...Today's Kids...
Tomorrow's Heroes!

Humpty Dumpty Heroes
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★★★ Humpty Dumpty Menu ★★★

Monday

- Porridge - Maize Meal
- Fruit
- Chicken stew with rice and pea salad
- Snack - sandwich with cold drink

Tuesday

- Porridge – Oats
- Fruit
- Rolls, cold meat with cucumber & tomato
- Snack - sandwich **or** muffins with cold drink

Wednesday

- Porridge - Maltabella
- Spaghetti bolognaise with mix vegetables
- Snack - sandwich with cold drink

Thursday

- Porridge - Maize Meal
- Fruit
- Mince, mash & carrots
- Snack - sandwich **or** muffins with cold drink

Friday

- Porridge – Oats
- Fruit
- Russian roll with sauce **or** Chicken pops, chips and Roll
- Custard & jelly
- Snack - sandwich with cold drink

Cold Days:

- Peas soup with chicken / Vegatabe & mince soup

Owner : Riaan S. Meyer
Reg. No : 2019/204972/07
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