



# Balanced Weekly Menu

*NB: Water is given to children at regular intervals*

<b>Day</b>	<b>Breakfast 08H00- 08H15</b>	<b>Snack Time 10H00- 10H30</b>	<b>Lunch Time 12H00- 13H00</b>	<b>Snack (From Home) 14H30- 15H00</b>	<b>Snack (School) 16H30- 17H00</b>
<b>Monday</b>	Cornflakes with milk	Seasonal Fruit	Spaghetti, mince and vegetables	Children to bring their favourite healthy snack	Jam sandwiches and juice
<b>Tuesday</b>	Soft white porridge with peanut butter	Seasonal Fruit	Pap, sugar beans, soup and vegetables	Children to bring their favourite healthy	Butter sandwiches and juice
<b>Wednesday</b>	Mabela porridge with milk	Seasonal Fruit	Rice, chicken stew and vegetables	Children to bring their favourite healthy	Polony sandwiches with juice
<b>Thursday</b>	Cornflakes with milk	Seasonal Fruit	Macaroni with mixed vegetable soup	Children to bring their favourite healthy	Cheese sandwiches and juice
<b>Friday</b>	Soft white porridge with butter	Seasonal Fruit	Hotdog, juice and snacks	Children to bring their favourite healthy	Peanut butter sandwiches and juice



## **Special Dietary Requirements**

Our flexible kitchen staff are trained in creating individual meals whenever the need arises. Please let us know if your child has any specific dietary requirements such as allergies, religious preferences or vegetarian meals and we will advise if we are able to accommodate your needs.

## **Healthy Options Focus**

Our kitchen has a Healthy Options Focus, which means that we aim to cook our meals using fresh and healthy ingredients. We know our pupils enjoy the menu at Building Future Academy as we are rewarded with clean plates daily.

## **Importance of Nutrition for Preschool Children**

At Building Future Academy, we believe nutrition is very important as Preschoolers require energy to meet the needs of rapid growth and development. Our Daily Nursery School Menu was developed with a focus on using nutrient rich ingredients high in protein, minerals and vitamins. Building Future Academy meals are low in fat and high in fibre to promote energetic play and sustained focused learning. Our snacks are a healthy option selected from the 4 main food groups that are shown to promote growth in children. Vegetables, fruits, and healthy nibbles mean super intake is at minimum resulting in calmer, happier pupils.