

**Stay
Healthy**



Promote the provision of healthy foods to children, influence food choices within families and school communities and encourage the celebration of food and eating together.

School Lunch R15.00

School lunch is provided as an optional service to our students at an additional cost

Tuck Shop

The Tuck Shop is open during school breaks and provide the healthier option in terms of sweets and drinks

Lunch Hour:

12:30 until 13:00 every weekday

Tuck Shop

10:00 to 10:30 every weekday

Lunch Menu



KD35 Kromdraai Road
Kromdraai
Gauteng, South-Africa
www.heritageschool.co.za



Heritage School
Lunch

Fresh & Delicious Lunch Meals with Salads.



Selection of Healthy
Fruit Juices, soft
drinks and filtered
water.

Lunch

Macaroni Cheese with Salad

Beef and Vegetable Stew served with rice or pap

Battered hake and oven chips with a fresh green salad

Whole wheat Spaghetti Bolognese with grated cheese

Macaroni Cheese with Salad

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Battered hake and oven chips with a fresh green salad

Whole wheat Spaghetti Bolognese with grated cheese

Mexican Mince and beans served on rice or whole wheat spaghetti with shredded lettuce and chopped tomatoes

Baked Chicken Schnitzel with peas and mash and a cheese sauce

Bangers, mash and squashed peas with gravy



Chicken, vegetable and noodle stir fry

Crumbed pork cutlets with potato and pumpkin mash

Grilled Chicken breast roll with red coleslaw

DIY Mexican Wraps

(Soft tortillas filled with mild spicy mince and baked beans with cheese, lettuce and tomatoes on the side – children to make their own)



Cottage pie with steamed seasonal vegetables

Cold Roast Chicken with potato salad (made with yoghurt) and green salad

Grilled boerewors with roast vegetables

Whole wheat spaghetti with meat balls and salad