



EarlyExcellence
Educational Network

Besige Bytjie Akademie



Private Preschool

MENU GUIDE

Nourishing Growing Minds & Bodies

At EarlyEx, we believe that healthy children learn, play, and grow better. Our menu has been carefully planned to provide children with a variety of nutritious meals and snacks throughout the day, helping to support their physical development, energy levels, and overall well-being.

Our meal programme includes balanced breakfasts, wholesome lunches, fresh fruit snacks, and afternoon refreshments designed to introduce children to a wide range of tastes and textures while creating positive eating habits from an early age.

The menu serves as a guide for ECD centres and provides examples of meals and snacks that can be offered to children in a safe, enjoyable, and child-friendly environment. Centres are encouraged to accommodate individual dietary requirements, allergies, and cultural preferences where necessary.

A well-nourished child is better equipped to learn, explore, and thrive. Through healthy nutrition and positive mealtime experiences, we help lay the foundation for lifelong wellness. Healthy Children. Happy Learners. Strong Foundations.



www.EarlyEx.online
www.EarlyEx.online/bytjies



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Menu

Breakfast

Breakfast is served daily to provide children with the energy needed for learning and play.

Breakfast options include

Monday	Cornflakes,
Tuesday	Oats with Pureed Apple /Oats with mashed Banana
Wednesday	Weet-bix
Thursday	Mielie Pap
Friday	Rice Krispies
Every Week 1	Scrambled Eggs and Chicken Sausages.
Daily Substitute	Yogurt & Seasonal Fruit

Morning Snack

Children receive a healthy snack consisting of two types of seasonal fruit paired with a variety of options such as Sweet Potato Biscuits, Marie Biscuits, Yogurt, Cheese Curls or Flings.

Monday	2 Types of Seasonal Fruit, Marie Biscuit
Tuesday	2 Types of Seasonal Fruit, Yogurt, Cheese Curls
Wednesday	2 Types of Seasonal Fruit, Sweet Potato Biscuit /Oats Biscuit
Thursday	2 Types of Seasonal Fruit, Yogurt & Flings
Friday	2 Types of Seasonal Fruit, Tennis Biscuit

Soup Options

Children under 2 years of age are served soup instead of biscuits. Parents may also request soup as a substitute for biscuits for children of any age.

Monday:	Chicken Noodle Soup
Tuesday:	Pumpkin Soup
Wednesday:	Vegetable Soup
Thursday:	Potato Soup
Friday:	Corn Chowder Soup

Afternoon Snack (Preschool & Aftercare)

Children enjoy a nutritious afternoon snack consisting of two seasonal fruits, paired with a variety of wholesome options such as savoury crackers with biltong powder, freshly baked muffins, chicken sausages, toasted cheese sandwiches, and on Fridays, a special pudding treat.

WEEK 1	Monday	2 Types of Seasonal Fruit, & Salty crackers with biltong powder
	Tuesday	2 Types of Seasonal Fruit, Pumpkin Fritters
	Wednesday	2 Types of Seasonal Fruit, Chicken Sausages
	Thursday	2 Types of Seasonal Fruit, Toasted Cheese
	Friday	2 Types of Seasonal Fruit, Jelly & Custard
WEEK 2	Monday	2 Types of Seasonal Fruit, Salty cracks with biltong powder
	Tuesday	2 Types of Seasonal Fruit, Pumpkin Fritters
	Wednesday	2 Types of Seasonal Fruit, Chicken Sausages
	Thursday	2 Types of Seasonal Fruit, Toasted Cheese
	Friday	2 Types of Seasonal Fruit, Chocolate Pudding
WEEK 3	Monday	2 Types of Seasonal Fruit, Pumpkin Fritters
	Tuesday	2 Types of Seasonal Fruit, Muffins
	Wednesday	2 Types of Seasonal Fruit, Chicken Sausages
	Thursday	2 Types of Seasonal Fruit, Toasted Cheese
	Friday	2 Types of Seasonal Fruit, Malva pudding & Custard

Late Snack

A light late-afternoon snack is provided and may include Tennis Biscuits, Muffins, or Marie Biscuits.



1 to 2 Group Afternoon Snack

MON	2 Types of Seasonal Fruit & Soup of the day
TUE	2 Types of Seasonal Fruit & Soup of the day
WED	2 Types of Seasonal Fruit & Soup of the day
THU	2 Types of Seasonal Fruit & Soup of the day
FRI	Pudding & Soup of the day

Preschool Lunch

Our lunches are packed with quality protein and a variety of vegetables to support healthy growth and development. Vegetables are often blended or hidden within our meals, allowing children to enjoy delicious lunches while receiving the nutrients they need for strong bodies, healthy immune systems, and active learning.

Meals served throughout the menu cycle include:

WEEK 1	Monday	Savoury Mince with Shell Pasta
	Tuesday	Butter Chicken Curry with Rice and Corn on the Cob
	Wednesday	Carbonara with Spaghetti
	Thursday	Savoury Mince and Mash
	Friday	Chicken Bobotie with Rice
WEEK 2	Monday	Beef Stroganoff with Rice
	Tuesday	Creamy Chicken & Mushroom with Rice
	Wednesday	Beef and Rosemary Stew with Mash
	Thursday	Spaghetti Bolognese
	Friday	Sweet Sausage with Spaghetti and Corn on the Cob
WEEK 3	Monday	Durban Beef Curry with Rice
	Tuesday	Tomato Chicken Bredie with Rice and Corn on the Cob
	Wednesday	Sausage Hot Pot with Mash
	Thursday	Cheesy Chicken Pasta
	Friday	Spaghetti Bolognese

Aftercare Lunches

Our aftercare children enjoy a variety of platter-style meals designed to be fun, appealing, and satisfying after a busy school day. **Children also have the option of enjoying the preschool lunch menu should they prefer.** We have adopted this flexible approach to accommodate different tastes and eating preferences, ensuring that even fussy eaters can find something they enjoy while still receiving a nutritious and balanced meal. By offering a variety of options, we aim to create a positive mealtime experience where every child feels included and well nourished.

WEEK 1	Monday	Pizza and Chicken Sausages Platter
	Tuesday	Hotdogs, Frikkadels and Corn on the Cob Platter
	Wednesday	Mac and Cheese and Pie Platter
	Thursday	Wraps, Toasted Cheese and Corn on the Cob Platter
	Friday	Pumpkin and Cinnamon Fritters with Beef Burgers Platter
WEEK 2	Monday	Chicken Burgers and Corn on the Cob Platter
	Tuesday	Pizza and Vegetable Fritters Platter
	Wednesday	Mac and Cheese and Frikkadels Platter
	Thursday	Chicken-Filled Pancakes and Toasted Cheese Platter
	Friday	Hotdogs, Pies and Corn on the Cob Platter
WEEK 3	Monday	Pumpkin Cinnamon Fritters and Beef Burgers Platter
	Tuesday	Hotdogs, Chicken Sausages and Corn on the Cob Platter
	Wednesday	Mac and Cheese and Fresh Sandwich Platter
	Thursday	Chicken Mayonnaise Sandwiches and Pie Platter
	Friday	Fresh Sandwiches and Chicken Sausages Platter



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Baby Menu



Breakfast menu

- Monday** Greek Yogurt & Pear Puree
- Tuesday** Oats with Pureed Apple
- Wednesday** Strawberry Porridge
- Thursday** Oats with Mashed Banana
- Friday** Wheat Porridge

Morning Snack

- Monday** Apple Puree
- Tuesday** Banana Puree & Greek Yogurt
- Wednesday** Pear Puree
- Thursday** Mixed Berry Puree & Greek Yogurt
- Friday** Mango Puree / Papaya

Meals may be served as smooth purees, thicker purees, mashed foods, or soft chopped foods, depending on your baby's age, developmental stage, and feeding abilities.

Afternoon Snack

Fresh fruit purees are offered as an afternoon snack. **If you prefer to offer vegetables instead,** the lunch puree menu may also be used as a healthy afternoon snack option.

- Monday** Apple & Banana Puree (If Approved add Flings)
- Tuesday** Peach or Strawberry Puree (If Approved add Tennis Biscuit)
- Wednesday** Blueberry Puree (If Approved add Cheese curls)
- Thursday** Mango Puree (If Approved add Shortbread Biscuit)
- Friday** Mixed Berry Puree & Greek Yogurt (If Approved add Custard)

Lunch Puree Menu - Can also be served as afternoon snack

This puree menu has been designed specifically for younger babies who are beginning their solids journey and require smooth, age-appropriate textures.

For older babies who are ready for more advanced textures, please refer to the Preschool Lunch Menu.

These meals are naturally rich in protein and vegetables and can be easily mashed, shredded, or adjusted to suit your baby's developmental stage while still providing all the nutritional benefits of the meal.

As your baby grows, transitioning to the Preschool Lunch Menu can help introduce a wider variety of flavours, textures, proteins, and vegetables while supporting healthy growth and development.

- WEEK 1

- Monday** Sweet Potato Puree
 - Tuesday** Carrot Puree
 - Wednesday** Butternut Puree
 - Thursday** Broccoli Puree
 - Friday** Cauliflower Puree
- WEEK 2

- Monday** Pumpkin Puree
 - Tuesday** Carrot & potato Puree
 - Wednesday** Pea & Cauliflower Puree
 - Thursday** Broccoli Puree
 - Friday** Corn Puree

