghurt & fruit

Lunch:  
Macaroni & Cheese with  
salad/vegetables in season

Afternoon Snack:  
Sandwich & fruit in season

### TUESDAY

Breakfast:  
Oats

Morning Snack:  
Yoghurt & fruit

Lunch:  
Chicken Stew with vegetables  
& rice

Afternoon Snack:  
Muffins & fruit in Season

### WEDNESDAY

Breakfast:  
Mieliepap

Morning Snack:  
Yoghurt & Fruit

Lunch: Fish Nuggets with  
mash potato & vegetables in  
season

Afternoon Snack:  
Sandwich & fruit in season

### THURSDAY

Breakfast:  
Oats

Morning Snack:  
Yoghurt & Fruit

Lunch: Spaghetti bolognaise  
with salad/vegetables in  
season

Afternoon Snack:  
Muffin & fruit in season

### FRIDAY

Breakfast:  
Mieliepap

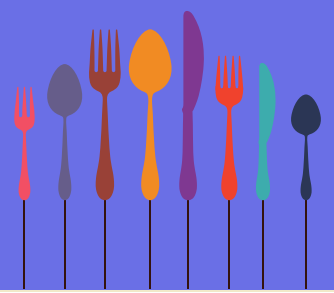
Morning Snack:  
Yoghurt & Fruit

Lunch: Chicken Nuggets with  
chips/wedges

Afternoon Snack:  
Sandwich & fruit in season



Nutrition is vital in a child's development. We take great care with the planning of the menu. We use seasonal fruit and vegetables that are fresh and locally grown. Please note that the menu may change.



# Hapidays Daycare



## MENU BABY WEANING



### MONDAY

Breakfast:  
Mieliepap

Morning Snack:  
Milk Feed

Lunch:  
Butternut & sweet potato  
puree

Afternoon Snack:  
Milk feed & fruit puree

### TUESDAY

Breakfast:  
Oats

Morning Snack:  
Milk Feed

Lunch:  
Steamed carrots & squash  
puree

Afternoon Snack:  
Milk feed & fruit puree

### WEDNESDAY

Breakfast:  
Mieliepap

Morning Snack:  
Milk Feed

Lunch:  
Sweet potato & butternut  
puree

Afternoon Snack:  
Milk feed & fruit puree

### THURSDAY

Breakfast:  
Oats

Morning Snack:  
Milk Feed

Lunch:  
Pumpkin & squash

Afternoon Snack:  
Milk feed & fruit puree

### FRIDAY

Breakfast:  
Mieliepap

Morning Snack:  
Milk Feed

Lunch:  
Sweet potato & broccoli

Afternoon Snack:  
Milk feed & fruit puree



Nutrition is vital in a child's development. We take great care with the planning of the menu. We use seasonal fruit and vegetables that are fresh and locally grown. Protein sources will be added to the baby weaning menu as they become more comfortable with solids. Please note that the menu may change.

