

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.

