



**YOUR CHILDS HEALTH IS PARAMOUNT
& YOUR TIME IS PRECIOUS**

ALL MEALS ARE BETWEEN 150 GRAMS - 200 GRAMS

TO ORDER CALL TAYLA: 081 882 9420 | TAYLAMADEMEALPREP@GMAIL.COM

KID'S MENU

PACKAGES OPTIONS:



- 1. 10 MEAL PACKAGE: R399.00**
- 2. 20 MEAL PACKAGE: R798.00**
- 3. 40 MEAL PACKAGE: R1 596.00**

NOTE TO PARENTS:

ALL MEALS HAVE DISGUISED VEGETABLES MAKING YOUR LIFE EASIER AT THE LUNCH OR DINNER TABLE

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- K 1** Spaghetti Bolognese
 - K 2** Meatballs (A blend of beef mince meat, disguised shredded zucchini & carrots in a meatball) with sweet potato fries
 - K 3** Chicken Strips with Zucchini fries accompanied by Sesame-Honey sauce
 - K 4** Cheesy Chickpea Falafel Box with Beetroot pasta & Tomato Relish
 - K 5** Butternut Cottage Pie with hidden green beans
 - K 6** Coconut, Chicken & Cauliflower Bake (Our best seller!)
 - K 7** Chicken Quinoa Bowl with Roasted Butternut & Coconut Creamed Spinach
 - K 8** Almond flour battered hake fillets with mashed sweet potato & zucchini fries